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FiftyForward celebrates 60 years of positively impacting the lives of those 50+ *Agency predates the Federal Older Americans Act, enacted in 1965*

Nashville, Tenn. – Nashville nonprofit FiftyForward has been enriching the lives of those 50+ since 1956. That's nearly a decade before the Older Americans Act (providing critical services to keep older adults healthy and independent) was enacted.

The impact FiftyForward has had on others can be seen in the success and longevity of its programs and services. Through the years and today, center members, program members, volunteers and families praise FiftyForward for countering depression and isolation, providing sense of purpose and saving lives. Family members share similar sentiments saying FiftyForward provides invaluable care, has extended their loved ones' lives while enhancing their quality of life.

"As an agency operating in the mid-1950s, we saw a need to serve a segment of the population that was underserved and that has not changed. Through the years we have added services based on need as well as programs and resources to become a non-stop shop offering a continuum of care," said Janet Jernigan, executive director, FiftyForward. "Our success is possible because of the assistance of community partners including local funders, other nonprofit agencies, donors and hundreds of volunteers."

FiftyForward takes a holistic approach to serving those 50+ and offers comprehensive programs and services that, in other cities, are typically provided by 15 or more nonprofit organizations. During the last fiscal year FiftyForward served more than 20,000 individuals. Over its 60 years, the agency provided direct services to approximately a million individuals (and their families) in the community.

"This is really an exciting time for older adults and for FiftyForward," said Jernigan. "With 10,000 Baby Boomers in the U.S. reaching the age of 65 daily, the needs for this group continue to increase exponentially. The potential for this generation to have a significant positive impact on critical issues facing our community is immense. In fact, many "boomers" may still be working and/or caring for older parents, family members or friends. It's imperative we continue to evaluate and enhance our programs, resources and services to continue serving this growing demographic."

Through the decades, FiftyForward has been an advocate for older adults on the topic of aging by offering community members and constituents educational classes ranging from health and wellness to forums with political candidates as well as programs on Medicare Part D and property tax relief. In addition, many of today's established policies, best practices and numerous efforts that benefit older adults in Middle Tennessee were, in part, fueled by FiftyForward.

Below are some FiftyForward points of distinction.

- **National Acclaim for Centers.** Five FiftyForward centers are accredited for best practices by the National Institute of Senior Centers; only two other centers in Tennessee have earned this status. Nationally, fewer than 2% of senior centers have achieved accreditation.
- **Pioneer for Aging in Place.** FiftyForward helped develop and implement CHOICE (Care in the Home Over Institutional Care for the Elderly), a pilot program to prove that home and community based services financed with state funding are a viable and valuable alternative to nursing home care. This project led to systemic changes in how state funds in Tennessee are used to keep older adults in their

homes as long as possible. Our lifelong learning centers have been established in regions where a higher concentration of under-served older adults needed ease and access to services.

- **NCOA Recognition.** In 2008, FiftyForward Living at Home Care Management Program was recognized as an exceptional locally developed program model by the National Council on Aging for its effectiveness, impact, sustainability and worthiness of replication. Living at Home participants gain access to care and resources as well as assistance with affordable housing solutions and tax relief programs.
- **Care Management. Holistic Approach.** During Nashville's flood of 2010, FiftyForward secured funding and mobilized services to meet basic needs and connect older flood victims with resources to improve their living conditions. The FiftyForward Care Management effort was lauded as a most impactful model by the area's leaders in rebuilding community as it used a comprehensive approach to assess individuals' needs (medications, well-being) in addition to their dwelling. **FiftyForward helped many residents improve their living conditions including in some instances bringing in utilities (water or air conditioning) that they had not had before the flood.**
- **Feeding Community.** With adult hunger in Tennessee among the nation's highest, FiftyForward Meals on Wheels delivers hot meals, connection and safety monitoring to homebound, frail older adults. 16,000 meals were delivered by approximately 70 volunteers last year. This has saved lives in many ways.
- **Assisting Crime Victims.** FiftyForward Victory Over Crime was launched in 1997 in response to the increased incidence of older adults being crime victims. To date, the program has helped more than 700 older adults (victims of abuse - fraud, scams, physical or emotional abuse) become survivors.
- **Gold Standard - Conservatorship.** FiftyForward Conservatorship was launched in 1995 to help individuals who, due to cognitive and/or physical disabilities, are no longer able to make safe and appropriate decisions for themselves. The program has been heralded by legal professionals as the "Gold Standard."
- **Anticipating Need.** FiftyForward led the **Frail Elder Services Coalition** to become the catalyst in a community evaluation to assess and address unmet needs for older adults. In Madison, Tennessee, this was concurrent with the closing of Memorial Hospital and ultimately resulted in the opening of FiftyForward Madison Station (20 years ago) to offer an outlet for older adults in the Madison and north Nashville communities.
- **Partnership with YMCA.** In 2006, the FiftyForward J. L. Turner Center at the Bellevue Family YMCA opened. Marking a unique first of its kind in the country, all Bellevue Family YMCA members who are 50+ are automatically enrolled as FiftyForward members. This center provides enrichment opportunities for older adults through age appropriate health, wellness, social and educational opportunities.
- **Volunteer Opportunities. Providing Purpose.** From programs including FiftyForward Retired Senior Volunteer Program (RSVP), Friends Learning in Pairs (FLIP), and our Foster Grandparent Program (FGP) we provide purpose and meaning to older adults who volunteer throughout the community to serve diverse groups of individuals ranging from veterans and the Nashville Food Project to at-risk children. Adults, children, families, and the community at large benefits from the coordination of older adults and civic engagement. FLIP and FGP have won numerous awards for their impact.
- **Impact.** FiftyForward provides services, programs and resources that restore, improve and directly impact the lives of the more 20,000 older adults each year. Over its 60 years, the agency has provided direct services to approximately a million individuals (and their families) in Middle Tennessee.

About FiftyForward

Founded in 1956, FiftyForward enriches the lives of adults 50+ by providing pathways to health, well-being and lifelong learning. With seven active aging centers offering educational and wellness programs throughout Davidson and Williamson counties, the non-profit organization also features FiftyForward Adult Day Care Services, FiftyForward Meals on Wheels as well as the FiftyForward Care Team offering care assessment and services to homebound adults. FiftyForward Travel offers adventures (near and far) and Senior Center for the Arts and The Larry Keeton Theatre, located in FiftyForward Donelson Station, features performing arts for all ages. For additional information, find us on [Facebook](#), or follow us on [Twitter](#). Learn more about FiftyForward resources and volunteer opportunities by visiting: <http://www.fiftyforward.org/>