

FiftyForward Bordeaux

Our mission is to support, champion and enhance the lives of those 50 and older.



3315 John Mallette Dr.
www.FiftyForward.org
615-248-2272
www.FiftyForward.org

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FiftyForward Agency Events

Friday, Oct. 4

FiftyForward J. L. Turner Center hosts “An Evening at the Disco,” 6-9 p.m. at FiftyForward martin Center. For info, contact Connie Rigsby, 615-622-3040



FiftyForward Bordeaux members graduated on September 16, 2019 from the Aging Mastery Program.



The Aging Mastery Program® (AMP) empowers older adults to make and maintain small but impactful changes in their behaviors. AMP offers an innovative approach to help individuals successfully navigate this phase of life. The program incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools they need to achieve measurable improvements in managing their health, remaining economically secure, and contributing actively to society.

Joyce Adams from FiftyForward Bordeaux provided some insight on the what the class meant to her: “The Aging Mastery Program has meant so much to me, it taught me to live well as you get older. We don’t have to get old, at this time in our life ... It’s so important to be involved in the life of your community. The program taught me that we should take advantage of our longevity, by being active and engaging in good causes, but to know your limits. I’ve taken mindfulness classes at Vanderbilt and I daily practice the techniques of willingness, gratitude and meditation.”

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Center Hours

Monday-Friday, 8 a.m.-3:30 p.m.

Staff

Melvin Fowler

Center Director

Mfowler@fiftyforward.org

615-248-2272

Patricia Malone

Assistant Center Director

pmalone@fiftyforward.org

615-248-2272

Hiedy Jackson

Facility Assistant/Driver

hjackson@fiftyforward.org

615-248-2272

Connect with us!



www.FiftyForward.org

A profile of FiftyForward Bordeaux may be found at www.givingmatters.com. With your generous contributions, FiftyForward continues to support older adults in the community through our comprehensive programming. To support our mission, please visit www.FiftyForward.org/donate

Letter from the Center Director



As fall approaches, I begin preparing my mind and body for the cold weather. I am one of those individuals who really enjoys the cold weather. I enjoy walks in my community with my best friend Soxs, stocking up on firewood for the fire place and rotating my can goods in my kitchen storage. Not to mention, I also enjoy a cup of hot chocolate with marshmallows and a light sprinkle of cocoa. Last week as I was putting work items in my car, I noticed a squirrel foraging for food. I said to myself, "what I'm I doing to get ready for the cold weather?"

I took a moment to think about all the things that as a human being who enjoys the cold weather must start preparing for fall. Just as life has its changes, ups and downs, we all must one day prepare for something. One thing I have learned this month is that no matter how well you prepare for change, it is still hard to wrap your brain around it. As I have become an older adult, I have learned to "breathe" during change. Push my stop button and refocus. It's not the end of the world, but change happens every day. So with that said, live, love and laugh. I accept change and I plan to be a positive part of change and that's THAT!

Positive Change,

Melvin D. Fowler

Center Director

Thank you to our community partners and sponsors.



FiftyForward membership

When you join FiftyForward, you can participate in the hundreds of programming activities across seven centers. Membership is \$12/month or \$144/year and scholarships are available. To learn more, talk with your center staff and fill out an application. You will be eligible for program discounts on trips, special programs and classes.

We look forward to meeting you!



Cigna brings a wealth of educational programming to FiftyForward



This fall, Cigna will present a series of health and wellness educational seminars called *Healthier Together*. This innovative programming provides valuable information to help you better make decisions about your personal health and wellness.

Healthier Together features several topics including flu and pneumonia, practical nutrition, fall prevention, high blood pressure, and arthritis. Various topics will be presented at all seven FiftyForward active aging centers as part of the ongoing partnership between Cigna and FiftyForward.

Desi Smith, new business development representative for Cigna, was instrumental in bringing these programs to FiftyForward. "We are excited to bring Healthier Together to you. Cigna strives to improve the health, well-being, and peace of mind of those we serve, and we know these important programs will make a difference to the lives of those in our community."

Cigna is a recognized health services company committed to helping people find solutions so they can maintain healthy, active lives through personalized and affordable healthcare services. This year, Cigna was honored with the FiftyForward Corporate Crowning Achievement Award for continued support to the nonprofit community.

"Corporate support is crucial to the mission of FiftyForward, especially when it consists of informative, educational

programming that helps our members make decisions about their health and wellness," said FiftyForward Executive Director Sallie Hussey. "Cigna's support and genuine dedication to our members makes them not only one of the best partners for our agency, but also one of our favorites!"

Please see the chart below to see the programs offered at each center. Members can attend any session that is convenient for them.



	Practical Nutrition	Arthritis	Mental Health	High Blood Pressure
FiftyForward Bordeaux	Sept. 6, 10 a.m.	Sept. 27, 10 a.m.	Oct. 25, 9:30 a.m.	Nov. 18, 10 a.m.
	High Blood Pressure	Getting Active	Diabetes	Flu and Pneumonia
FiftyForward College Grove	Oct. 24, noon	Nov. 14, noon	Dec. 12, noon	Sept. 5, 11:30 a.m.
	Incontinence	Practical Nutrition	Arthritis	Mental Health
FiftyForward Donelson Station	Sept. 11, 10 a.m.	Sept. 30, 10 a.m.	Oct. 28, 10 a.m.	Nov. 19, 10 a.m.
	Fall Prevention	Diabetes	Getting Active	Flu and Pneumonia
FiftyForward Knowles	Sept. 26, noon	Oct. 7, 10:30 a.m.	Oct. 29, 12:30 p.m.	Nov. 12, 10:30 a.m.
	High Blood Pressure	Incontinence	Practical Nutrition	Arthritis
FiftyForward Madison Station	Sept. 16, 10:30 a.m.	Oct. 10, 10 a.m.	Nov. 6, 11:30 a.m.	Dec. 2, 10:30 a.m.
	Mental Health	Fall Prevention	Diabetes	Getting Active
FiftyForward Martin Center	Sept. 19, 1 p.m.	Oct. 14, 1 p.m.	Nov. 4, 1 p.m.	Dec. 4, 1 p.m.
	Flu and Pneumonia	Diabetes	Fall Prevention	Getting Active
FiftyForward J. L. Turner Center	Oct. 21, 10:30 a.m.	Nov. 4, 10:30 a.m.	Nov. 11, 10:30 a.m.	Dec. 9, 10:30 a.m.

Check out this new class at our center!

FiftyForward Bordeaux hosts the American Heart Association as they present their program "It's Healthy for Life." to empower you and your community to make healthy food, nutrition and lifestyle choices. Every 4th Friday 10 -11 a.m.



Fifty Forward

T R A V E L

Gain insight and details on all of these trips at <https://fiftyforward.org/travel/>

Oct. 5-13: Cape Cod

Cost: \$1,149 pp/dbl or \$1,448 single.

Oct. 7-17: Panama Canal

Cost: Inside cabin \$2,734 pp/dbl, outside cabin \$2,984, and balcony cabin \$3,334.

Oct. 29-31: Mystery Tour

Cost: \$539 pp/dbl., \$702 single, \$493 pp/triple, \$471 pp/quad.

Dec. 10-12: Pigeon Forge

Cost: \$499 pp/dbl., \$584 single, \$480 pp/triple, \$470 pp/quad.



Nov. 3-9: National Parks & Canyons of the Southwest
Cost: \$2,095 pp/dbl

Dec. 30-Jan. 4: Rose Parade New Year

Cost: \$2,950 pp/dbl includes all tours, roundtrip airfare,

five nights' lodging, nine meals, and motor coach transportation.

Apr. 3-9, 2020: Cherry Blossom Festival, Washington D.C.

Cost: \$2,789 pp/dbl

Apr. 28-May 6, 2020: Tulip River Cruise, featuring Dutch and Belgian Waterways .

Cost: Cabins range from \$4,199-\$7,099



May 14-16, 2020: Billy Graham Museum

Cost: \$475pp/dbl

June 8-11, 2020: Creation Museum and Ark Encounter

July 15-21, 2020: Mt. Rushmore (details TBD)

Sept. 14-17, 2020: Everything Elvis (details TBD)

Upcoming Casino Trips

Oct. 21, 2019: Tropicana

Cost: \$15 members; \$20 nonmembers

Call Janice at 615-883-8375 to make your reservation for trips. Nonmembers pay an additional 10 percent.

On the Road with FiftyForward

"Unclaimed Baggage"

Tuesday, Dec. 3, 2019

Visit Scottsboro, Alabama's Unclaimed Baggage" — the only store in America that buys and sells unclaimed baggage from airlines. It is one of the busiest tourist attractions in Alabama, boasting more than a million visitors each year.

Cost: \$30/per person. Bring money for shopping and lunch. For more information or to reserve your spot, contact Brittany Campagna at bcampagna@fiftyforward.org or call 615-376-4331.



All of Us RESEARCH PROGRAM

Have you heard about the new All of Us Research Program from the National Institutes of Health? This new exciting program seeks to enroll 1,000,000 participants from diverse backgrounds to improve the health of future generations. If you are interested in joining but have more questions or would like some assistance in enrolling, please make an appointment with us! FiftyForward All of Us team members will be offering monthly one-on-one appointments here. They will be on site every 2nd Thursday from 9 a.m.-11:00 a.m. to answer questions and offer technology assistance, please sign up at the Center and become "One in a Million" with the All of Us Research Program!

Monthly—2nd Thursday 9-11 a.m.
Check in at kiosk

FiftyForward Supportive Care

Services

Whether you are a caregiver looking for respite or need guidance on accessing services in the community, **FiftyForward Supportive Care Services** staff are here to help! Some of our services include:

FiftyForward Care Team 615-743-3436 Providing older adults and caregivers access to services and peace of mind by caring professionals who are available 24/7. The Care Team can provide a professional assessment of your loved one's needs, help in selecting and purchasing services such as in-home or residential care, on-going monitoring of care, accompanying customers to appointments, and other individualized tasks.

FiftyForward Living at Home Care Management

This no-cost program for low income older adults offers

in-home assessments to connect them with services that meet their specific needs (food, housing, transportation, health care, counseling, etc.).

Davidson County: 615-743-3416

Williamson County: 615-376-4334

FiftyForward Adult Day Services 615-463-2266 Located in Green Hills, this social model licensed day program assists those with health and/or memory issues to participate in structured activities in a supportive and enriching environment.

FiftyForward Conservatorship 615-743-3436 Called the "gold standard" by a local attorney, this program makes decisions when an older adult can no longer do so and has no one to help. Through court appointment, FiftyForward can serve as conservator of person and/or finances.

About FiftyForward

Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older. As a nonprofit operating seven life-long learning centers — two in Williamson and five in Davidson County — FiftyForward offers educational, health and wellness, arts and volunteer programs to engage older adults. FiftyForward also provides comprehensive supportive services and access to resources including FiftyForward Adult Day Services, FiftyForward Fresh/Meals on Wheels as well as the FiftyForward Care Team offering care assessment and services for older adults. FiftyForward Travel offers adventures (regional and international) and the Senior Center for the Arts and The Larry Keeton Theatre, a subsidiary of FiftyForward, feature performing arts for all ages. Get social with us - friend us on Facebook, follow us on Twitter and Instagram. Learn more about FiftyForward resources and volunteer opportunities by visiting: www.fiftyforward.org.

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3315 John Mallette Drive

Nashville, TN 37217