

FiftyForward Knowles

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

174 Rains Avenue
Nashville, TN 37203
www.FiftyForward.org

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FIFTYFORWARD AGENCY EVENTS

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 at 615-622-3040.

Fifty Forward 1st!

FiftyForward Knowles member Joe Murray “jumps” for joy, fulfilling one of many FiftyForward Firsts

Joe Murray decided that retirement was not really for him in a traditional sense. Rather than sit at home and relax, he planned his “bucket list” — what we here at FiftyForward call “FiftyForward Firsts” — a list of things that still need “doing.” Two issues ago, we told you about Murray fulfilling a lifelong dream of getting a pilot’s license. He began flying gliders and was thrilled about being in the sky. He mentioned to his interviewer, Susan Sizemore, FiftyForward communications director, that his next bucket list item was to skydive. Was anyone willing to do it with him?

Murray’s dream came true this past month as he was joined by two friends to make it happen. As part of a retired men’s group at FiftyForward Knowles led by Dan Surface (see story on page 3), Joe was joined by Dan Surface and Skip Dillon to share this exhilarating *FiftyForward First*.

Many thanks to Skydive Tennessee for its part in making this dream come true. To view Joe Murray’s jump, visit:

<https://www.youtube.com/watch?v=gHK5HIK4NNg&feature=share>

About FiftyForward

Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older. As a nonprofit operating seven lifelong 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.

Fifty
Forward
Love life at 50+



What is a FiftyForward First?

A *FiftyForward First* is an opportunity — be it simple or elaborate — to try something you’ve never done before.

FiftyForward Knowles

615-743-3433

www.FiftyForward.org

Center Hours

Monday-Friday, 8:30a.m.-4:30 p.m.

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Connect with us!



A profile of FiftyForward 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

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National Institute of
Senior Centers

Letter from the Center Director

This summer has been packed full of exciting news and lots of fun! I know more will head our way as we move into the fall season. I am happy to share that we have received both Metro and State funding again this year. We are grateful for this support as it directly supports our center's daily operations and programming. FiftyForward Knowles will receive \$20,833 from Metro and \$50,000 from the State.

Knowles continues to strive to increase membership. If you have a friend or loved one that you know could benefit from getting out of the house and enjoy some fun, please tell them about us. It takes all of us to make this a better place. As always, thank you for being a part of this incredible organization and center.

Peace and Blessings

Kim Anderson

Letter from the Assistant Center Director

By now, most of you are aware that Reghan, the Program Director at Knowles has left the organization to enjoy new life adventures with her family. We are in the process of interviewing and hiring a new Program Director. With the new staff person comes a new title. The new title for the position is "Assistant Center Director". Stay tuned for some exciting new things happening at the center and an opportunity for you to share your programming desires.

Many thanks to our sponsors this month



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.

New Happenings at Knowles

Commit to Healthier Aging: Three Pillars of Health—Come learn how the three Pillars of health, Exercise, Nutrition and Behavior will help you improve your efforts to healthily age. Tuesdays Sept. 24-Oct. 15, 2019 11:45 a.m.

Oz Nashville presents an awesome opportunity for FiftyForward Knowles members. The community workshops involve the use of sound, movement, story-telling and soft sculptures to explore the relationship between weight and empathy. Slots are limited, so please sign up as soon as possible. Thursdays, Oct. 3-24th 11:30 a.m.-1:00 p.m.

Check out the Knowles Calendar for other cool happenings at this Lifelong Learning Center.

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

Sept. 5, 2019: Harrah's

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

We have two exciting trips planned for the fall. Call and reserve your place since spots will fill quickly!

"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.



Center-based wellness resources

Retired Men's Group: Refiring your Life!

Knowles has partnered with Mental Health America to host a peer led Retired Men's group. For more information. Please call the front desk at 615-743-3433.

Medicare Counseling: For help with your Medicare questions, call 1-877-801-0044, email tn.ship@tn.gov, or visit tnmedicarehelp.com.

Yoga

Knowles offer a Yoga class on Tuesdays at 10:45 a.m. The cost is \$36 for eight classes. To sign up, please see the front desk or call 615-743-3433

Restorative Breathing

Knowles offers a Restorative Breathing Class on Thursdays at 10:45 a.m. The cost is \$16.00 for eight classes. To sign up please see the front desk or call 615-743-3433

Tai Chi

Knowles offers a certified instructor led Arthritis Tai Chi class on Wednesdays at 10:30 a.m. The class is free to Knowles Members. Guest pay \$5.00 visitor fee per class.

Parkinson's Exercise Program

Knowles offers a certified instructor led exercise class for members with Parkinson's disease. Non-Parkinson members may attend as well. The class meets Tuesdays and Thursdays at 1:00 p.m. There is no cost to attend.

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.

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 3rd Wednesday from 10 a.m.– 2:00 p.m. to answer questions and offer technology assistance with online enrollment. Sign up at the Center and become "One in a Million" with the All of Us Research Program!

Monday, October 21 10 a.m.—2 p.m.

Ossie's Quote of the Month



October



October 2019 Highlights

October 29, 2019 is Health Day at Knowles.

Please join us for a day of health related activities and classes.

- **9:30 a.m. Silver Sneakers**
- **10:30 a.m. Men's Skin Care with Mary Kay Beauty Consultant**
- **10:30 Breast Health with Meharry**
- **11:30 a.m. Digital Health Literacy with the Nashville Public Library**
- **12:30 p.m. Getting Active-Cigna Healthcare**
- **1:30 p.m. Stop the Bleed-First Aid and Safety**

Oct. 31, 2019 –Don't miss our Annual Halloween Party at noon

Check out the fun day trips planned for October.

Have a Boo-ti-ful October!