

# FiftyForward Martin Center

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

**Fifty  
Forward**  
*Love life at 50+*

**960 Heritage Way  
Brentwood, TN 37027  
615-376-0102  
www.FiftyForward.org**

## **Inside this issue:**

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## **Start the new year with optimism!**

*By Gretchen Funk  
Associate Executive Director  
Supportive Care Service*

January is a natural time for reflecting and making plans. At FiftyForward, we are basking in the glow of all our wonderful holiday events, as you can see in these photos!

We'll be setting the intention of supporting everyone in our FiftyForward family in living our best lives. Setting an intention and making a plan for the future helps us approach life on our own terms. We can't control everything in life (not even close!), but we have some control over how we approach our lives. A study published in the Proceedings of the National Academy of Sciences in August 2019 with data from 71,173 Nurses' Health Study and Veterans Affairs Normative Aging Study participants demonstrated that **for both men and women, higher optimism levels are associated with living longer and with better chances of reaching age 85.**

Optimism may be an important strategy to promote healthy aging. Some ideas about why optimism seems to be tied to longer life are that optimistic people set goals and may take better care of themselves so they can reach those goals. Optimists also may be better at managing emotions during stressful times.

Cultivating a more positive outlook on life can sound easier said than done. Scientists think that we inherit about 25% of our outlook on life so that means we have room to work on the other 75%! Some ways to work on being more positive and



optimistic may include:

- focusing on good things (no matter how small);
- looking for humor in everything;
- practicing positive self-talk;
- spending time with other positive people.

Come join us at FiftyForward where we can help each other be as positive and optimistic as possible in 2020!



**960 Heritage Way  
Brentwood, Tennessee 37027  
615-376-0102  
www.FiftyForward.org**

**Center Hours**

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

**Staff**

**Jodi Theobald**

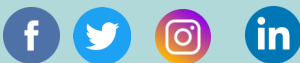
Center Director  
jtheobald@fiftyforward.org  
615-673-8715

Asst. Center Director  
615-376-4331

**Tonia Pyburn**

Office/ Volunteer Manager  
martinofficemanager@fiftyforward.org  
615-376-4330

**Connect with us!**



A profile of FiftyForward may be found at [www.givingmatters.com](http://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](http://www.FiftyForward.org/donate)

**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.

**Dear FiftyForward Martin Center members and friends,**

We want to take this opportunity to thank Jodi Theobald and Brittany Campagna for their work at FiftyForward Martin Center. They are both moving on from Martin as of the beginning of January 2020 and will be greatly missed. We wish them the very best in their future endeavors.

FiftyForward will start the staffing search right away in the new year, and we are committed to finding the very best people to lead FiftyForward Martin Center. During the interim period, many FiftyForward leaders, including the two of us, will be at FiftyForward Martin Center every week supporting Tonia Pyburn, your new Office Manager, and the center. Members from other FiftyForward centers will be visiting in January as well as we work together as a FiftyForward team to support FiftyForward Martin Center. Please be on the lookout for visitors from other centers and for FiftyForward staff you may not have met. We know you will want to offer them a warm Martin Center welcome.

We share the affection and devotion which Martin Center members feel for FiftyForward Martin Center, and we will be counting on the support of members as we work together to build a bright, positive course for FiftyForward Martin Center in 2020 and beyond.

All our best,

Sallie Hussey  
FiftyForward Executive Director

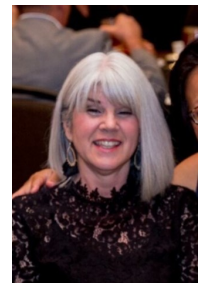
Gretchen Funk  
FiftyForward Chief Program Officer

**Many thanks to our sponsors**



**Martin Center Welcomes  
Tonia Pyburn, Office Manager**

Tonia is a native of Middle Tennessee. She and her family have lived in Brentwood since 2004. She and her husband, Craig, have a daughter, Celia, who is a Senior at Brentwood High School. Celia plays the marimba in the band. Tonia's background is in corporate relocation and various roles in senior communities. When she isn't working, she spends her time reading, decorating and gardening. She and her family love to travel and explore new places.



"I am thrilled to be part of the Martin Center. There are so many wonderful things going on at the here, and everyone has been very welcoming. I look forward to being a part of the team and getting to know the members."

# Cigna brings *Healthier Together* workshops to FiftyForward centers



Baby boomers are turning 65 in record numbers and are redefining what aging means. Television shows, movies, and magazines are now filled with stories of independent, energetic older adults who are defying traditional stereotypes and living their best lives.

For the first time in our country's history, the population of those age 65 and older is larger than the population of children under five, and it is growing daily. Tennessee was recently ranked the fifth best state for retirement; many consider it to be a great place to retire because it offers a great quality of life. Davidson County resident numbers are expected to grow by 10,000 older adults in the next five years.

Cigna and FiftyForward are excited about this growth and are eager to welcome these residents to our local communities. The organizations share a commitment to improve the health, well-being, and peace of mind of older adults.

We are delighted to invite the community to attend Healthier Together, an educational workshop series focusing on

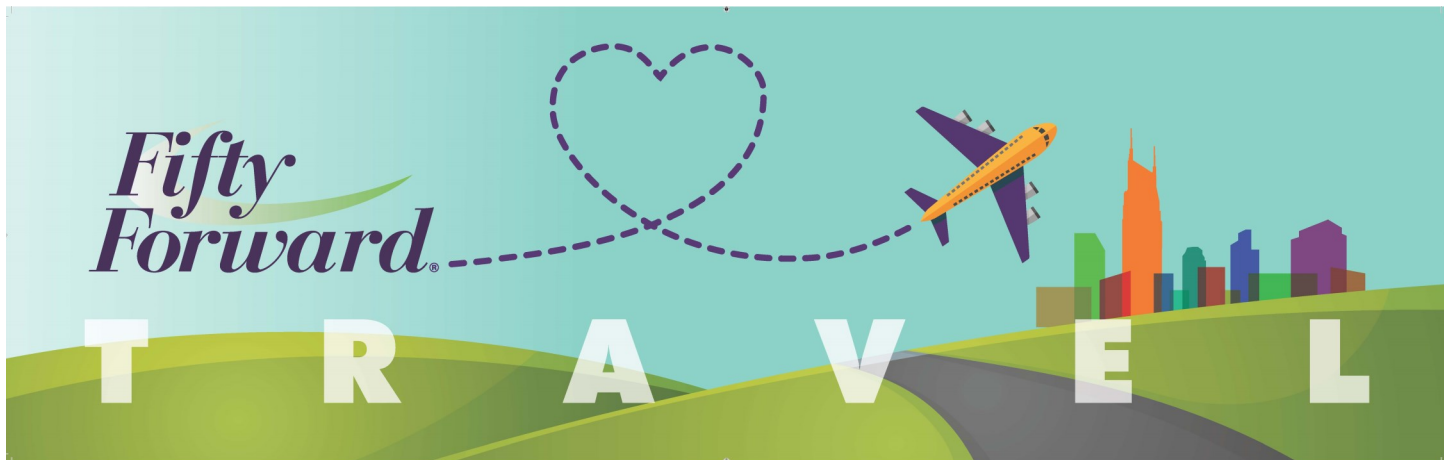
health and wellness topics. Written specifically for older adults, these programs will be offered at neighborhood FiftyForward centers. Healthier Together is designed to take the stigma out of the health and wellness topics, and to provide a high level overview for participants so they will know what to ask when talking with their primary care physician.

### Each engaging workshop is:

- Conversational, not a lecture ... and NOT doctor speak.
- Filled with information about causes, risk factors, prevention, and simple things to do at home.
- Interactive with easy and fun ways to absorb the lessons.
- A safe place to learn.

**Please see the schedule below for dates, times, locations and subject matter. Please call the presenting center to reserve your spot. Members can attend any seminar.** Join us as we redefine what aging means, have fun, and get Healthier Together!

<b>FiftyForward Bordeaux</b>	<b>Jan. 9, 9:30 a.m.</b>	<b>Feb. 13, 9:30 a.m.</b>	<b>March 12, 9:30 a.m.</b>
	<b>High Blood Pressure</b>	<b>Mental Health</b>	<b>Fall Prevention</b>
	<i>Breakfast provided</i>	<i>Breakfast provided</i>	<i>Breakfast provided</i>
<b>FiftyForward College Grove</b>	<b>Jan. 23, 11:30 a.m.</b>	<b>Feb. 13, 11:30 a.m.</b>	<b>March 26, 9:30 a.m.</b>
	<b>Practical Nutrition</b>	<b>Arthritis</b>	<b>Mental Health</b>
	<i>Lunch provided</i>	<i>Lunch provided</i>	<i>Breakfast provided</i>
<b>FiftyForward Donelson Station</b>	<b>Jan. 14, 10:30 a.m.</b>	<b>Feb. 11, 11 a.m.</b>	<b>March 10, 9 a.m.</b>
	<b>Fall Prevention</b>	<b>Diabetes</b>	<b>Getting Active</b>
	<i>Lunch provided</i>	<i>Lunch provided</i>	<i>Breakfast provided</i>
<b>FiftyForward J. L. Turner Center</b>	<b>Jan. 6, 10 a.m.</b>	<b>Feb. 3, 10 a.m.</b>	<b>March 2, 10 a.m.</b>
	<b>Getting Active</b>	<b>Practical Nutrition</b>	<b>Incontinence</b>
	<i>Lunch provided</i>	<i>Breakfast provided</i>	<i>Lunch provided</i>
<b>FiftyForward Knowles</b>	<b>Jan. 9, 12 p.m.</b>	<b>Feb. 6, 11 a.m.</b>	<b>March 19, 12:30 p.m.</b>
	<b>High Blood Pressure</b>	<b>Mental Health</b>	<b>Arthritis</b>
	<i>Snacks provided</i>	<i>Lunch provided</i>	<i>Snacks provided</i>
<b>FiftyForward Madison Station</b>	<b>Jan. 30, 11:30 a.m.</b>	<b>Feb. 11, 9:30 a.m.</b>	<b>March 19, 12:30 p.m.</b>
	<b>Flu and Pneumonia</b>	<b>Mental Health</b>	<b>Getting Active</b>
	<i>Lunch provided</i>	<i>Breakfast provided</i>	<i>Snacks provided</i>
<b>FiftyForward Martin Center</b>	<b>Jan. 16, 11 a.m.</b>	<b>Feb. 5, 11 a.m.</b>	<b>March 23, 8:30 a.m.</b>
	<b>Mental Health</b>	<b>Arthritis</b>	<b>Getting Active</b>
	<i>Lunch provided</i>	<i>Lunch provided</i>	<i>Breakfast provided</i>



**Gain insight and details on all of these trips at**

<https://fiftyforward.org/travel/>

**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**

**June 17-22: Mackinac Island**

Experience beautiful northern Michigan.

Cost: \$1,099 pp/dbl members.

**July 15-21: Black Hills, Badlands & Legends of the West (Mt. Rushmore)**

Tour Mt. Rushmore, Crazy Horse Memorial, Fort Hays, Badlands National Park, Custer State Park, and more!

Cost: \$2,999 pp/dbl

**Aug. 12-19: Nova Scotia**

Enjoy the beautiful Nova Scotia region of Canada.

Cost: \$2,987 pp/dbl, includes airfare.

**Sept. 14-17: Everything Elvis**

Tour includes lodging, Mississippi, tour of Tupelo, Sun Studios, Elvis Experience at Graceland, and more!

Cost: \$689 pp/dbl members. The deposit is \$100 per person

**Call Janice at 615-883-8375 to make your reservation for trips.**

**Nonmembers pay an additional 10 percent on trips with motor coaches.**

**\*TRIPS AND EVENTS POLICIES\***

To ensure members have adequate opportunity to attend trips and events and that staff time and center resources are properly utilized, the following polices must be followed:

- All trips require a minimum of five people. Trips not meeting the minimum number will be cancelled 24 hours in advance and credit will be given to those already signed up.
- When you sign up for a trip or presentation/ event, you are making a commitment to this activity and are responsible for putting it on your calendar and showing up on time.
- If you cancel 24 hours before a trip occurs, you will receive a credit toward another trip.
- **NEW POLICY: CREDITS PRIOR TO 2019 WILL ONLY BE VALID UNTIL DECEMBER 31, 2019.**
- A ticketed trip/event will not be refunded or credited **unless someone takes your place from the waiting list or by someone you recruit.**
- Cancelling or not showing up for three or more trips within a month will result in being placed on a waiting list the following month for all trips.
- Please note the bus departure time and arrive on time. Drivers will not wait!
- There are no cash refunds for any trips/events. Exceptions may be considered by the center director in extreme situations.

## Center-based wellness resources

### **Mondays**

**9:15-10:15 a.m. Mat Pilates & Core Stability**  
Pilates improves flexibility, builds strength, balance, while developing control and endurance in the entire body.

**Cost:** \$5



### **Tuesdays**

#### **8:30 a.m. Weight Watchers**

Meetings are held here at FiftyForward Martin Center. Center members with I.D. pay \$30 joining fee week one (unless there is a joining special). Members with I.D. also receive \$2 off the weekly fee.



### **Wednesdays**

#### **9:15-10:15 a.m. Total Fitness Class**

**Cost:** \$5; \$10 nonmembers  
Have fun and move to the music through a variety of

exercises designed to increase muscular strength, flexibility, range of movement, balance and activities for daily living. Hand-held weights, chair, and mats are used.

### **Thursdays**

#### **9-10 a.m. Tai Chi**

Tai Chi quiets minds, helps with breathing deeper, and improves balance.

**Cost:** Members \$15; single class; \$60 for 4 classes; \$80 for nonmembers. Please sign in and pay at the front desk.

#### **10:15-11:30 a.m. Yoga and Chair Yoga**

Foundation for all bodies to gain strength and flexibility as well as to calm and clear minds.

**Cost:** Members \$15; single class; \$60 for 4 classes; \$80 for nonmembers.

### **Fridays**

#### **9:30 a.m. Stretch and Flex Exercise Class**

This exercise class focuses on flexibility and balance.

**Cost:** free; \$5 nonmembers.

## POTLUCK NEWS

We welcome *Senior Care Advisor Group* to our potluck on **Tuesday, Jan. 21, 11:30 a.m.-1 p.m.** and hope to see you there! Don't forget to RSVP at the front desk!

**\*Remember to bring a LARGE side dish to share (serving size six people).**

**Cost:** Bringing a dish \$2; Not bringing a dish or nonmember \$5

**Please call the front desk to RSVP and select what type of dish to share. Please pay at the front desk.** Registration is required to attend.



## Become a FiftyForward Fresh/Meals on Wheels volunteer and deliver hot meals and warm wishes to homebound older adults

If you are looking for a meaningful volunteer opportunity, sign up to deliver meals for FiftyForward Fresh/Meals on Wheels. Spread cheer while you deliver a hot, nutritious meal to older adults in your community.



Volunteers are assigned a designated time to pick up meals. Each volunteer receives the packaged meal as well as the address of 4-6 older adults who live in close proximity to one another.

Last year, FiftyForward Meals on Wheels delivered more than 18,000 hot meals to 134 homebound older adults in the Nashville community. You can "be like Barry" and spread joy all year long doing something that gives back.

To volunteer to prep or deliver meals, contact Sharie Loik Goodman, director, FiftyForward Fresh/Meals on Wheels, sloik@fiftyforward.org. **Currently, volunteers are needed in the Bellevue area on Tuesdays and Fridays.**

# Art Classes

## Watercolor Exploration with Barbara Bays

**Tuesdays, 10 a.m.– noon**

Come explore and experiment with projects that are limited only by your imagination. These sessions are for those who want to continue to explore the art of watercolor. Beginners are welcome for the six-week series.

**Cost:** \$50 for members, \$100 for nonmembers.

## Oil Painting with Barbara Bays

**Thursdays, 9:30 a.m.-12:30 p.m.**

Join us for this four week session to learn new ideas, techniques and enjoy fellowship with friends. These sessions are designed for you to relax and explore your creative side and discover hidden talents in a delightful environment.

**Cost:** \$45 for members, \$90 for nonmembers



## Book Club

**Meets in the back lounge or by the fireplace, 3-4 p.m.** Meet our book club to enjoy a conversation about our readings. Joining our book club is of no cost. Check in at kiosk.

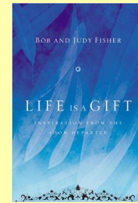
**KINGS ROW** Tuesday, Jan. 14:  
*Kings Row*  
Henry Bellaman



Tuesday, Feb. 11:  
*Trust Exercise*  
Susan Choi



Tuesday, Mar. 10:  
*Life is a Gift*  
Bob and Judy Fisher



# Center events

## Introduction to Origami

**Monday, Jan. 13, 1-2pm**

Enjoy learning how to transform a plain square of paper into a container, flower, animal or many other objects!

**Cost:** Free

## Euchere

**Tuesday, Jan. 14, 1-2:30 p.m.**

Come join us to learn to play euchre, a fun card game enjoyed by many. We will teach you the rules and practice playing. Members who are familiar with the game are encouraged to come and help teach it to others.

## Restorative Chair Yoga

**Friday, Jan. 17, 11 a.m.-12:15 p.m.**

Class begins with elements of classical stretching intended for all levels. Restorative yoga sequence typically involves 5 or 6 poses supported by props allowing relaxation and rest. Benefits include increased balance, strength, flexibility, range of motion and stress reduction

**Cost:** \$5

## Artist Brunch

**Thursday, Jan. 23, 11:30 a.m.-1 p.m.**

All member artists and class instructors are invited to this brunch! Please bring your favorite brunch dish to share.

**Cost:** Free

## AMGEN “Osteoporosis -Take Charge of Your Bone Health” Lunch & Learn

**Tuesday, Jan. 28, 11:30 a.m.-1 p.m.**

Osteoporosis is the silent disease because bad bones don't hurt until you fracture. There is so much you can do to prevent a fracture and keep your bones healthy.

Caregivers and family members are also welcome.

**Cost:** Free

## The Antiques and Garden Show

**Friday, Jan. 31, 10 a.m-3p.m. Departs at 9:30 a.m.**

This event will take place at the Music City Center and feature some of the renowned design, landscape and architectural speakers in the world. It will host over 150 antiques, art and horticultural exhibitors, magnificent gardens, food, and more. Food available onsite. Please bring your own money. Max. 14

**Cost:** \$15 ticket & \$6 bus. Total \$21

## 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).

**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.

### **FiftyForward Fresh/Meals on Wheels, 615-463-2264**

This program provides individuals in need with nutrient dense home-delivered meals and daily visits from caring volunteers in specific areas in Davidson County. Meals may be provided at no cost to individuals with qualifying low incomes or can be purchased (\$5 per meal). Can make referrals to other areas.

### **FiftyForward Victory Over Crime, 615-743-3417**

This service helps victims become survivors by offering support (resources, safety plans, assistance in the courts, advocacy) to victims of crime 50+ in Davidson County. Can make referrals to other resources.

### **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](http://www.fiftyforward.org).

**Come visit the  
FiftyForward  
All of Us Café!**

**All of Us  
RESEARCH PROGRAM**

January: **A New Year, a New You!** Come learn how YOU can make a difference in the lives of others just by enrolling in the *All of Us* Research Program. This exciting program seeks to enroll 1,000,000 diverse people living in the U.S. in order to improve the health of future generations. Come find out more information on the program by visiting us in the *All of Us* Café! Trained staff are here to answer questions, and for those that are interested, iPads and laptops are provided for enrollment. This month we will be talking about how enrolling can make a difference in the lives of others. Come see us! We will be here at the center on the **third Wednesday of each month**. Sign up to make a private appointment, or just drop by for a casual conversation. Free pastries provided by FiftyForward!

**Wednesday, & Wednesday, 10 a.m. – 12 p.m.  
Check in at kiosk**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CLOSED for New Year's Day	2	3	4
5	6	7	8	9	10 Showtime: Sleepless in Seattle 1-3 pm	11
12	13 Introduction to Origami Class 1-2 p.m.	14 Learn to Play Euchre 1-2:30 p.m.  Book Club 3-4 p.m.	15	16 Cigna Lunch & Learn Mental Health, 11 a.m.	17 Yoga- (Restorative Chair) 11:30-12:15 p.m.	18
19	20	21 Potluck: 11:30 a.m.-1 p.m.  Bingo: 1:15 p.m.	22	23 Artist Brunch— 11:30 a.m.-1pm	24 Showtime: Streetcar Named Desire 1-3 pm	25
26	27	28 Osteoporosis (Take Charge of Your Bone Health) Lunch & Learn 11:30 a.m.-1 p.m.	29	30	31 Antique & Garden Show Music City Center 9:45 a.m.-3:30 p.m.	

**REGULAR CLASSES**

**Mondays**

9 a.m. Card Crusaders  
9:15 a.m. Pilates

**Tuesdays**

Massage  
8:30 a.m. Weight Watchers  
9:30 a.m. Scrabble  
10 a.m. Watercolor  
10 a.m. Billiards  
11 a.m.-3:30 Game Day

**Wednesdays**

9 a.m. Bridge  
9 a.m. Card Crusaders  
9:15 a.m. Total Fitness  
12:30 p.m. Bridge

**Thursdays**

Massage  
9 a.m. Tai Chi  
9:30 a.m. Canasta  
9:30 a.m. Oil Painting  
10 a.m. Knitting/Billiards  
10:15 a.m. Yoga  
1 p.m. Open Studio

**Fridays**

9:30 a.m. Stretch & Flex  
10:30 a.m. Freelance Painting  
11 a.m. Game Day



## January 2020 Activity Payment Form

NAME _____ PHONE # _____ DATE: _____					
<i>PLEASE PRINT</i>					
<i>(Spouse or Guest)</i>				<i>(Cost Per Person)</i>	
	<i>DATE</i>	<i>DAY</i>	<i>TIME</i>	<i>COST</i>	<i>TOTAL</i>
Showtime: Sleepless in Seattle	1/10	Friday	1-3 p.m.	Free	
Introduction to Origami Class	1/13	Monday	1-2 p.m.	Free	
Book Club	1/14	Tuesday	2-3 p.m.	Free	
Euchre	1/14	Tuesday	1-2:30 p.m.	Free	
Cigna Lunch & Learn—Mental Health	1/16	Thursday	11 a.m.-1 p.m.	Free	
Yoga - Restorative Chair	1/17	Friday	11:30 am-12:15 p.m.	5.00	
Potluck	1/21	Tuesday	11:30 a.m.-1 p.m.	\$2 / \$5	
Artist Brunch`	1/23	Thursday	11:30 a.m.-1 p.m.	Free	
Showtime: Streetcar Named Desire	1/24	Friday	1-3 p.m.	Free	
Osteoporosis (Take Charge of Your Bone Health) Lunch & Learn	1/28	Tuesday	11:30 a.m.-1 p.m.	Free	
Antique & Garden Show	1/31	Friday	9:45 a.m.-3:30 pm	\$21	

**MONTH TOTAL:** \_\_\_\_\_  
**DO YOU HAVE A CREDIT?:** \_\_\_\_\_  
**TOTAL DUE:** \_\_\_\_\_

<b>PAYMENT TYPE:</b> <i>Cash</i> <i>Check</i> <i>Mc-Visa</i> <u><i>Center Credit</i></u>
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**FiftyForward Martin Center**  
**960 Heritage Way**  
**Brentwood, TN 37027**

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FRANKLIN, TN



**United Way**  
of Williamson County

***Get involved in the working of your center!***

If you love coming to FiftyForward Martin Center for classes and activities, why not get involved as a volunteer and work "behind the scenes?" Currently FiftyForward Martin Center needs volunteers for the following positions:

**Front Desk Volunteers!**

We are looking for volunteers for Tuesday morning, Wednesday, Thursday, from 12-3:30 p.m. If you are interested, please contact Tonia at the front desk. Email her at [martinofficemanager@fiftyforward.org](mailto:martinofficemanager@fiftyforward.org) or call 615-376-4330.

**POND MAINTENANCE VOLUNTEER NEEDED!**

We are looking for someone with knowledge of how to operate and maintain our beautiful pond in front of the center. If you would like to take on this fun project,

*Join Us!*