

# FiftyForward J. L. Turner

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

**Fifty  
Forward**  
Love life at 50+

8101 Highway 100,  
Nashville, Tn 37221

[www.FiftyForward.org](http://www.FiftyForward.org)

## Inside this issue:

Cigna offers programming at our centers *page 3*

Get your travel on! Check out our trips *page 4*

Gain insight on wellness resources *page 5*

Creative Pursuits, Fun, and Games *page 6*

Center Based Activities *page 7*

Learn about FiftyForward Supportive Care Services *page 8*

**Check out our calendar insert for January events and the AOA exercise schedule**

January 2020

## Start the new year with optimism!

By Gretchen Funk, Assoc. Executive Director  
FiftyForward 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!



FiftyForward J. L. Turner  
8101 Highway 100  
Nashville, TN 37221

615-622-3040

[www.FiftyForward.org](http://www.FiftyForward.org)

#### Center Hours

Monday-Friday, 9 a.m.-3 p.m.

#### Staff

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Center Director

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#### 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, visit [www.FiftyForward.org/donate](http://www.FiftyForward.org/donate)

## Letter from the Center Director



Happy New Year! For 2020, the staff has great things planned for you. On Jan. 30, during our 2020 preview, you will get to meet with organization wide FiftyForward program staff and sign up on our interest list for exciting new programs and trips. Bring a friend that day and be entered in our prize give away. We invite you to take the opportunity to sign up to be a FiftyForward member or update your file. Please share the information with the community about the fun things that go on at the FiftyForward J. L. Turner Center inside the Bellevue YMCA.

We are also excited to partner with Vanderbilt nursing students to offer new programming in 2020. Students will be with us throughout the 2020 school year to plan and develop a class project. For the next few weeks please take the opportunity to fill out the Vanderbilt nursing students survey that is located in the FiftyForward J. L. Turner Center lobby. We ask that you return the survey to the black Vanderbilt folder on the sign-up tables located outside the Community Room.

Newsletter production for the FiftyForward J. L. Turner site will be changing in 2020. As a FiftyForward organization, we have agreed to publish all seven centers newsletter on the same day. The last Monday of the month newsletters will be released and posted. You may not be aware, but as a member of FiftyForward J. L. Turner you are welcome to attend any FiftyForward center throughout Davidson and Williamson counties. If you have never checked out the other centers, look on the FiftyForward website: [www.FiftyForward.org](http://www.FiftyForward.org) to see newsletters for all seven centers.

From the staff of FiftyForward J. L. Turner we wish you the Happiest New Year!

—Connie Rigsby  
Center Director

## Many Thanks to our 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 *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.

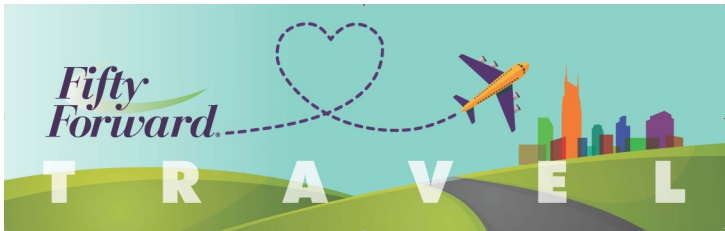
#### Each engaging workshop is:

- 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>





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

**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

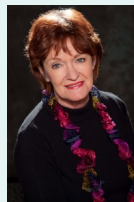
**May 14-16, 2020: Billy Graham Museum**

Cost: \$475pp/dbl

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

**June 17-22: Mackinac Island**

Experience beautiful northern Michigan.



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

## **FiftyForward J. L. Turner Center Food Trips and Gatherings!**

### **Breakfast Club**

*Bruegger's Bagels*

Monday, Jan. 6, 8:30 a.m. *MEET THERE*  
5311 Harding Pike, Nashville, TN 37205

### **Supper Club**

*Marsh House*

Thursday, Jan. 2, 5 p.m. *MEET THERE*  
401 11th Ave S, Nashville, TN 37203

### **Foodie Night**

*Conner's Seafood and Steak*

Friday, Jan. 10, 5 p.m. *MEET THERE*  
1916 Galleria Blvd, Franklin, TN 37067

### **Foodie Night**

*Shogun*

Thursday, Jan. 16; Van leaves at 4:15 p.m.  
Cost: \$6 for van  
Dinner on your own



### **The Frist: Nashville Flood Exhibit**

Friday, Jan. 10;  
Van leaves at 10:15 a.m.  
Cost: \$6 for van

### **Monell's Honorary Luncheon**

Tuesday, Jan. 21; Van leaves at 11 a.m.

Cost: \$6 for van  
Lunch on your own

### **Tasty Treats Cooking Class**

*The Art of Making Paninis*

Thursday, Jan. 23

Van leaves at 10:15 a.m.

Cost: \$21 for van and food supplies  
Lunch is included

### **Antiques and Garden Show**

Friday, Jan. 31

Van leaves at 8:15 a.m.

Cost: \$21. for tickets



## Center-based wellness resources

### Cigna Healthier Together Lunch and Learn

Monday, Jan 6, 10-11 a.m.

Topic: Getting Active  
(Zelle/West room).

### 7 Springs Orthopedics & Sports Medicine

Tuesday, Jan. 7, Noon-1 p.m.

Topic: "Unpopular Opinion: You Don't Need Surgery For That."

Featured speaker: Stephen Johnson, RN, BSN, MSN, FNP-BC  
(Conference Room).

### All of Us Research Program

Wednesday, Jan. 8, 10 a.m.-Noon.

### Vanderbilt Gerontological Center for Nursing Excellence

Friday, Jan. 24, Noon-1 p.m.

Topic: Communicating with Loved Ones with Dementia  
(Carell Activity Room).

### Gail Castle

Monday, Jan. 27, 10-11 a.m.

Topic: Opioid Crisis  
(Zelle/West).

### Agmen Lunch and Learn

Monday, Jan. 27, Noon-1 p.m.

Topic: Osteoporosis and Bone Health  
(Zelle/West).

## Volunteer Christmas Party, 2019



## All of Us RESEARCH PROGRAM

Come visit the FiftyForward

*All of Us* Café!

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 **Wednesday, Jan. 8, 10 a.m.-Noon**. Sign up to make a private appointment, or just drop by for a casual conversation. Free pastries provided by FiftyForward!

## Creative PURSUITS

### Brain Brawlers Trivia

Tuesdays, 12-1 p.m.  
Team play of general knowledge trivia  
(Zelle/West)

### Creating Memoirs

2nd & 4th Tuesdays,  
1-3 p.m. Write your personal memoir.  
(Conference Room)

### Line Dancing

Wednesdays, 1-2 p.m.  
Fridays, 10:30-11:30 a.m.  
(Activity Room)

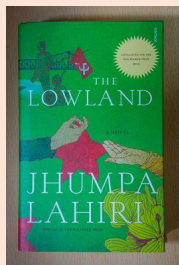


### Sit, Knit & Crochet

Fridays, 9 a.m.-Noon  
(Conference Room)  
Learn to knit and crochet.

### Writer's Club

Thursdays, 11:30 am (Conference Room)  
No experience necessary



### Book Club

Thursday, Jan 23, 1-3 p.m.  
(Conference Room)  
*The Lowland* by Jhumpa Lahiri

### Open Art Studio

Thursday, Jan. 23, 1-3 p.m.  
Come get creative in any way you'd like! Our studio is open to you.  
(Zelle/West)

## FUN & GAMES

### Bridge

Mondays, Wednesdays & Fridays  
11:45 a.m.-3 p.m.  
Thursday evenings, 5:45-9 p.m. (Brown/Davis)

### Canasta

Tuesdays, 9:30 a.m.-2:30 p.m. (Zelle/West)

### Mahjong

Tuesdays, 9 a.m.-Noon (Zelle/West)

### Rummikub

Tuesdays, 12:30-3 p.m. (Brown/Davis)

### Ping Pong

Wednesdays, 1-3 p.m. (Activity Room or TBA)

### Puzzles

Daily, 9 a.m.-3 p.m. (Conference Room) (If room is in use then you may participate when classroom is empty)

### Bunco

Thursday, Jan. 2, Noon  
Carell Activity Room

## FEBRUARY SNEAK PEAK

Meatballs are red,  
Spaghetti is too,  
Cannoli is sweet,  
And so are you.



This Valentines Day we are hosting a special event for our members to come and enjoy a wonderfully prepared, candlelight dinner and slow dance serenade!

Come join us for *Little Italy Valentine's Day Dinner*. Enjoy a delicious pasta special with your sweetheart and slow dance to your favorite tunes! Tickets will go on sale sometime in January so, keep an eye out for this coming event. You don't want to miss it!





## Center events

### Senior Learning Network Presents:

*Discovering the Giant Sequoias*

**Tuesday, Jan. 7, 11:30am-12:30pm**

**(Conference Room) Make-up date**

Come discover the Giant Sequoia trees in the California State Parks. This is an interactive virtual tour using Zoom video calling.

### Kim Lane Art Class

*Hydrangea Painting*

**Wednesday, Jan. 15, 2-4 p.m.,  
(Zelle/West)**

**Cost: \$15**

(Series #3 is on Wednesday,  
Jan. 8, 2-4 p.m.)



### Senior Learning Network Presents:

*Invisible Ancestors*

**Friday, Jan. 10, 1-2 p.m., (Zelle/West)**

Learn ideas and strategies for recreating ancestral life stories from the library's online and physical collections of early travelogues, letters, diaries, other texts and printed ephemera, photographs, other visual media, and maps. This is an interactive, virtual program using Zoom video calling.

### Accreditation Informational Meeting

**Tuesday, Wednesday, and Thursday, Jan. 14, 15, & 16, 10 a.m.-Noon, (Conference Room)**

Each day we will review our accreditation chapters to evaluate if our center can become accredited. Please join us in this process and learn exactly what it means to be an accredited center!

**Tuesday, Ch.1-3 "Purpose and Community"**

**Wednesday, Ch. 4-6 "Program Development"**

**Thursday, Ch. 7-9 "Fiscal and Facility"**



### Crafting with Amy from the Lodge Presents:

*Fruit Stamped Totes*

**Friday, Jan. 17, 10-11:30 a.m.,  
(Activity Room)**

We will be making totes to keep, using fruit shapes to stamp, paint, and decorate colorful bags to use in any season!

### Scan-A-Thon

**Tuesday, Jan. 21, 10:30 a.m.-12:30 p.m.**

**(Conference Room)**

Rodney Freeman visits once a month, provides a free flash drive for attendees, and scans photos onto a flash drive for them to preserve memories digitally.

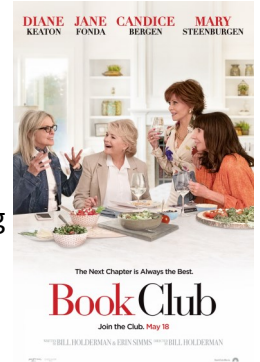
**Bring your photos and documents** and he takes care of the rest!

### Friday Flicks Presents:

*Book Club*

**Friday Flicks, Jan 24, 12:30-3 p.m., (Zelle/West)**

Four friends' lives are turned upside down when their book club tackles the infamous "50 Shades of Grey." From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter.



### Couponing with Carol

**Tuesday, Jan 28, 10-11 a.m., (Activity Room)**

**Cost: \$10**

Are you interested in taking your grocery savings and couponing to the next level? Learn how to cut your grocery bills in half. Whether you are a beginner or have been couponing for years, if you are not saving 40% to 50% off your grocery bill, this class will give you the tools and techniques you need to get to the next level. I will teach you how to find coupons and decipher them as well as discuss store coupon policies. Coupon with Carol is on Facebook and Instagram. I will share some of my featured shopping hauls and tell you exactly how I was able to get such incredible savings.

### Program Preview

**Thursday, Jan. 30, 10 a.m.-Noon**

We are excited to announce that we will be hosting a program preview party here at our center. All facilitators are encouraged to come set up a booth to promote your classes and programs! This will be open to the public so, bring your friends! If you run a program here such as Bridge, Canasta, History and Genealogy, etc. please sign up with our assistant center director, Alexandra Joy, to reserve your booth. We look forward to seeing you there!

## 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!

### **FiftyForward Care Team**

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. **615-743-3436**

### **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** 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. **615-463-2266**

### **FiftyForward Conservatorship**

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. **615-743-3436**

### **FiftyForward Fresh/Meals on Wheels**

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. **615-463-2264**

### **FiftyForward Victory Over Crime**

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. **615-743-3417**

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



**Join us for the start of our 28<sup>th</sup> Season of our 14<sup>th</sup> Year  
(2020 Winter-Spring season)**

**Friday, Jan. 3, 9-10:30 a.m.: First Friday with the Archives. "Old Glory from Salem to Nashville"**  
Author **Jack Benz** will discuss his new book about William Driver.

**Friday, Feb. 7, 9-10:30 a.m.: First Friday with the Archives**  
"Fort Negley and its designation as a UNESCO Site of Memory" Fort Negley Director, **Krista Castillo** will discuss how Fort Negley became a UNESCO site.

**Friday, Feb. 14, 9-10:30 a.m.: Beginning of weekly BH&G lecture series, speaker and topic to be determined**

***If you have a new book or research topic you would like to present to 45-50 older adults on Friday mornings, email Bob Allen at [bob@bellevuebob.com](mailto:bob@bellevuebob.com) or call Bob at 615-218-4580***