

FiftyForward College Grove

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

**Fifty
Forward**
Love life at 50+

**8607 Horton Highway
P.O. Box 223
College Grove, TN 37046
615-368-7093
www.fiftyforward.org**

February 2020

Inside this issue:

- Cigna offers programming at our centers
- Get your travel on! Check out our trips
- Gain insight on tax assistance and lunch programs
- Check out wellness and craft classes
- Learn about FiftyForward Supportive Care Services

Be sure to *Love* your 

February is American Heart Month. Did you know:

- More than 1 in 10 American adults have been diagnosed with heart disease;
- Approximately 466,000 people in Tennessee have coronary heart disease (CDC Behavioral Risk Factor Survey, 2018);
- About 44% of African American men and 48% of African American women have some form of cardiovascular disease according to the Centers for Disease Control and Prevention;
- 1 in 5 women in the United States die from heart disease?



(L-R): FiftyForward Madison Station
Director Brandy Lamb with center

It is important for all of us to take care of our hearts. **Susie Wilee's** life changed when she had a heart attack. Susie (featured in FiftyForward's new agency video – <https://www.youtube.com/watch?v=KEfZeGQutUc>), has three daughters, was married to her late husband for 51 years and had a fulfilling career in the office of the Tennessee Lieutenant Governor, serving as an executive assistant to both John Wilder and Ron Ramsey. Susie knows firsthand that women often do not experience what are thought of as the classic symptoms of a heart attack. The main heart attack symptom which Susie

experienced was indigestion, a lesser known, but fairly common symptom for women. Visit this website to learn more about heart attack symptoms: <https://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack>.

After her heart attack, five bypasses and a stroke, Susie knew she had to seek out ways to be active for heart health and for her overall wellbeing. She joined FiftyForward Madison Station and says, "I have friends that I made at FiftyForward Madison, a couple of friends in particular that I'm really close to, and I can exercise there and be active. I know it's so important for me to have a healthy lifestyle."

To protect your heart:

- Talk with your doctor about your blood pressure, cholesterol and A1C;
- Reduce sodium and increase fruits, vegetables and whole grains in your diet;
- Be physically active;
- Control your weight;
- Don't smoke; and
- Manage stress.

At FiftyForward, let's help each other to make good choices every day and give our hearts the TLC they need so that we can make the most of life!

FiftyForward College Grove
8607 Horton Highway
College Grove, TN 37046
615-368-7093
www.FiftyForward.org
Center Hours
Monday-Friday, 8 a.m.- 3 p.m.

Staff

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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, visit www.FiftyForward.org/donate

Accredited by 
National Institute of
Senior Centers

Happy February!

I just want to make sure that you know how important it is that you scan in on the computer with your membership card at the front desk. We need to capture these participation numbers, so we can accurately report them to our funding agencies or when we apply for grants. If you don't have your card there is a button to touch where you can sign in without card by inputting your name and phone number. This will also free up some of our staff time from having to go back in each day to make sure members are entered in. If you need help just ask.
Thanks, Sarah

February Fitness Classes on Mondays



Our Monday fitness instructor resigned from teaching classes. For the month of February we are going to offer a hour long gentle yoga class that begins at 9:30 a.m. every Monday in February. Kandi Herring will be the instructor; she is currently our Friday instructor and she is very passionate about teaching yoga. This class offers yoga postures done through a gentle vinyasa flow. It can accommodate all levels of experience. The cost for the class is \$5 for members and \$10 for non members.

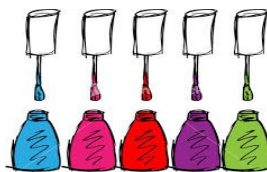
**MANICURES,
PEDICURES &
HAIRCUTS**

Tuesday, February 25

9:30 a.m.

\$5 each + \$5 annual fee

(if not already paid)



 **TENNESSEE COLLEGES
OF APPLIED TECHNOLOGY**

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!

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

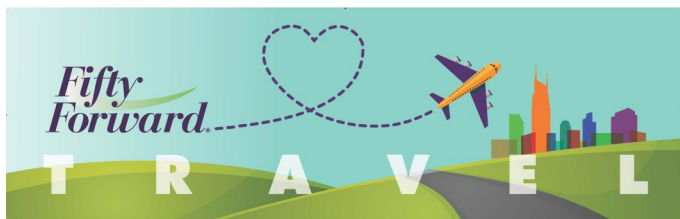


Grove Rover Day Trips

Wednesday, February 12—Board the bus to travel to Nashville and tour Thistle Farms. Thistle Farms is a nonprofit social enterprise dedicated to helping women survivors recover and heal from trafficking, prostitution and addiction. After the tour we will stop by their café for a delicious lunch and visit their shop to purchase handcrafted Thistle farms products and swag. We will leave the center at 9:30 a.m. Bus fee \$6.

Thursday, February 20—Step into the spotlight at Madame Tussaud Nashville – the home of famous fun in Nashville. Get up close and personal with several lifetime wax figures of your favorite celebrities. Rub shoulders with the stars! Lunch will be nearby around Opry Mills. Tour cost will be only \$10 with a TN identification for this month only (this is a huge savings from the normal \$24 fee). We will leave the center at 9:30 a.m. Bus fee \$8.

Wednesday, February 26—The *All of Us* Journey Exhibit and the *All of Us* Mobile Education and Enrollment Center will be at FiftyForward Donelson Station center to raise awareness about the *All of Us* Research Program. Both exhibits feature hands-on activities for visitors to learn about research, precision medicine, and the opportunity to enroll in *All of Us*. We will leave the center at 9:30 a.m. There is no cost to this trip plus your lunch is complimentary so please sign up if you are interested in going.



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.





Thursday, Feb. 13—Join Desi Smith with Cigna as she discusses the topic of arthritis which seems to very prevalent in our every day life as we age. Lunch is sponsored by Cigna so please sign up by Monday, February 10 to attend program and eat lunch.



Wednesday, Feb. 19—Birthday Potluck: As we celebrate Black History Month and welcome Dr. Earnest “Rip” Patton Jr. who will speak about his experience as a 1961 Freedom Rider as well as recount his memories of the Civil Rights Movement. The 21 year old TN State student was the drum major in the University marching band when, in 1961, he became involved in the Nashville Movement. Patton arrived in Montgomery , AL on Tuesday, May 23 to help reinforce the riders meeting at the home of Dr. Richard Harris after the May 21 firebombing and siege of Montgomery’s First Baptist Church. He took part in the 1961 Greyhound Freedom Ride to Jackson, MS, where he was arrested and later transferred to Mississippi’s notorious Parchman State Prison Farm. He was one of 14 TSU students expelled for participating in the Rides. Following the Freedom Rides, he worked as a jazz musician, and later as a long-distance truck driver and community leader. He also served years as the Freedom Rider on an annual university sponsored Civil Rights tour of the Deep South. We will have lunch at 11:30 a.m. and program begins at noon. Please bring a side dish to share, the center supplies the main dish.



Thursday, Feb. 27, 11:30 a.m.—February is heart health month. Betsy Broome R.N. & Clinical Coordinator of the Cath Lab will be here from Williamson Medical Center to discuss the cardiovascular system, cardiovascular diseases and cardiovascular health and prevention. Please sign up and pay for lunch \$5 by Monday, Feb. 24.

TAX PREP HELP BEGINS THURSDAY FEB. 6

IRS-certified tax preparers, volunteers for United Way of Williamson County, will be at the Center on Thursdays, from 9 to noon, beginning Feb. 6.

You’ll need to bring the following items:

- photo ID and last year’s return.
- Social Security or ITIN cards for everyone on the return
- W-2s, 1099s and other income statements
- Direct Deposit information
- Healthcare Form 1095
- your spouse, if filing jointly

For appointments, call 615.830.7940

or visit DoMyTaxes.org



United Way of
Williamson County

All of Us RESEARCH PROGRAM

Have a Heart? February is Heart month. Come hear why research is important to Heart Health and whole health! The *All of Us* Research 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 research is important for heart health. Come see us! We will be here at the center on **Monday, February 10, 10:30 a.m.** Sign up to make a private appointment, or just drop by for a casual conversation. Free pastries provided by FiftyForward!

WELLNESS

MONDAY

Gentle Yoga at 9:30 a.m.

Instructor: Kandi Herring



WEDNESDAY

Zumba Gold at 9 a.m.

Stretch & Tone at 9:45

Instructor: Alisa Hinds



FRIDAY

Aerobics at 8:30 a.m.

Yoga at 9:15 a.m.

Instructor: Kandi Herring

Members: \$5 per class

Non-members: \$10 per class

CHAIR CLASS

Monday through Thursday: 10:30 a.m.

No fee for this class if you are a member

MASSAGE

Licensed Massage Therapist:

Kathy McFarlane

By appointment,

Members: \$45,

Nonmembers: \$60

If you need to cancel your appointment, please do so within 24 hours or you will be charged the amount.



LINE DANCING

Beginners & experienced line dancers

Fridays: 10:15 to 11:45

Dance Instructor: Cathy Smotherman

BLOOD PRESSURE CHECK

Fourth Tuesday, Feb. 25 at 10:30 a.m.

Nurse: Paula Frost



ARTS AND CRAFTS

BOB ROSS PAINTING WORKSHOP

Take home a finished painting at the end of class!

Monday, Feb. 3 &

Monday, Feb. 17

10:30 a.m.- 3 p.m.

Instructor: Janey Pembleton

\$25 members – \$30 nonmembers (includes supplies)



CRAFT STUDIO

Second Wednesday – Feb. 12, 9 a.m.

QUILLING CLASS

Third Wednesday, Feb. 19, 9 a.m.

Instructor: Dot Carter



QUILTING BEE

First & third Wednesdays

Feb. 5 & 19 1-3 p.m.

Thursday mornings: 9-10 a.m.

STAINED GLASS WORKSHOP

Create and frame a stained glass window panel.

Thursdays: 11 a.m.-2 p.m.

Instructor: Mike Jones

Materials fee: \$25 members or \$30 nonmembers

Per class fee: \$5 members or \$10 nonmembers

TUESDAY MORNING BOOK CLUB AT FIFTYFORWARD

Where the Crawdads Sing by Delia Owens

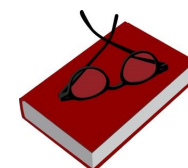
Third Tuesday, Feb. 18, 9 a.m.

BIBLE CLASS

Second and Fourth Tuesdays

Feb. 11 and Feb. 25, 9:30 a.m.

Facilitator: Rhonda Rose



GEOLOGY CLASS

Feb. 4, 9 a.m.

Instructor: Art Reesman

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

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 of 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.

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**

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Postage indicia

USPS permit no.