

FiftyForward Donelson Station

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



February 2020

**108 Donelson Pike
Nashville, TN 37214
615-883-8375**

www. FiftyForward.org

Inside this issue:

- Gain insight on wellness resources
- FiftyForward Supportive Care Services
- The Larry Keeton Theatre performances and dates
- Inclement Weather Policy
- FiftyForward Travel
- FiftyForward Fresh/Meals

Community Resources

- We are collecting non-perishable food items for those in need. Bring all donated items to the front office.
- If you have travel size toiletries including toothpaste, shampoo, etc. drop them in the box located in the front lobby.
- We need your coupons to purchase items for our member food pantry. There is a red box in the lobby labeled "coupons" where you can place them.

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 member Susie Willee.

It is important for all of us to take care of our hearts. **Susie Willee'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!

In Our Facility...

Three Fitness Rooms

- **Cardio Room**-Treadmills, ellipticals, stationary bikes, weights, TV and music.
- **Resistance Training**- Stationary weight machine, single station equipment.
- **Exercise Room**-TRX and resistance bands, bosu balls, dumbbells, and more used with offered classes.

Billiards Room

Three tables, cues and balls.

Computer Lounge

Check your email and social media on the four PCs available to members only. Big screen TV, too!

Social Hall

Enjoy coffee with friends. Play cards, Bingo or Mah Jong. Vending, microwave and refrigerator available.

Event space

Having a party? Need a venue? We rent our space. Call for availability and pricing.

Free Wi-Fi Look for the FiftyForward Guest Network on your device and use 50Forward as the password.

Lions Club Recycle reusable prescription eye glasses in the yellow bin located on the front porch.

The Little Library

Donated by the E'Levate class of 2019. Take a book or donate one!

Businesses Located inside our building include:

The Donelson Café and Catering

Mark Dickerson & Kevin Miehle, Owners

Open 10:30 a.m. - 2 p.m.

This is open to the public and can be reserved for special events (weddings, parties, graduations, etc.). Delicious homemade specials include a meat and two sides for \$5.95. They also make deli sandwiches, fresh salads and soups. To place an order for pick-up or catering call 615-812-3802.

Ladies and Gents Salon

Full service salon for hair and nails.

Includes haircuts, perms, color, highlights, manicures and pedicures.

Stylists names and phone numbers:

Eva, 615-406-6583

Gwen, 615-243-5371

Iva, 615-593-7602

Tonya, 615-579-0101

Recreational Activities

We have a variety of recreational activities that stimulate your brain and improve cognitive functions. It's also a way to meet other members. Check these out:

Mondays

American Mah-Jongg, 2:30 p.m.

Brain Games (trivia), 1 p.m.

Tuesdays

Bridge, 10 a.m.

Texas Hold 'Em, 4 p.m.

Bridge Class, 2 p.m.

Wednesdays

Bingo, 12:30 p.m.

Rummikub, 1:30 p.m.

Thursdays

Cribbage, 9 a.m.

Chinese Mah-Jongg, 10 a.m.

Fridays (2nd Friday of each month)

Beginner's pool lessons, 2 p.m.

Fridays (1st and 3rd Fridays)

Bowling, 2 p.m.

Silver Sneakers

FiftyForward Donelson Station is a basic Silver Sneakers® site. Silver Sneakers® is a health and fitness program designed for adults 65+ that's included with many Medicare Advantage plans. If you have Silver Sneakers®, your membership with FiftyForward Donelson Station is FREE.

Silver & Fit

Silver & Fit is a privately owned fitness program designed for seniors and Medicare eligible. If you have Silver & Fit, your membership with FiftyForward Donelson Station is FREE.

Renew Active

Renew Active is a fitness program for body and mind designed to help people live their best lives and achieve their health and wellness goals. This is only with United Healthcare.

If you don't know if you carry these particular plans, our staff will be happy to check for you.

FiftyForward Donelson Station

108 Donelson Pike
Nashville, TN 37214
615-883-8375
www.FiftyForward.org

Center Hours

Mon.-Thurs., 7:30 a.m.-6:30 p.m.
Friday, 7:30 a.m.-5 p.m.
Saturday, 9 a.m.-1 p.m.

Staff

Lisa Maddox

Center Director
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Ada Suarez-Blash

Care Manager
(Mon., 9 a.m.– 12 p.m.) by
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asuarezblash@fiftyforward.org

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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Senior Centers

Letter from the Center Director

Hi Friends!

I hope you all have had a chance to meet our new Assistant Center Director, Beth Curtis. She is settling in well and is excited about planning our programs.

We now have three options available through Medicare Advantage plans that will pay for your annual membership to FiftyForward: Silver Sneakers, Silver & Fit and Renew Active (only available with United Healthcare Plans). If you are unsure if this is included in your plan, stop by the front office. We will be happy to check for you.

Save the date for a special event coming up!. On March 13, 7-9:30 p.m., we will be having our Spring Swing Fling which is a fundraiser for our center.

I have had so many requests for a dance on a Friday night, so your wish is my command. The Nashville Jazz Youth Ensemble (20-piece band) will be playing Swing and Big Band music so you can dance the night away! Refreshments and hors d'oeuvres will be sponsored by McKendree Village and Humana. The cost for the event is only \$25. If you cannot make it and would still like to donate to this fundraiser, we will be happy to accept your gift!

Lastly, we need to remind everyone how important it is to scan in EVERY time you enter our building. This effects our funding and every scan is reported to multiple agencies. Staff and volunteers will be reminding you if you forget to scan your membership card. Also, we need volunteer help at our front desk. If you are interested in working a 4-hour shift on Tuesday, Thursday or Friday mornings, 8 a.m. – 12 p.m. see Kelly Lavelly.

Blessings,

Lisa Maddox, Center Director

Many thanks to our sponsors:

 Humana

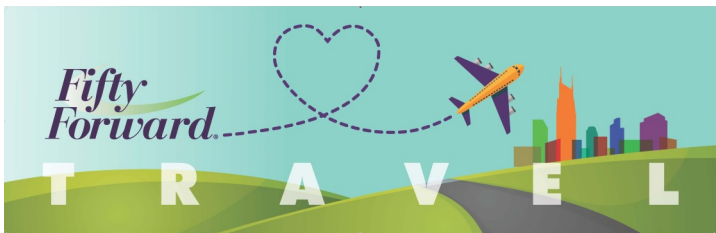


FiftyForward membership

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!





Gain insight and details on all of these 2020 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, 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 615-231-1235 to make your reservation for trips. Nonmembers pay an additional 10 percent on trips with motor coaches.



February is Black History Month, an annual celebration of achievements by African Americans and a time for recognizing the central role of blacks in U.S. history.

To celebrate, we will be taking a trip to the Tennessee State Museum for a Black History Month Tour, a specialized tour that focuses on Tennessee's African American history and how our state was shaped by their contributions, on **Feb. 14 at 1:15 p.m.** The 45 minute tour will highlight the diverse culture of African Americans, while aiming to acknowledge the oppression they faced from various forces in Tennessee's history.

The State Museum has exhibits covering time periods from the 1700s to the present and several that feature Tennessee's African American history, including: photos of Tennesseans involved in the modern Civil Rights Movement, exhibits covering the impacts of post-war innovations on Tennesseans and the struggle of African-Americans to share in the new prosperity, and Civil War exhibits that put a spotlight on their struggle in seeking their own freedom, and how some eventually fought for the union.

It will be an educational experience that you won't want to miss!

Red Hat Society



Membership in the Red Hat Society is a rewarding vehicle for reconnecting old friends, making new friends and rediscovering the joy of getting together with other women for the express purpose of ... having FUN!

Our local chapter of the Red Hat Society (Red Hat Honeys) meets the **2nd Thursday of each month, 11 a.m.**

For more information contact:

Toni Beard (Queen of Chapter), 615-754-8125

Brenda Boyd (Vice Queen), 615-758-9920

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. 6, 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>

Policies About Signing up for Trips:

Since the mystery lunch and the lunchbunch trips fill up so quickly, we ask that if you have been on this trip consecutively the last **three** months, please allow other members to sign up. This allows those who have been unable to sign up get a chance to experience these trips and meet other members.

Also, FiftyForward Donelson Station will only allow individuals to sign up two people at a time for trips. To clarify, you may call and sign up yourself and your husband or wife or yourself and a friend, but it is limited to **ONLY** two people.

You may **NOT** call up, stop in, sign up for or pay for more than two people. This has caused some problems with one person taking up multiple spots on the van and then often canceling.

We are trying to be fair to all members who enjoy taking trips. This has been approved by the Advisory Council and the Program Committee.

Trip Suggestions

If you have any trip ideas, make sure to tell Beth Curtis or drop a note in the trip suggestion box outside her office. We are always open to suggestions and know these are an asset to our membership.

Sing Along Choir-We Need You!

The Sing Along Choir needs new members! They practice once a week on Fridays at 11 a.m. and perform at local nursing and assisted living facilities once a month. They have lots of fun and bring joy to those they visit. There are no auditions, just show up!!!

February 21st Sing Along Choir will meet at McKendree Village (Links Entrance) at 10am

Trip Requirements and Credit Policies

To ensure members have adequate opportunity to attend trips and events and that staff time and center resources are properly utilized, the following policies 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.
- If you choose to meet the bus at a destination, you will be charged \$2 to offset the bus fee. This fee does not apply if the bus is full.
- 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.
- **CREDITS ARE AVAILABLE ONLY FOR 90 DAYS.**
- 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 plan accordingly. Drivers will not wait!
- There are no cash refunds for any trips/events.

Inclement Weather Policy– IMPORTANT!

In the event of inclement weather in the mornings, if Davidson County schools are on a delay, our center will have the same delay in opening. In terms of inclement weather in the afternoons, the Center Director may choose to close the center early and will inform the members as needed. When Davidson County schools are closed due to inclement weather, FiftyForward will be closed to programming and classes.



When the State of Tennessee declares the weather an emergency and closes the State offices, the Center will be closed as well.

To prevent any misunderstandings, our automated voicemail and Facebook page will be updated with our current status, but a good rule of thumb is to use the Davidson County school openings and closings as a guide.

FEBRUARY TRIPS AND EVENTS

If you are interested in any of these offerings, please sign up with a volunteer or staff member.

Nutrition Class: Thursdays in February, 10 a.m. This FREE 8-week class presented by the University of Tennessee Extension Office will focus on "Eating as we get Older." Do you hate eating alone? Are you tired of cooking and planning dinners every night? Are foods not as tasty as they used to be? Do you often feel sad or lonely? Are you just not hungry? Get answers to these questions and learn how to combat some of these issues.

Valentine's Card Making: Monday, February 3rd, 1 p.m. Help us make valentine's cards to be distributed to our Meals on Wheels recipients! Bring your creativity and whatever card making/craft supplies you may have or want to use!

Tech Help: Tuesday, Feb. 4, 10 a.m.–12 p.m. Receive one-on-one tech help from our tech savvy member, Cheryl Harris. Sign up for a free appointment today.

AARP Tax Help: Wednesday, Feb. 5th -Wednesday, April 15, 9-11 a.m. The AARP Foundation is providing tax assistance and preparation through its Tax-Aide program. There's no fee, and AARP membership is not required! They will be offering appointments every **Monday, Wednesday, and Friday, 9-11 a.m.** from **February 5th-April 15.**

Mystery Lunch: Thursday, February 6. Join the mystery gang and head to an undisclosed location for a delicious lunch. The cost is \$6. Leave the center at 10:30 a.m.

Equipment Orientation: Friday, Feb. 7, 10 a.m. Certified Senior Fitness Instructor Ronald Ruffin will conduct a training on our exercise equipment located in the cardio room and the resistance training room. This is a great time to learn how to use the equipment properly and ask any questions about getting started. This is **FREE!**

Lipscomb University Theatre Play: Friday, Feb. 7. See the Lipscomb University Theatre Department's production of *Kindertransport*. Between 1939 until the outbreak of World War II, nearly 10,000 Jewish children were taken from their families in Nazi-occupied Germany and sent to live with foster families in Britain. Diane Samuels' seminal play, *Kindertransport*, imagines the fate of one such child. Cost for the bus and tickets is \$18. Leave the center at 5:30 p.m. to get dinner on campus before the show.

Program Committee: Monday, Feb. 10, 11 a.m. Our monthly Program Committee meets the 2nd Monday of each month at 11 a.m. This group shares ideas about programs, events, trips and presentations that they would like to see at Donelson Station. We would love to add some new faces to our existing group.

Signa "Healthier Together" Diabetes Presentation and Lunch: Tuesday, Feb. 11, 11 a.m. This engaging workshop is conversational filled with information about diabetes. Learn about the type of diabetes you have, whether you just found out you have the disease or have been living with it for some time. Our topics will teach you about eating well and about controlling your blood sugar levels. You will learn how to manage diabetes and prevent further health problems. You will find helpful tips on how to take care of your feet, and you will learn how to manage other health problems related to diabetes.. It's interactive with easy and fun ways to absorb the lessons and a safe place to learn. Lunch is included too!

Summit Audiology: Tuesday, Feb. 11, 11:15 a.m. Audiologist Mitch Vest offers **FREE** hearing exams. Summit has advanced technologies and a complete service warranty with damage/loss coverage. Get a 30-day trial, free in-office cleanings, repairs/adjustments and free annual testing. They accept many insurances.

Amerigroup Seminar: Thursday, Feb. 13, 10 a.m. Join Candice Cokefair from Amerigroup and learn all about your health insurance options in a casual, no-pressure setting. This **FREE** seminar explains Amerigroup's all-in-one Medicare plans that give you everything you expect from Original Medicare and more.

TN State Museum Black History Month Trip: Friday, Feb. 14. To celebrate Black History Month we will be taking a trip to the Tennessee State Museum for a Black History Month Tour, a specialized tour that focuses on Tennessee's African American history and how our state was shaped by their contributions. The 45-minute tour will highlight the diverse culture of African Americans, while aiming to acknowledge the oppression they faced from various forces in Tennessee's history. The cost for the bus is \$6. Leave the center at 1:15 p.m.

Pet Community Center: Saturday, Feb. 15, 9 a.m.-1 p.m. The Pet Community Center mobile clinic will be here providing services for your pet such as vaccinations, microchipping, and flea and tick preventatives. Bring your pet to take advantage of these low priced services!

TRIPS/EVENTS CONTINUED...

If you are interested in any of these offerings, please sign up with a volunteer or staff member.

Canvas Painting: Monday, Feb. 17, 2 p.m. Follow step-by-step instructions on how to paint this month's canvas with professional artist Kara Williamson. A picture of your project is the scene pictured here. The cost is \$25 and includes all materials.



Lunchbunch: Tuesday, Feb. 18. The lunchbunch gang is headed to The Puffy Muffin in Brentwood. The Puffy Muffin is a restaurant and bakery that goes beyond bread and rolls to an imaginative palette of dessert bakery goods and delightful food. There are shops located near the restaurant as well so we will be adding some shopping to the trip! The cost is \$7 for the bus. Leave the center at 10:30 a.m. Sign up with staff or a volunteer.

Center Luncheon: Wednesday, Feb. 19, 11 a.m. We are so excited to have Nashville singer-songwriter-guitarist Jerry Fox perform on our stage this month. His show, 90 Years of Country Music, traces the origins of the genre from the Carter Family, Jimmie Rogers and the Sons of the Pioneers to contemporary artists including Keith Urban and Chris Stapleton. The fast-paced show includes trivia, comedy and impersonations. You do not want to miss this performance. The cost is \$8 and includes a delicious lunch from The Donelson Café.

GasLamp Too Antiques: Thursday, Feb. 20. We will be going antique shopping at GasLamp Too Antique Mall. It is operated by people with a passion for beautiful home goods that believe in the transformative power of antiques and items of décor and their ability to make every home sparkle with uniqueness. With more than 300 booths between the two stores (Gaslamp Too and the original location GasLamp), they feature Nashville's broadest array of décor genres, including Art Deco, Hollywood Regency, Mid-century Modern, Primitive and more. The cost for the bus is \$6. Leave the center at 9:45 a.m.

Nashville Flea Market: Friday, Feb. 21. This month we will visit the Nashville Flea Market during their February weekend. The Nashville Flea Market has been a Nashville tradition since 1969. At this market you are going to find a little bit of something for everyone from antiques, clothes, household items, vintage toys, and furniture. The list goes

on! The cost for the bus is \$6. Leave the center at 9 a.m.

Book Club: Monday, February 24, 10:30 a.m. Our book club meets the 4th Monday of the month. Join them this month as they read "There There" by Tommy Orange. New members are welcome!

All of Us Bus: Monday, Feb. 24-Friday, Feb. 28, 9 a.m.-3 p.m. The *All of Us* Journey bus is a mobile interactive exhibit that travels around the country. We are excited to announce it will be here at FiftyForward Donelson Station Feb. 24-28 from 9 a.m.-3 p.m. (extended hours on Thursday). This fun exhibit features hands-on activities for visitors to learn about research, precision medicine, and the opportunity to enroll in the All of Us Research Program. The All of Us Journey bus is also equipped for visitors who join the program to provide physical measurements and blood and urine samples onboard! Come visit them to learn more about the program, or if you have already enrolled, please use this as a great opportunity to provide your bio-samples. We hope to see many of you come out—and bring a friend.

All of Us Café: Tuesday, Feb. 25, 10 a.m.-2:30 p.m. 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 a million 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 who 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. Sign up with a volunteer or staff to make a private appointment, or just drop by for a casual conversation.

Humana Mardi Gras Bingo: Tuesday, Feb. 25, 1 p.m. Humana will be sponsoring a special Mardi Gras themed bingo, complete with a king cake and fun prizes. Come celebrate Mardi Gras with us!

Supper Club: Thursday, Feb. 27. The dinner gang is headed to The Pub in The Gulch. The Pub is a British Pub experience complete with brilliant food, drink and genuine hospitality. The cost for the bus is \$6. Leave the center at 5 p.m.

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.

Victory Over Crime, 615-743-3417

This **FREE** program supports older adults who have been a victim of crime. Caring professionals help victims overcome traumatic crimes such as neglect, financial exploitation, domestic violence, sexual assault, mail/phone fraud, burglary and physical abuse. These services include Care Management, Legal Advocacy and Counseling support.

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.

All of Us RESEARCH PROGRAM

Come visit the FiftyForward
All of Us Café!

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 **Tuesday, Feb. 25 from 10 a.m.– 2:30 p.m.** Sign up to make a private appointment, or just drop by for a casual conversation. Free pastries provided by FiftyForward!

The *All of Us* Bus will be here the week of Feb. 24– 28. from 9 a.m.– 3 p.m.



All of Us Meet-Up Night at The Larry Keeton Theatre!

We will host another meet-up *All of Us* Night for "Joseph and the Amazing Technicolor Dreamcoat" on Thursday, Feb. 27, 6 p.m. Stop by our FiftyForward All of Us table in the lobby for some goodies, learn more about the program, or meet others that have already joined. Come early and even tour the *All of Us* Journey interactive exhibit that will be onsite! Please mention "All of Us" when purchasing tickets for this evening so we can seat our group together. Tickets: \$15 show-only and \$27 dinner & show.

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.

Center-based wellness resources

Grief Support Group: Meets on the **1st Sunday of the month, 2 p.m. at Dodson Chapel United Methodist Church.** This is a free support group for those dealing with the stages of grief. Meet with others who are journeying through the same processes in a safe and confidential environment. The group also plays cards on the 4th Thursday at 9:30 a.m. in the social hall.

Caregiver Support Group: Meets the 4th Monday of each month at 5:30 p.m. Everyone is welcome. Pat Gates, facilitator and published author, can be reached at pegates@bellsouth.net

Equipment Orientation: Meets the first Friday of each month at 10 a.m. Ronald Ruffin, certified personal trainer, will show you how to properly use the exercise equipment.

Medicare Counseling: For help with your Medicare

questions, call 1-877-801-0044, email tn.ship@tn.gov, or visit tnmedicarehelp.com.

Summit Audiology: The Audiologist is here on the 2nd Tuesday of each month from 11:15 a.m.–1 :15 p.m. offering **FREE** hearing exams. Make an appointment with staff or a volunteer.

Weight Watchers: Meets on Tuesday evenings at 5:30 p.m. in our conference room.

Call Reassurance for the Homebound: We have a volunteer who calls once a week and checks on those who are homebound. If you know an older adult who needs this service, let Kelly Lavelly, Office/Volunteer Manager know.

The Nail Spot: Receive **FREE** toe nail trimmings and pedicures from The Nail Spot located across the street at 113 Donelson Pike. This is **ONLY** for those who are unable to do this on their own. No appointment is needed, just show up. The date for February is Feb. 10 from 10 a.m.– 3 pm..



The Larry Keeton Theatre

Our next production is ***Joseph and the Amazing Technicolor Dreamcoat*** and runs from Feb. 13-29.

Joseph is a musical comedy with lyrics by Tim Rice and music by Andrew Lloyd Webber. The story is based on the “coat of many colors” story of Joseph from the Bible’s Book of Genesis. It’s a family-friendly story that is a must see!

Shows are Thursday, Friday and Saturday nights with dinner served at 6 p.m., show at 7 p.m. Sunday matinees begin with lunch at 1 p.m., show at 2 p.m. Tickets are \$30 for the dinner and the show. Show only options and salmon upgrades are available. Ask about our group pricing. You may call us to purchase tickets at 615-883-8375 or online at www.thelarrykeetontheatre.org.

Check out our remaining 2019-2020 season:

Joseph and the Amazing Technicolor Dreamcoat, Feb.13-29, 2020

Mamma Mia April 16-May 2, 2020

The Little Mermaid June 11-27, 2020

Thank you to our presenting sponsor **McKendree Village.**



**McKendree
Village**

Friends Learning in Pairs (FLIP) Program

Did you know that 65% of America’s fourth graders do not read at a proficient level? FiftyForward Learning in Pairs program is seeking volunteers to help children grades K-4 who need assistance in reading or math. Time commitment includes a once a week visit at your student's school for 2 hours throughout the school year. Contact Lisa Hill for more information at 615-622-9867.

MTGMS Jewelry School

The Middle Tennessee Gem and Mineral Society offers 30+ jewelry classes quarterly at FiftyForward Donelson Station. Classes include silversmithing, faceting, lapidary, wire-wrapping, basic stone carving, chain maille and lots of 1-2 day workshops. Discounted prices for members range from \$10-\$30 per class.

The rock and gem meeting is at 3 p.m. on the 3rd Sunday. Everyone is welcome. For more information on classes visit www.mtgms.org.