

FiftyForward Bordeaux

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



**3315 John Mallette Drive
Nashville, TN 37218
615-248-2272
www.FiftyForward.org**

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Participate in this year's census because you COUNT!

What can we do today to try to ensure our voices are heard along with the voices of all Americans? Participate in the 2020 census!

The United States Constitution requires that a complete census of everyone living in the country occur every 10 years.

In mid-March, homes across the country will begin receiving invitations to complete the 2020 Census. Once the invitation arrives, you should respond for your home either online, by phone or by mail. April 1 is Census Day, and, by then, every home in the United States will have received an invitation to participate in the 2020 Census. From May to July, census takers will visit homes that haven't responded to the census to help be sure everyone is counted.

Why does the 2020 Census matter to us?

An accurate census count is so important because it decides how congressional and state legislative districts are determined, how state and federal funds are distributed and can have many important implications, including where businesses choose to locate.

The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding are allocated over the next decade. More than 132 government programs including Medicare, transportation, affordable housing and public health services will use census information to determine how to allocate more than \$900 billion dollars each year. **Tennessee risks losing about \$2,600 in funding per person per year for 10 years for each person in Tennessee not counted.**

Some groups are historically undercounted and those include:

- Minorities, especially those in marginalized communities (in Davidson county - 20% of residents report as Hispanic, 31% reported as Black and 9% reported as Asian)
- Young children
- Rural communities
- Frequent movers

Be sure to return your census questionnaire as soon as you can and encourage everyone you know to do the same. We can help ensure that all Tennesseans are included in the important 2020 Census!



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Center Hours

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

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Connect with us!



A profile of FiftyForward may be found at www.givingmatters.com. With your generous contributions, FiftyForward continues to support older adults in the community through our comprehensive programming. To support our mission, visit www.FiftyForward.org/donate

Accredited by
National Institute of
Senior Centers



Message from the Center Director

Why Is physical activity such a BIG deal?

Regular exercise and physical activity are important to the physical and mental health of everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Regular physical activity over long periods of time can produce long-term health benefits. That's why health experts say the older adults should be active every day to maintain their health.



In addition, regular exercise and physical activity can reduce the risk of developing some diseases and disabilities that develop as people grow older. In some cases, exercise is an effective treatment for many chronic conditions. For example, studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise. Exercise also helps people with high blood pressure, balance problems or difficulty walking.

One of the great things about physical activity is that there are so many ways to be active. For example, you can be active in short spurts throughout the day, or you can set aside specific times of the day on specific days of the week to exercise. Many physical activities such as brisk walking, raking leaves, or taking the stairs whenever you can are FREE or LOW COST and do not require special equipment.

Over the next 30 days, I commit to taking a 30-minute walk at least 3 days a week to increase my physical activity in my day-to-day schedule.

"The head and body must serve each other." — From a WOLOF folktale

Thank you to our community partners and 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

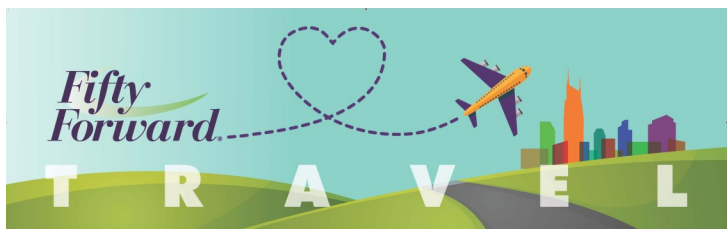
health and wellness topics. Written specifically for older adults, these programs will be offered at neighborhood FiftyForward centers. Healthier Together is designed to take the stigma out of the health and wellness topics, and to provide a high level overview for participants so they will know what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

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



Gain insight and details on all of these trips at
<https://fiftyforward.org/travel/>

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

Oct. 14-22: Northern Italy
 Highlights of this tour include Padua, Venice, St. Mark's Square, Lake Garda, Lake Maggiore, Lake Como, Bellagio, Isola dei Pescatori, and the Basilica of St. Anthony.
 Pricing: Double \$3399; Single \$3799; Triple \$3369
 These prices include airfare from BNA and are valid until April 15. Deposit is \$500 pp. Full payment must be made by August 15.

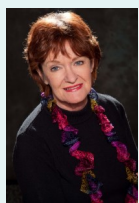
Tropicano Casino Trips

Monday, March 16 (payment due March 9)

Wednesday, April 15 (payment due April 7)

Wednesday, May 27 (payment due May 20)

The cost for each trip is \$20 members; \$25 for nonmembers. Details on website. To reserve your space, call Janice Judd at 615-231-1235.



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

FiftyForward Bordeaux trips

This month FiftyForward Bordeaux had its first "Club Day." Center Director Melvin Fowler introduced the idea of Club Day as a way for members to socialize, play games or just talk with other center members.



We traveled to FiftyForward Martin Center where the day was full of games, great conversations, and new acquaintances made. All of the members that attended club day enjoyed being in a new environment and being exposed to new activities and games.

Many of the members also enjoyed visiting a different FiftyForward location because it allowed them to gain ideas to bring back to FiftyForward Bordeaux and some of our members were able to leave some ideas for FiftyForward Martin Center.



There was plenty of love to go around at our Valentines Day celebration where each member was given a Valentines Day care bags from



Tivity that included essential items for our members. All of the members dressed in red and bought desserts to celebrate such a sweet day.

For Black History Month this year, FiftyForward Bordeaux took a trip down memory lane as we looked back at the evolution of black hair and how the different styles through out the years has influenced the black culture as well as the United States.



Join us for new classes!



Tai Chi Class

FiftyForward Bordeaux will travel to FiftyForward Knowles for tai chi classes at 10:30 a.m.

March 11, March 18, March 25.



Genealogy Class

Monday, March 9 & 23, 10 a.m. – 12 p.m.

Come and discover your family tree.

Cost: FREE. Call the

center for more information.

“Cultural Day”

Thursday, March 19, 11 a.m.

Cultural Day: members will travel to different cultures from around the world. In the month of March, we will be exploring Ireland.

Cost: FREE. Call the center for more information.



Going Green In Your Home

Monday, March 16, 9:30 a.m.

Members will learn how to turn their home into a GREEN Home. The focus will be on become environmentally friendly and recycling in your home.

Cost: FREE. Call the center for more information



FiftyForward Bordeaux Highlights



Tennessee State University Dental Hygienist program giving a presentation about the resources they are offering to the community.



Fifty Forward Bordeaux field trip to Uncle Bud's Catfish and Chicken. The food was amazing!



Community meeting with Council Woman Toombs was held at the Bordeaux location where a few of our members voiced their opinions and concerns.



Our Intern Corey Hemphill provided us with a Valentine's Day inspired Smoothie for our Smoothie Day.



FiftyForward Bordeaux advisory council member Brian Wilkins attended the FiftyForward strategic planning meeting .



Living at Home Presentation given by Ron Henson.



Tax time has arrived and Fifty Forward is here to help answer any tax related questions! Starting Feb. 5, FiftyForward will be offering FREE AARP Tax help until April 15 on Wednesdays from

9 a.m.-4 p.m. Call FiftyForward Madison Station 615-860-7180, FiftyForward Donelson Station 615-883-8375 or FiftyForward Knowles 615-743-3433 to sign up.

Rebuilding Together Nashville began under the name Christmas in April in 1995—founded and sustained for many years by members of the local

architecture community in Nashville. Rebuilding Together Nashville is a safe and healthy home for every person. Their work is based on solid science that supports safe and healthy housing. Representatives will be at the Bordeaux Library every Thursday from 12:30-2:30 p.m.



All of Us RESEARCH PROGRAM

March: **Lucky You, Lucky Us!** *All of Us* Means ALL OF US. Come hear why diversity is so important to 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. Find out more information on the program by visiting us in the *All of Us* Café. Trained staff will be available to answer questions, and for those that are interested, iPads and laptops will be provided for enrollment. This month we will be talking about how diversity can help research. Sign up to make a private appointment, or just drop by for a casual conversation. Free pastries provided by FiftyForward!

Stop by from 9-11 a.m. during the following dates:

March 12
May 14
July 9
Sept. 10

April 9
June 11
Aug. 13

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.