

# FiftyForward Donelson Station

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

March 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.

## 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?**

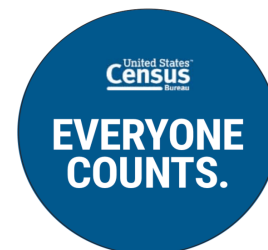
An accurate census count is so important because it decides how congressional and state legislative districts are determined, how state and federal funds are distributed and can have many important implications, including where businesses choose to locate.

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!



## 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](http://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  
[lmaddox@fiftyforward.org](mailto:lmaddox@fiftyforward.org)

#### Beth Curtis

Assistant Center Director  
[ecurtis@fiftyforward.org](mailto:ecurtis@fiftyforward.org)

#### Kelly Lavelly

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#### John Martin

Office Assistant  
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#### Janice Judd

Travel Coordinator  
[jjudd@fiftyforward.org](mailto:jjudd@fiftyforward.org)

#### Ada Suarez-Blash

Care Manager  
(Mon., 9 a.m.– 12 p.m.) by  
appointment only.  
[asuarezblash@fiftyforward.org](mailto:asuarezblash@fiftyforward.org)

### Connect with us!



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

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## Letter from the Center Director

Hi Friends!

Thank you to all who participated and showed us some love last month with your generous donations. We collected over \$800! We will be doing mini events like this to raise money for our center since we will **NOT** be having our annual fundraiser, "Casino Night." This year I am asking that we help support FiftyForward's annual Crown Affair on April 23. This signature fundraising event honors respected Nashville area leaders and raises funds to support all FiftyForward centers and programs. I encourage you to attend this wonderful event which includes a VIP reception, cocktail hour and silent auction followed by dinner and award presentation. This year we are honoring our former Executive Director, Janet Jernigan, who was with our agency for 29 years. You can purchase tickets to this event by calling our Special Events Manager at 615-743-3432.

Last month we received a list of members who no longer have the Silver Sneakers Program. This was quite a lengthy list and we are in the process of calling each member to let them know. Check with our front office about your membership options if this has affected you. We are always happy to help!

*Blessings,  
Lisa Maddox, Center Director*



### Many thanks to our sponsors:



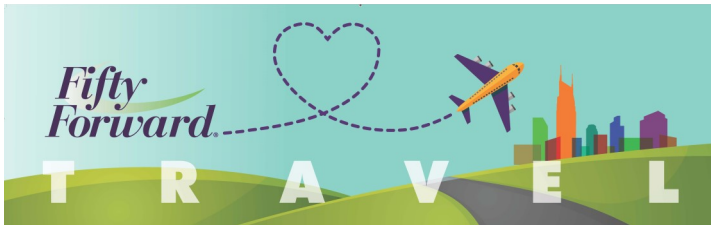
### FiftyForward membership

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!*







Gain insight and details on all of these 2020 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

**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.

**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 is due Aug. 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.



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

**On the Road with FiftyForward**

**We're Headed to  
U.S. ARMY FORT CAMPBELL**

**Wednesday, April 22**



**Time:** Loading at 8 a.m., departing promptly at 8:30 a.m. from FiftyForward Madison Station; Arrive at Fort Campbell at 10 a.m. Depart Fort Campbell at 3:30 p.m., arriving back in Nashville at 5 p.m.  
**Cost:** \$45/per person (non-members add \$5). Lunch included. Please bring \$1-\$2 cash tip for bus driver. Payment is due at the time of registration. No refunds after Friday, March 20.

Guided tour includes stops at Don F. Pratt Museum, McAuliffe Hall Atrium, The Sabalauski Air Assault School and more. Lunch is included and will be on-site at one of their military dining facilities (buffet).

**We MUST have at least 35 people registered by Friday, March 20 for this trip to occur.**

To reserve a spot you may sign up at any FiftyForward center. For more information contact Heather McNeese at [hmcneese@fiftyforward.org](mailto:hmcneese@fiftyforward.org) or call 615-860-7180.



**VOLUNTEERS NEEDED**

The Bargain Basement is seeking volunteers to come join the team! Come join us on **March 2 at 10 a.m.** to learn about how the Bargain Basement helps support our center activities, how you can volunteer on sale days and help with inventory throughout the month. This is a great way to meet other members as we start to expand this center benefit. Sign-up today at the center and we will see you soon!

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

**Sing Along Choir will be performing at The Waterford in Hermitage on March 13, 11 a.m.**

## 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.

# MARCH TRIPS AND EVENTS

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

**Genealogy Class: Every Thursday in March, 10 a.m.** Learn about how to trace your family's history in this 4 week genealogy class. Make sure to bring a laptop or tablet and a notebook with you!

**Swing Dance Classes: March 2, 4, 9, 11, 1:30 p.m.** With our big swing dance coming up this month, now is the time to learn how to swing! Beth will be offering 4 classes on the basics of swing for those who want to brush up on their dance moves. FREE to attend!

**Frist Tour: Tuesday, March 3** Tour the *J.M.W. Turner: Quest for the Sublime* exhibit at The Frist Center! Cost for the bus is \$6. Enjoy lunch in their café after the tour. Leave the center at 9:25 a.m.

**New Member Meet and Greet: Tuesday, March 3, 10 a.m.** Come learn about all your center has to offer and make some new friends while you're at it! Any new member is invited to attend this event.

**Leiper's Fork: Friday, March 6** Take a trip with us for shopping and exploration in the rural village of Leiper's Fork! Enjoy lunch at Puckett's grocery too! Cost for the bus is \$7. Leave the center at 10:30 a.m.

**Art Class on Stippling: Mondays, March 9-30, 10 a.m.** Abi Green will be teaching a FREE class on the art of stippling on Mondays in March! Stippling is the creation of a pattern simulating various degrees of shading using small dots or specks. Ask staff or a volunteer for more details and a list of materials needed.

**Program Committee: Monday, March 9, 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.

**Mystery Lunch: Tuesday, March 10** Join the mystery gang and head to an undisclosed location for a delicious lunch. The cost is \$7. Leave the center at 10:45 a.m.

**Cigna "Healthier Together" Getting Active Presentation and Lunch: Tuesday, March 10, 9 a.m.** This engaging workshop is conversational, filled with information about getting active. Learn how to stay active at any age and tips for fitness and overall wellness. 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, March 10, 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.

**Prudential Presentation: Tuesday, March 10, 12 p.m.** Prudential Insurance will be here presenting on retirement hazards, health care costs, and Social Security.

**Active Shooter Training: Thursday, March 12, 10 a.m.** The Hermitage Police Department will be at FiftyForward Donelson Station to teach us safety procedures in the event of an active shooter. Learn how to protect yourself and others.

**Nashville Farmer's Market: Friday, March 13.** The Nashville Farmer's Market is a year-round market that provides retail space to farmers, artisans, nonprofits and small businesses. Their facility includes two covered open-air sheds, a container farm, a greenhouse micro greens farm, a 24,000 square-foot garden center, a culinary incubation center and an international food hall that includes some two-dozen restaurants and shops. The cost for the bus is \$6. Leave the center at 9 a.m.

**Big Band Swing Dance: Friday, March 13, 7 p.m. - 9:30 p.m.** Come cut a rug with us and enjoy your favorite swing and big band dance tunes played by the Nashville Youth Jazz Ensemble! Food and drinks will also be provided by our generous sponsors McKendree Village and Humana. This is a partnership fundraiser for FiftyForward Donelson Station and the Nashville Youth Jazz Ensemble (a non-profit 501(c)3), so please come and show both of us some support! Tickets are \$25.

**Cigna Medicare 101: Monday, March 16, 10 a.m.** Cigna will be here to share a FREE presentation on everything you need to know about Medicare: how it works, what it covers, and all the basics.

**Lane Motor Museum: Monday, March 16** We will be taking a trip to see the fantastic collection at Lane Motor Museum. Their goal is to share in the mission of collection and preserving automotive history for future generations. The cost for the bus and your ticket is \$12. Leave the center at 10 a.m.

**Canvas Painting: Monday, March 16, 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.





# TRIPS/EVENTS CONTINUED...

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

**Aesthetician Class: Tuesday, March 17, 10 a.m.** “I Am Enough” Skincare Masterclass is a class designed and created to enhance confidence through self care, self love and knowledge of self. There will be light refreshments, prizes, hands on demonstrations & FREE skincare samples. Space is limited to 20 people. The cost for this class is \$10.

**Lunchbunch: Wednesday, March 18.** The lunchbunch gang is headed to City Café! City Café is Brentwood’s oldest independent restaurant, a meat and three served cafeteria style with desserts made in-house from scratch! The cost is \$7 for the bus. Leave the center at 10:45 a.m.

**Super Bingo: Thursday, March 19, 12:30 p.m.** Charter Senior Living is sponsoring Super Bingo where everybody wins! This is so much fun and FREE!

**St. Patrick’s Day Lunch: Thursday, March 19** Celebrate St. Patrick’s Day with an Irish lunch at The Lost Paddy. Cost for the bus is \$6. Leave the center at 10:45 a.m.

**Blue Cross Blue Shield Medicare Presentation: Thursday, March 19, 1 p.m.** Learn from Blue Cross/Blue Shield about Medicare and all of its parts.

**Humana Name That Tune: Friday, March 20, 10 a.m.** Join Juan and Norm for another game of Name That Tune! Sing along and win some prizes!

**Pet Community Center: Saturday, March 21, 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! No appointment needed!

**Book Club: Monday, March 23, 10:30 a.m.** Our book club meets the 4th Monday of the month. Join them this month as they read “The Whispers” by A. Greg Howard. New members are welcome!

**Legal Help: Monday, March 23, 1:30 p.m. - 3 p.m.** Attorney April Jackson will help you with questions regarding estate planning, wills, POAs and more. Make an appointment with staff or a volunteer.

**All of Us Café: Tuesday, March 24, 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.

**Frist Art Trunk Class: Tuesday, March 24, 11:30 a.m.** Come make your own art inspired by the *J.M.W. Turner: Quest for the Sublime* exhibit open currently at the Frist. You’ll create your own exhibit inspired piece and have a lot of fun while you’re at it!

**Center Luncheon: Wednesday, March 25, 11 a.m.** We are so excited to have Nashville singer/songwriter Judy Wright perform on our stage this month. Judy is an incredible singer, songwriter, and guitarist that has had great success as an Americana Top 40 recording artist. Her album was on the Americana chart for 26 weeks; her mainstream single was played across the country and on XM Radio was Bill Mack’s Dynamic Disc Discovery. Her soulful version of “You Are My Sunshine” drew rave reviews from dozens of reviewers and radio programmers. She will be performing for us this time with “The Wright Darlings”. The cost is \$8 and includes a delicious lunch from The Donelson Café.



**Supper Club: Thursday, March 26.** The dinner gang is headed to Mafioza’s on 12 South. This popular 1920s New York-style Italian restaurant — known for serving the finest stone-oven pizza in the southeast — offers dishes using fresh, seasonal ingredients, many of which are produced locally. The cost for the bus is \$6. Leave the center at 5 p.m.

**Opioid Abuse Presentation/Narcan Training: Saturday, March 28, 10 a.m.** Opioid abuse is higher in older adults and TN has the highest rate of death in this age group due to previous opioid users returning to their old dose after a long period which can result in overdosing. Learn how to identify signs of an overdose, who to contact if there is a suspected overdose, what to do when someone has overdosed, alternative pain management options, and how you can prevent and treat an overdose in this presentation.



## 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.



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

**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!

Come see us! We will be here at the center on **Tuesday, March 24, 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!

### **About FiftyForward**

Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older. As a nonprofit operating seven lifelong learning centers — two in Williamson and five in Davidson County — FiftyForward offers educational, health and wellness, arts and volunteer programs to engage older adults. FiftyForward also provides comprehensive supportive services and access to resources including FiftyForward Adult Day Services, FiftyForward Fresh/Meals on Wheels as well as the FiftyForward Care Team offering care assessment and services for older adults. FiftyForward Travel offers adventures (regional and international) and the Senior Center for the Arts and The Larry Keeton Theatre, a subsidiary of FiftyForward, feature performing arts for all ages. Get social with us - friend us on Facebook, follow us on Twitter and Instagram. Learn more about FiftyForward resources and volunteer opportunities by visiting: [www.fiftyforward.org](http://www.fiftyforward.org).

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

We will host another meet-up *All of Us* Night for "Mamma Mia!" on **Thursday, April 16, 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.

## 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](mailto: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](mailto:tn.ship@tn.gov), or visit [tnmedicarehelp.com](http://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 ***Mamma Mia!*** and runs from April 16 - May 2. *Mamma Mia!* is a musical in which ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

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](http://www.thelarrykeetontheatre.org).

### Check out our remaining 2019-2020 season:

*Mamma Mia* April 16-May 2, 2020

*The Little Mermaid* June 11-27, 2020

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



**McKendree  
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## 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](http://www.mtgms.org).