

FiftyForward Knowles

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

March 2020

**Fifty
Forward**
Love life at 50+

**174 Rains Avenue
Nashville, TN 37203
615-743-3433
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, 8:30 a.m.-4:30 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

Letter from the Center Director

Happy Spring!!! Yes, you guessed it –it’s Springtime. Sunshine, blooming flowers, budding trees and loads of fun. We have a lot of great programming planned for March. Please do not forget this is Nashville Reads month and we celebrate our reads in a big way. If you are interested in reading this year’s book, please stop by the front office. This year’s book is entitled “Dreamers” by Yuri Morales. We have a weekly event planned around this great book, including a book discussion with a Senior Hispanic group here in Nashville. You do not want to miss these awesome events.



The other awesome event taking place at FiftyForward Knowles is Adventures in Travel. We are going to be exploring various avenues of travel and enjoying the travel experiences of several individuals. Please join us for these great awareness experiences.

We hope that you continue to enjoy many of the events and day trips at the center. You requested a couple of the events and day trips for March, and Georgina has spent a lot of time planning these opportunities, please sign up as soon as possible.

Thanks for a great February and we look forward to an even better March.

Many thanks to our sponsors this month
(put your center sponsors here as needed):



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

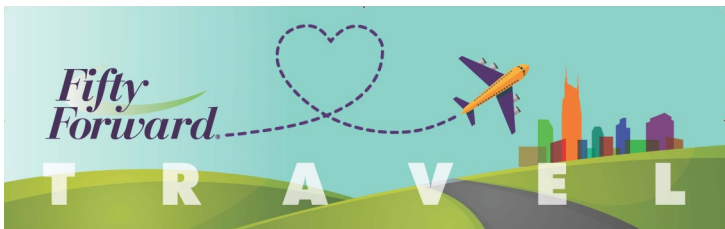
health and wellness topics. Written specifically for older adults, these programs will be offered at neighborhood FiftyForward centers. Healthier Together is designed to take the stigma out of the health and wellness topics, and to provide a high level overview for participants so they will know what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



FiftyForward Knowles Day Trips

Wednesday, March 4: Visit to Plaza Mariachi with the Hispanic Family Foundation

Depart: 10 a.m.

Return: 1:45 p.m.

Cost: Lunch on your own



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 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.

Friday, March 6: "Appalachian Spring" Nashville Symphony Open Dress Rehearsal + Lunch at Parsons

Depart: 9:15 a.m.

Return: 2:15 p.m.

Cost: \$2 bus, lunch on your own

10 tickets available



Monday, March 16: Visit to the FiftyForward Martin Center

Depart: 10:30 a.m.

Return: 2:30 p.m.

Pack your own lunch

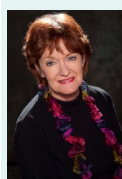


Friday, March 27 : McLemore House Tour and Lunch at Bishops

Depart: 10:15 a.m.

Return: 2:45 p.m.

Cost: \$10 tour + \$4 bus, lunch on your own



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

Center-based wellness resources

Restorative Breathing

Knowles offers a Restorative Breathing Class on Thursdays at 10:45 a.m. The cost is \$16 for eight classes. To sign up, please see the front desk or call 615-743-3433.

Tai Chi

Knowles offers a certified instructor led Arthritis Tai Chi class on Wednesdays at 10:30 a.m. The class is free to Knowles members. Guest pay \$5 visitor fee per class.



Parkinson's Exercise Program (PEP)

Knowles offers a certified instructor led exercise class for members with Parkinson's disease. Non-Parkinson members may attend as well. The class meets Tuesdays and Thursdays at 1 p.m. There is no cost to attend.

Retired Men's Group: Re-firing your Life!

FiftyForward Knowles has partnered with Mental Health America to host a peer-led retired men's group. For more information, please call the front desk at 615-743-3433.

Medicare Counseling: For help with your Medicare questions, call 1-877-801-0044, email tn.ship@tn.gov, or visit tnmedicarehelp.com.

Yoga

FiftyForward Knowles offer a yoga class on Tuesdays at 10:45 a.m. The cost is \$36 for eight classes. To sign up, please see the front desk or call 615-743-3433.



It's Time for Nashville Reads!

Once again, FiftyForward Knowles will be participating in the citywide Nashville Reads program! The 2020 book is "Dreamers" by Yuyi Morales, a story of strength, hope, and resilience. In addition to reading the book, we hope you will join us for these exciting events:



March 5, 11:30 a.m. -12:30 p.m. Butterfly craft for a "Wall of Butterflies" community art project

March 12, 12-1 p.m. Mexico presentation by Tom Mulgrew, an author and avid traveler

March 19 10:30-11:30 a.m. "Dreamers" Awareness Class

March 26 11 a.m. -12:30 p.m. Final book discussion and lunch with our friends from Años Plateados Tn

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. Free pastries provided by FiftyForward!

Monday, March 16 10 a.m.—2 p.m.

Sign up to make a private appointment, or just drop by for a casual conversation. Free pastries provided by FiftyForward!

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 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.

