

FiftyForward Madison Station

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

March 2020



301 Madison Street
Madison, TN 37115
615-860-7180
www.FiftyForward.org

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Note that we will close at Noon on Thursday, March 5 to prepare for our Whistlestop Fundraiser that evening!

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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301 Madison Street
Madison, TN 37115
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www.FiftyForward.org

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

Letter from the Center Director

It's almost here, our 21st Whistlestop Fundraiser is on Thursday, March 5 at 5:30 p.m. The "train" is heading to San Antonio with a Fiesta themed-dinner and entertainment. You are welcome to join us - tickets are \$50 for members or you can purchase a table of eight for \$550. Please share this event with your friends and family and invite as many as you can to attend. If you would like to support the event with a donation, please see the front desk as we have train "puffs" available again this year. See our Whistlestop Train Banner in the Social Room. We also need your VOTE for next year's destination theme and the Conductor of the Year. Stop by the front desk vote.

At the end of the month, Tuesday, March 31 at 10 a.m., we will have Detective Wright from VAPIT (Vulnerable Adult Protective Investigative Team), Sgt. Henry Particelli, and Claire Coenen from Victory Over Crime here for a conversation on crime and safety. This will be less of a formal presentation and be more of a time for you to ask questions, share concerns, and learn more about our area. We hope you can come.

Best,
Brandy

Letter from the Assistant Center Director

Happy March! I'm so excited to experience my first Whistlestop fundraiser this month. Please share the event with friends and family who may be interested in purchasing a ticket to attend. Also, the next "On the Road" trip is out now - this is a day trip where we'll take a motor coach up to Fort Campbell! I've organized this trip so I look forward to traveling up to the base with familiar faces and other FiftyForward members across centers I haven't met yet. We're going to have a great time! You can sign up at the front desk. Finally, details about our spring Art Trunk with the Frist Art Museum are included in this newsletter. Make sure to check it out!

Cheers,
Heather

Many thanks to our partners:



Thank You to our sponsors this month:

Creekside Center for Rehabilitation and Healing, Skyline Medical Center, Maybelle Carter, AARP, Beck & Beck, Walgreens, Frist Art Museum, VAPIT, Metro Police, and UnitedHealthcare.

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

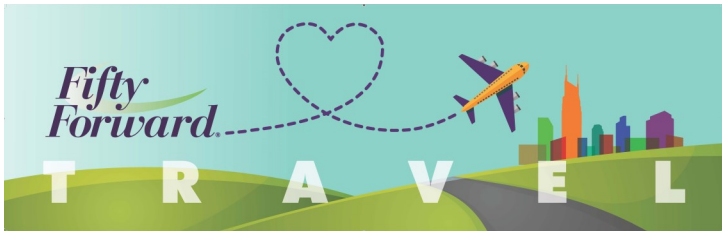
health and wellness topics. Written specifically for older adults, these programs will be offered at neighborhood FiftyForward centers. Healthier Together is designed to take the stigma out of the health and wellness topics, and to provide a high level overview for participants so they will know what 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	<i>March 23, 8:30 a.m.</i>
	Getting Active
	<i>Breakfast provided</i>



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.

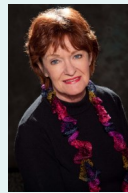
Tropicano Casino Trips

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.



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

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.

FiftyForward Madison Station

March Trips

Music for Seniors: Old Crow Medicine Show frontman Ketch Secor at Plaza Mariachi

Wednesday, March 4, 10:45 a.m.

Cost: \$7 + lunch

Join us for a lively hour of music featuring Ketch Secor, founding member of Grammy Award-winning group Old Crow Medicine Show. After the show, you'll be free to grab lunch at any of the Plaza Mariachi food hall restaurants.



FULL TRIP: Octagon Hall, Brickyard Café, & Historic Downtown Franklin, KY

Thursday, March 12, 8:45 a.m.

Cost: \$8 +Bring \$5 cash + lunch

Spring Swing Fling Dance at FiftyForward Donelson Station

Friday, March 13, 6:45 p.m.

Cost: \$28

Enjoy entertainment from The Nashville Jazz Youth Ensemble (20-piece band), who will be playing Swing and Big Band music. Dance the night away as you enjoy refreshments and hors d'oeuvres sponsored by McKendree Village and Humana.

Secret Network of Women in Civil Rights Walking Tour

Monday, March 16, 9:15 a.m.

Cost: \$33 + lunch

Set off on a one-hour historical Nashville walking tour where you'll hear stories about history's fiercest females from the early settlement to civil

rights and beyond. After the tour we will head to Parson's Chicken and Fish for lunch. Menu items \$7-\$25. You must RSVP for this by Friday, Feb. 28 and there will be no refunds after that date. This tour happens rain or shine!

Travelous Trippers to Lost Paddy Irish Pub and Restaurant

Friday, March 20, 10:45 a.m.

Cost: \$6 + lunch

In honor of St. Patrick's Day, we're heading to the Lost Paddy for some traditional Irish fare.

Menu items: \$7-\$13.



Foodie Favorites: Vietnamese at Miss Saigon

Monday, March 23, 10:30 a.m.

Cost: \$6 + lunch

Menu items \$5-\$20.

Southern Women's Show

Friday, March 27, 9:45 a.m.

Cost: \$17

The Southern Women's Show returns to the Music City Center! If you like fabulous shopping, creative cooking ideas, healthy lifestyle tips, trendy fashion shows, great celebrity guests and lots of FREE stuff—then don't miss it! We will allow approximately 2 hours to browse the show, grab samples and have fun! Deadline to sign up is Friday, March 13.



Programs & Events

Bingo: *Monday, March 3 and Tuesday, March 24, 1 p.m.* Monday Bingo sponsored by UnitedHealthcare and Tuesday sponsored by Maybelle Carter. FREE!

Whistlestop: *Thursday, March 5, 5:30 p.m.* This year the “train” is heading to San Antonio! Bring your friends and family for a fun fiesta-themed dinner, silent auction, prize wall and more. Tickets are \$50 for members and can be purchased at the front desk or by calling 615-860-7180.

Karaoke: *Thursday, March 12, 12:30 p.m.* Back from winter hiatus and hosted by DJ Dottie Dillard, join us for fun and fellowship. You can sing, be entertained, or both! Fun prizes!

Tasty Tuesday: *Tuesday, March 17, 11:30 a.m.* Featuring musician Lindsey Hinkle, who has opened for Keith Urban, Darius Rucker, and Lady Antebellum to name a few. Lunch includes corn beef and cabbage, parmesan roasted tomato, black eyed peas, cornbread, lime jello. Purchase \$7 ticket at the front desk by Friday, March 13.

Legal Aid: *Wednesday, March 18, 9 a.m.* Meet with an attorney from Beck & Beck in 15-minute sessions. Sign up at front desk.

Solar System Series Presented by Duncan Davis: *Wed., March 18; Wed., March 25; Wed., April 1; Wed., April 8* all beginning at 11 a.m. Duncan Davis returns to present

another four-week solar system series with all new topics including:

- Space Zombies (the corpses that stars leave behind when they die, including black holes)
- Formation of the Solar System
- Our Galactic Address
- Are We Alone?

He is fun and engaging, so don't miss out! Sign up in the free event binder.



Cigna Presentation on Getting Active: *Thursday, March 19, 12:30 p.m.* Sign-up in the free event binder. They will be providing snacks.

Lunch & Learn Presented by Skyline Medical Center: *Wednesday, March 26, 11:30 a.m.* Lunch includes loaded baked potato, slaw, and dessert. Pick up your free ticket at the front desk.

Walgreens Health Talk: *Thursday, March 26, 10 a.m.* Fortune Ojeah will discuss diabetes and your health. Sign up in the free event binder.

Frist Art Trunk: *Wednesday, March 25 at 10:15 a.m. and Monday, March 30 at 10:30 a.m.* Sign up at the front desk.

Coffee with a Cop: A Community Conversation: *Tuesday, March 31 at 10 a.m.* Sign up in the free event binder.

Tai-Chi on Thursdays!

Billy Smith, who has been practicing Tai-Chi for over 45 years, leads Tai-Chi classes every Thursday at 10 a.m. in the Fitness Center. The cost is \$5. Come try it out and learn about this internal Chinese martial art practiced for both its defense training, health benefits, and meditation.

Line Dancing - No Class on March 3

No Line Dancing on Tuesday, March 3. Class resumes Tuesday, March 10.

Weekly Groups & Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Noon: Quilting	1 p.m: Music Jam	10 a.m: Ping-Pong 11:30 a.m: Mexican Train Dominoes Noon: Crochet 1 p.m: Silver Notes Band	11 a.m: Ping-Pong Noon: Knitting 1 p.m: Loose Caboose	
9 a.m: Yoga, \$5 12:30 p.m: SilverSneakers Circuit 1:45 p.m: SilverSneakers Stress Reduction & Breathing	10 a.m: SilverSneakers Classic 1:15 p.m: Line Dancing	9 a.m: Yoga, \$5 10 a.m: SilverSneakers Yoga Stretch 12:30 p.m: SilverSneakers Classic	10 a.m. Tai Chi, \$5 12:30 p.m: SilverSneakers Classic 1:45 p.m: Gentle Yoga, \$2	9 a.m: Yoga, \$5 11 a.m: Qigong 12:30 p.m: SilverSneakers Classic

For a description of classes, please see the front desk for more information!

MARCH

2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10 a.m: Grief Support 1 p.m: Bingo	3 10 a.m: Bunco 10:30 a.m: BP Noon: Jewelry Beading Class 1 p.m: Reminisce	4 10:45 a.m: Trip to Music for Seniors	5 10 a.m: Dementia Support Center Closes at Noon for WHISTLESTOP	6 10 a.m: Wisdom Writers	7
8	9 9 a.m: Second Sight 10:30 a.m: Red Hats	10 10 a.m: Cigna snack table Noon: Jewelry Beading Class	11 9:30 a.m: Advisory Council	12 8:30 a.m: Trip to Octagon Hall 12:30 p.m: Karaoke	13 1 p.m: Music Jam 6:45 p.m: Trip to Donelson Station for Spring Fling Swing Dance	14
15	16 9:15 a.m: Trip to Women in Civil Rights Walking Tour 10 a.m: Grief Support	17 11:30 a.m. TASTY TUESDAY Noon: Jewelry Beading Class 1 p.m: Trippers Planning Meeting	18 9 a.m: Legal Aid 11 a.m: Solar System Series with Duncan Davis	19 Trippin' Third Thursday! 12:30 p.m: Cigna Getting Active Presentation	20 10:45 a.m: Trippers to Lost Paddy Irish Restaurant	21
22	23 9 a.m: Second Sight 10:30 a.m: Foodie Favorites trip to Miss Saigon	24 10:30 a.m: BP/ Glucose Noon: Jewelry Beading Class 1 p.m: Bingo	25 10:15 a.m: Art Trunk trip to Frist 11 a.m: Solar System Series with Duncan Davis	26 10 a.m: Walgreens Health Talk 10 a.m: All of Us 11:30 a.m: Skyline Lunch & Learn	27 10 a.m: Trip to Southern Women's Show 1 p.m: Music Jam	28
29	30 10:30 a.m. Frist Art Trunk	31 10 a.m: Coffee with a Cop - A Community Conversation				

Center-based wellness resources

Grief Support Group: Meets on the **1st & 3rd Mondays of the month, 10 a.m.** A 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. Facilitated by Adam Waltenbaugh, Masters in Counseling, Vanderbilt.

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

Metro Nutrition Program: Lunch for seniors over 60. Must apply with Metro first. Stop by Monday-Thursday, between 10:30-11:30 a.m. and ask for Metro Meals for more information. 48-hour reservation required. Donations requested.

Bulletin Board: On the three bulletin boards in the front hallway, you can read and make suggestions; see get well and sympathy messages, and read and post events and classifieds. Items posted may only remain for one month.

Blood Pressure: 1st Tuesday of the month by Shirley Brown; 4th Tuesday by Creekside Center for Rehabilitation and Healing.

Dementia Support: 1st Thursday of the month at 10 a.m. Kathy Johnson-Warner of Senior Helpers helps you get the support you need when caring for your loved ones with dementia.

iPads: We have iPads available for your use in the center each day. The iPads were donated by Cigna and are available for check out at the front desk.

Frist Art Trunk Project - Quest for the Sublime

Our partnership with the Frist Art Museum Art Trunk Program provides unique opportunities for participants to become more informed about works of art, their meanings, and the artists who created them. If you sign-up to participate in the Art Trunk, your trip to see the exhibit at the Frist is FREE.

This Art Trunk highlights Joseph Mallord William Turner, considered to be among the greatest landscape painters in Western art. His exhibit, *Quest for the Sublime*, features seminal oil paintings, luminous watercolors, and evocative sketches selected from Tate's Turner Bequest.

For the Art Trunk project, participants will take a closer look at master artworks while studying local weather patterns, observing and recording the changing environment both scientifically and artistically.

Wednesday, March 25 at 10:15 a.m. - Trip to Frist Art Museum for a guided tour of the exhibit, *Quest for the Sublime*. We'll eat lunch at the Frist Café before our guided exhibit tour at Noon.

Monday, March 30 at 10:30 a.m. - Art Trunk Project at Madison Station

We only have 12 spots available - sign up at the front desk!

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!

Come see us at Madison Station on Thursday, March 26 at 10 a.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!

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.

On the Road with FiftyForward

Motor Coach Trip to Fort Campbell



Join us for our next motor coach trip as we head to Fort Campbell! Our 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).

Date/Time: Wednesday, April 22

Loading at 8 a.m., departing promptly at 8:30 a.m. from FiftyForward Madison Station; 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. We must have at least 35 people registered by Friday, March 20 for this trip to occur. No refunds after Friday, March 20.

To reserve a spot you may sign-up at the front desk or call 615-860-7180. **YOU MUST BRING A PHOTO ID FOR THIS TRIP.**

COFFEE WITH A COP - A COMMUNITY CONVERSATION

Tuesday, March 31 at 10 a.m.



Join Madison Precinct Community Affairs Sergeant, Sgt. Henry Particelli, Detective William Wright from VAPIT (Vulnerable Adult Protective Investigative Team), and our Victory Over Crime team for an informal conversation about personal safety and crime in the Madison area (including many misconceptions that may be floating around!). This is a great opportunity to ask questions, address concerns, and learn about how you can best protect yourself in everyday situations. You'll also learn about how the Victory Over Crime team supports older adults who have been affected by crime. We'll provide coffee and light snacks. Sign up in the free event binder.