

SPECIAL EDITION

Centered & Connected

FiftyForward.org

Bordeaux | College Grove | Donelson Station | Knowles | Madison Station | Martin Center | J. L. Turner Center



Connect with us!



Why we do what we do: A note from our Executive Director Sallie Hussey

Hello dear FiftyForward members,

The last few weeks have certainly stirred feelings and emotions within all of us. This challenging time has also given rise to new opportunities. It is so difficult to close FiftyForward centers, even for a short time, and to not see the daily joy and excitement. We will have the chance to be together again. I've heard over the last few days that many of you -- center members, along with our staff -- have been reaching out to share joy, send messages of love and hope, and just touching base with each other. I know this warmth and engagement will continue, and please know you can always reach out to us if you need us. We are stronger together!

Shortly after the tornadoes hit, our FiftyForward Donelson center served as a food preparation and distribution site to prepare more than 2,000 sandwiches and provide food for so many in the neighborhood. More recently, staff members from FiftyForward Supportive Care Services calmly provided care and access to services for victims who visited either Hadley Park, East, or Hermitage community centers. Our FiftyForward Bordeaux center staff, along with some from FiftyForward Madison Station, continue to supply hot meals and package emergency meal kits for delivery thanks to our partners The Nashville Food Project and Second Harvest Food Bank. Staff from other centers are assisting daily with essential food and meal deliveries for isolated older adults, including those served by FiftyForward Fresh/Meals on Wheels.

In addition to being on staff here, I'm a center member, too. I have a new appreciation of so much with the dawn of social distancing. We expanded our telephone reassurance program, and what a surprise it was when I received a call from Lee at FiftyForward Knowles! Her kind voice was reassuring as she said, "We're just checking on you. Please take care of yourself."

So much has been cancelled or postponed including our premiere fundraising event The Crown Affair. I saw a T-shirt this week that read "Love isn't Cancelled." Love is certainly all around FiftyForward, even if it's only available through social distancing. Please be safe until we see you again.

All my best,

Sallie

Providing essential services through FiftyForward Fresh/Meals on Wheels



FiftyForward supports, champions and enhances life for those 50 and older.

Monthly Update: COVID-19 Center News

April 1, 2020

Hello FiftyForward members and friends,

We hope this email finds you well as we all manage this new, temporary reality of social distancing in order to keep each other safe. In alignment with the federal government's extension of national social distancing guidelines until April 30, FiftyForward centers will remain closed for in-person programming through April 30, 2020.

As we have all learned, we as individuals are definitely not in charge in this situation. At FiftyForward, we are continually monitoring the status of control of the spread of coronavirus and recommendations from federal, state and local governments and public health officials to determine the best course of action going forward. We hope to reopen for programming as soon after April 30 as is possible and safe.



While the center buildings are closed, FiftyForward staff are still working remotely to provide you with important virtual content and connections. We miss daily contact with our members and know that you miss seeing each other also. After considering options to recognize this loss of in-person programming in April, our plan is to extend all FiftyForward center memberships for an extra month (so your year-long 12-month membership will become a 13-month membership) in consideration of this April closure. For example, if your membership was due to expire at the end of December 2020, it will now expire at the end of January 2021. No action needs to be taken on your part about this, we will manage these extensions in our system.

Attached you will find a special edition FiftyForward April newsletter with:

A **letter** from FiftyForward Executive Director, Sallie Hussey.

A **virtual content calendar for the month of April** - Our center staff members have compiled and curated an array of videos - from workouts you can do from home, musical performances, easy recipes to try, trivia, and much more to help you stay physically and mentally active throughout the month! All of these videos and activities will be posted daily on center Facebook pages, at the designated time noted on the calendar. You'll even see some familiar FiftyForward faces on a few of the videos!

Important resources related to the COVID-19 outbreak- We have included several resources to help you navigate the current pandemic, including FiftyForward's Supportive Care and Victory Over Crime services, as well as, COVID-19 Public Health information, tax relief, utility assistance, and mental health assistance.

Please stay well and safe!

All our best to you all,

Gretchen

Gretchen Funk
Chief Program Officer

FiftyForward supports, champions and enhances life for those 50 and older.

APRIL 2020 CALENDAR

Join us on our FiftyForward Facebook pages for innovative, virtual classes and new online experiences!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>FiftyForward.org</i>			1 11 a.m.: Easy Grocery Store Flower Arranging 1 p.m.: SilverSneakers 7-Minute Yoga Workout	2 10 a.m.: Meditation with Kelly 1 p.m.: Sarah Stephens Family Farm Tour	3 11:30 a.m.: Podcast Friday with Georgina 1:30 p.m.: Live Trivia with Lorie	4 7 p.m.: Grand Ole Opry Livestream
5	6 10 a.m.: YMCA Rise & Shine Workout 1 p.m.: Growing Vegetables in a Shady Garden Space	7 10 a.m.: Tabata Strength Training Workout with Lisa 2 p.m.: Beth Curtis performance	8 10 a.m.: Online Coloring 2 p.m.: Cooking - Gaines Family Chili Recipe	9 10 a.m.: Meditation with Kelly 7:30 p.m.: Pam Tillis Livestream Concert	10 11:30 a.m.: Podcast Friday with Georgina 1:30 p.m.: SilverSneakers Strength & Balance Workout	11
12	13 10 a.m.: Games via AARP 1 p.m.: Heather's Favorite ALDI Finds	14 10 a.m.: Tabata Strength Training Workout with Lisa 1 p.m.: NPT Presents TN Civil War 150, Episode 1	15 11 a.m.: Drawing/Sketching class with Kim Lane 1:30 p.m.: Fred Frawley: Red, White, and Blue Performance	16 10 a.m.: Meditation with Kelly 1:30 p.m.: Quilting 101	17 11:30 a.m.: Podcast Friday with Georgina 2 p.m.: Baking with Heather - Bark Recipe	18
19	20 10 a.m.: YMCA Silver Circuit Weight Workout 1 p.m.: NPT Presents TN Civil War 150, Episode 2	21 10 a.m.: Tabata Strength Training Workout with Lisa 2 p.m.: Beth Curtis performance	22 10 a.m.: YMCA Beginner Flow Yoga 1 p.m.: Cooking - Gaines Family Zucchini Bread Recipe	23 10 a.m.: Meditation with Kelly 1 p.m.: NPT Presents An Opry Salute to Ray Charles	24 11:30 a.m.: Podcast Friday with Georgina 2 p.m.: SilverSneakers Total Body Conditioning Workout	25
26	27 10 a.m.: SilverSneakers 11-minute Chair Yoga Flow 1 p.m.: Easy Lemon Tart Recipe	28 10 a.m.: Tabata Strength Training Workout with Lisa 1 p.m.: Bledsoe Creek State Park Trivia	29 10 a.m.: YMCA Gentle Yoga Workout 1 p.m.: NPT Volunteer Gardner Ep 2812	30 10 a.m.: Meditation with Kelly	Connect with us!    <i>FiftyForward.org</i>	

RESOURCES

For those who need resources, here are a number of ways to get assistance.

FiftyForward Resources

FiftyForward Supportive Care Services:

- Connection to resources and essential services for older adults in Davidson and Williamson counties.
- Intake Line: 615-743-3416

FiftyForward Victory Over Crime:

- Support for older adults in Davidson County who have been victims of crime
- Phone: 615-743-3417

Tax Relief:

In response to the COVID-19 outbreak, The United States Treasury and Internal Revenue Service (IRS) will allow most tax payments to be delayed until July 15. You need to file a return or request a filing extension by April 15. No other filing is necessary for payment extensions.

For more information, visit:
www.irs.gov/coronavirus



Center for Disease Control and Prevention (CDC):

- Website: <https://www.cdc.gov/>
- Phone: 1-800-232-4636

Metro Government of Nashville & Davidson County Tennessee

- Nashville COVID-19 Response:
<https://www.asafenashville.org/>

Tennessee Department of Health

- Exhibiting possible symptoms of the coronavirus or concerned about exposure to the virus, follow the public health advice and contact your health care provider for guidance. Unable to reach your medical provider, you can call:
- Tennessee Department of Health Coronavirus Hotline: 1-877-857-2945
- Available daily, 10 a.m.-10 p.m., CDT
- For more info, visit the website:
<https://www.tn.gov/health/cedep/ncov.html>

Williamson County Office of Public Safety

- <http://tn-williamsoncountyops.civicplus.com/266/Coronavirus-Disease>

Metro Nashville Behavioral Health & Wellness:

- Crisis Support Center Phone: 615-244-7444
- Crisis Unit Phone: 615-726-0125

National Alliance on Mental Illness (NAMI) of Middle Tennessee:

- Website: <https://namitn.org/>
- Helpline: 1-800-467-3589

YWCA Nashville Domestic Violence Crisis and Support:

- Support Phone & Text Line: 615-983-5170
- Website: <https://www.ywcanashville.com/>

Local Utility Providers:

Mayor John Cooper is working with local utility providers to find ways to offer financial relief to all Nashville and Davidson County residents as the community rebuilds from the March 3 tornado and responds to the coronavirus disease.

Metro Water Services

phone: 615-862-4600



- ♦ Will not assess late fees or disconnect water services to any MWS customers for the next two months.

Nashville Electric Service

phone: 615-736-6900



- ♦ Has suspended all disconnects, including disconnects for nonpayment, and late fees until May 31.

Piedmont Natural Gas

phone: 1-800-752-7504



- ♦ Is suspending disconnections for non-payment, waiving late fees and insufficient check fees, and offering flexible payment terms to both residential and commercial customers upon request.