



Centered & Connected

FiftyForward.org

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



Connect with us!



FiftyForward Fresh/Meals on Wheels and FiftyForward Adult Day Services moves "back home" to FiftyForward headquarters

FiftyForward Fresh/Meals on Wheels, Adult Day Services (ADS) and FiftyForward Knowles Center are three of FiftyForward's original core programs for older adults, and we are excited they are now reunited under the same roof at the FiftyForward Patricia Hart Building. For several years, FiftyForward Fresh and ADS leased space at Second Presbyterian Church in Green Hills. We are grateful for the wonderful partnership we enjoyed with Second Presbyterian, but nothing compares to being back home at our FiftyForward headquarters.

This change makes it possible for these three programs to work together in new and exciting ways to further FiftyForward's mission to support, champion and enhance life for those 50 and older. The work of FiftyForward Fresh has continued and expanded during this time of COVID-19. Access to meals and food are essential and more of a challenge during this time. In response, we expanded our efforts to provide hot and frozen meals, emergency food boxes and shelf-stable groceries to our regular home-delivered meals recipients and to all older adults in need of food in Davidson County who reached out to us. The move to the Patricia Hart Building did not disrupt these efforts. We continue to deliver hundreds of meals into the community each week. If you, or someone you know, needs food or meals, please call our FiftyForward Resource Line at 615-743-3416.

During this time when we are unable to offer in-person activities, we were able to move our ADS program without disruption to participants or to FiftyForward Knowles Center members. Now we are settling in and look forward to the time when ADS participants and Knowles members can be together in this shared space. Having these two programs under the same roof will offer us the chance to work with members and participants to provide innovative and exciting programming while we also work to support the needs of caregivers. We envision the FiftyForward Patricia Hart Building as a place where we can all be energized, inspired and supported throughout our life journeys.



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

July 2020 CALENDAR

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>FiftyForward.org</p> <p>Connect with us!</p> 		<p>1 10 a.m. Cooking with Heather 2 p.m. Georgina's Best Bakes Bloopers</p>	<p>2 9 a.m. Gentle Yoga with Jan 10 a.m. Meditation with Kelly 2 p.m. Gardening with Melvin</p>	<p>3 FIFTYFORWARD CLOSED FOR 4TH OF JULY HOLIDAY</p>	4
5	<p>6 11 a.m. Chair Exercise with Hiedy 1 p.m. Jewelry Making with Barbara</p>	<p>7 9 a.m. Gentle Yoga with Jan 9:30 a.m. College Grove Beep-and-Greet 10 a.m. Tabata with Lisa</p>	<p>8 10 a.m. Low - Impact Aerobics with Janice 11:30 a.m. Art Class with Kim Lane 2 p.m. Smoothies with Lorie</p>	<p>9 9 a.m. Gentle Yoga with Jan 10 a.m. Meditation with Kelly</p>	<p>10 10 a.m. Low - Impact Aerobics with Janice 1 p.m. Music with Beth</p>	11
12	<p>13 9:30 a.m. Madison Station Grove Beep-and-Greet 10 a.m. The Local Hive Café 11 a.m. Chair Exercise with Hiedy 1 p.m. All of Us Online Café</p>	<p>14 9 a.m. Gentle Yoga with Jan 10 a.m. Tabata with Lisa 2 p.m. Gardening with Melvin</p>	<p>15 10 a.m. Low - Impact Aerobics with Janice 2 p.m. Walking with Georgina</p>	<p>16 9 a.m. Gentle Yoga with Jan 10 a.m. Meditation with Kelly 11 a.m. Donelson Station Beep-and-Greet 2 p.m. Trivia with Lorie</p>	<p>17 10 a.m. Low - Impact Aerobics with Janice 1 p.m. Cooking Vegan with Vickee</p>	18
19	<p>20 10 a.m. The Local Hive Café 10 a.m. Turner Center Beep-and-Greet 11 a.m. Chair Exercise with Hiedy 1 p.m. All of Us Online Cafe</p>	<p>21 9 a.m. Gentle Yoga with Jan 10 a.m. Tabata with Lisa</p>	<p>22 10 a.m. Low - Impact Aerobics with Janice 11:30 a.m. AOA Movement with Kim Lane 2 p.m. Smoothies with Lorie</p>	<p>23 9 a.m. Gentle Yoga with Jan 10 a.m. Meditation with Kelly 11 a.m. Martin Center Beep-and-Greet</p>	<p>24 10 a.m. Low - Impact Aerobics with Janice 1 p.m. Crafting with Beth</p>	25
26	<p>27 10 a.m. The Local Hive Café 1 p.m. All of Us Online Cafe</p>	<p>28 9 a.m. Gentle Yoga with Jan 10 a.m. Tabata with Lisa 10:30 a.m. Bordeaux Beep-and-Greet 2 p.m. Gardening with Melvin</p>	<p>29 10 a.m. Low - Impact Aerobics with Janice 2 p.m. Walking with Georgina</p>	<p>30 9 a.m. Gentle Yoga with Jan 10 a.m. Meditation with Kelly 2 p.m. Trivia with Lorie</p>	<p>31 9:30 a.m. Knowles Beep-and-Greet 10 a.m. Low - Impact Aerobics with Janice 1 p.m. Cooking Vegan with Vickee</p>	

Stay connected through virtual programming

 Denotes Facebook program

 Denotes Zoom meeting

-  **Cooking with Heather McNeese Wednesday, July 1, 10 a.m. on Facebook.** Join FiftyForward Madison Station Assistant Center Director Heather McNeese as she shares simple and delicious treats from her kitchen.
-  **Georgina's Best Bakes Bloopers Wednesday, July 1, 2 p.m. on Facebook.** Enjoy the final edition of Georgina's Best Bakes - the Blooper Reel. As these blunders and outtakes show, being a "TV chef" isn't easy!
-  **Gentle Yoga with Jan Cronin Tuesdays and Thursdays in July, 9 a.m. on Facebook.** This 30-45 minute Gentle Yoga class is led by certified registered yoga instructor Jan Cronin. The only requirement is that you must be able to get on the ground and be able to get back up.
-  **Meditation with Kelly Lavelly Thursdays in July, 10 a.m. on Facebook.** Join FiftyForward Donelson Station Office and Volunteer Manager Kelly Lavelly for a weekly 30-minute meditation that focuses on gratitude, connecting with yourself in mind, body-spirit, and gives you the tools to help manage the challenges and celebrations of each day. We hope you can come and be a part of this beautiful gift of self love and expression.
-  **Gardening with Melvin Thursday, July 2, and Tuesdays, July 14 and July 28, 2 p.m. on Facebook.** Join FiftyForward Bordeaux Center Director Melvin D. Fowler as he shares tips and ideas for gardening.
- **Thursday, July 2:** The Benefits of Gardening
 - **Tuesday, July 14:** The Importance of Healthy Soil
 - **Tuesday, July 28:** Planting Herbs
-  **Chair Exercise with Hiedy Mondays, July 6, July 13, and July 20, 11 a.m. on Facebook.** Join FiftyForward Bordeaux Assistant/Driver Hiedy Jackson for chair exercises to benefit older adults.
- **Monday, July 6:** Arms
 - **Monday, July 13:** Legs
 - **Monday, July 20:** Full Body
-  **Jewelry Making with Barbara Monday, July 6, 1 p.m. on Facebook.** Join FiftyForward Martin Center Director Barbara Hunt as she guides you through making your own jewelry at home!
-  **Tabata Strength with Lisa Maddox Tuesdays in July, 10 a.m. on Facebook.** An advanced tabatas/HIIT (high intensity interval training) focusing on all body parts. The class lasts 30 minutes and is great for building up your immune system as well as increasing muscle tone. Led by FiftyForward Donelson Station Center Director Lisa Maddox.
-  **Low Impact Aerobics with Janice Judd Wednesdays and Fridays in July beginning July 8, 10 a.m. on Facebook.** Led by Janice Judd, this 30-minute low impact aerobics class gets your body moving to great music!
-  **Art Class with Kim Lane Wednesday, July 8, 11:30 a.m. on Facebook.** Join fine artist and art educator Kim Lane, for a watercolor landscape project which will highlight some easy and effective watercolor techniques. Learn about wet-on-wet applications, "saving the white" and how to achieve the illusion of space. Materials required: basic watercolor set, watercolor paper, masking tape, paper towel, brushes and water.
-  **Smoothies with Lorie Wednesdays, July 8 and July 22, 2 p.m. on Facebook.** FiftyForward College Grove and FiftyForward Martin Center Program Coordinator Lorie Owen shows you how to make delicious smoothies!
-  **Music with Beth Curtis Friday, July 10, 1 p.m. on Facebook.** Join Donelson Station Assistant Center Director Beth Curtis for a musical medley of songs both old and new. Sing along, smile, and remember that requests are accepted!

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Virtual programming

f **The Local Hive Café Mondays, July 13, July 20, and July 27, 10 a.m. on Facebook.** Join FiftyForward J. L. Turner Center Director Connie Rigsby and her husband Master Beekeeper Greg Rigsby in a video series on backyard beekeeping. Join us at The Local Hive Café for a little bee talk.

- **Monday, July 13:** Swarms
- **Monday, July 20:** Honey Harvest
- **Monday, July 27:** Hive Preparations for Fall/Winter

f **All of Us Online Café Mondays, July 13, July 20, and July 27, 1 p.m. on Facebook.** Join FiftyForward's *All of Us* Project Director Kelsey Mahaffey for special virtual editions of the *All of Us* Cafes.

- **Monday, July 20:** *All of Us* Peer Ambassador Mary Jo McKelvey shares her personal story on why she joined the *All of Us* Research Program.

This month we are excited to present two *All of Us* Cafes in partnership with Vanderbilt University. Join us for these valuable opportunities to learn more about relevant topics in our current environment - vaccine research and work to develop a COVID-19 vaccine.



• **Monday, July 13 : “How Vaccine Trials are Conducted and why Diversity Matters”** with Kelsey Mahaffey and guest Dr. Spyros Kalams, Director of Viral Immunology and Principal Investigator of the Vanderbilt HIV Vaccine Trials Unit. Dr. Kalams completed his medical training at the University of Connecticut Health Center and his infectious diseases training at Massachusetts General Hospital. His laboratory studies immune responses to viruses (HIV, influenza, SARS CoV-2), tuberculosis, and vaccines. He is the Principal Investigator of the HIV Vaccine Trials Network (HVTN) Vanderbilt Vaccine Clinical Research Site, which is part of the newly formed COVID-19 Prevention Network (CoVPN). The Vanderbilt HIV Vaccine program has directed all phases of vaccine clinical trials since it was established in 1988.



• **Monday, July 27: “Why Older Adults Must be Represented in COVID-19 Research”** with Melvin Fowler and guest Dr. Greg Wilson, Pediatric Infectious Diseases Physician and Hospital Epidemiologist for Monroe Carell Jr. Children's Hospital at Vanderbilt. Wilson is an Associate Professor of Pediatrics at Vanderbilt Children's Hospital (VCH), Vanderbilt University Medical Center. He received his MD from Johns Hopkins University School of Medicine, and his pediatric and pediatric infectious diseases training from VCH. He is director of the Vanderbilt Pediatric and Adolescent HIV Clinic and is an investigator in the Vanderbilt HIV Vaccine Program.

f **Walking with Georgina Wednesdays, July 15 and July 29, 2 p.m. on Facebook.** Let's take a hike! Explore some of Nashville's best scenic nature walks from the comfort of your own home ... or put on your walking shoes and try one out!

f **Live Trivia with Lorie Thursdays, July 16 and July 30, 2 p.m. on Facebook.** Join FiftyForward College Grove and Martin Center Program Coordinator Lorie Owen for a fun, live game of trivia. Keep track of your answers! Lorie will go over them at the end and we can tally points to see who is the winner!

f **Cooking Vegan with Vickee Fridays, July 17 and July 31, 1 p.m. on Facebook.** Join FiftyForward Fresh Meals Coordinator and Certified Health Coach Vickee Schoffner as she whips up delicious vegan treats. Using high quality, good-for-you ingredients, these treats are both nutritious and delicious!

f **AOA Movement Class with Kim Lane Wednesday, July 22, 11:30 a.m. on Facebook.** Join YMCA fitness instructor Kim Lane for a 55-minute workout which will combine martial arts, dance and yoga techniques — no equipment or prior experience required - this is movement for everBODY. Simple to follow, fun for your body, mind and spirit!

f **Crafting with Beth Curtis Friday, July 24, 1 p.m. on Facebook.** Join FiftyForward Donelson Station Assistant Center Director Beth Curtis and learn how to make crafts with simple materials everyone has around the house!

Outdoor programming

FiftyForward Beep-and-Greet

This month each of our centers will once again host a special “drive-thru” event where we encourage you to stop by our centers and drive around our parking lot as staff greet you and say hello! We look forward to these events as a continued way to check in with you and say hello from a safe distance.

Feel free to check out any or all of the drive-thru events below:

- **FiftyForward College Grove:** Tuesday, July 7, 9:30-10:30 a.m.
- **FiftyForward Madison Station:** Monday, July 13, 9:30-10:30 a.m.
- **FiftyForward Donelson Station:** Thursday, July 16, 11 a.m.-Noon
- **FiftyForward J.L. Turner Center:** Monday, July 20, 10-11 a.m.
- **FiftyForward Martin Center:** Thursday, July 23, 11 a.m.-Noon
- **FiftyForward Bordeaux:** Tuesday, July 28, 10:30-11:30 a.m.
- **FiftyForward Knowles:** Friday, July 31, 9:30-10:30 a.m.



New This Month - FiftyForward Front Yard Chats

We understand the importance and value of face-to-face interactions, so beginning this month, FiftyForward staff will be offering “FiftyForward Front Yard Chats,” where center staff come to you! We’ll bring our lawn chairs and masks, and visit with you outside of your home or housing community. Members can call their FiftyForward center for more information and to sign-up for a timeslot today!

FiftyForward Bordeaux: 615-248-2272

FiftyForward College Grove: 615-368-7093

FiftyForward Donelson Station: 615-883-8375

FiftyForward Knowles Center: 615-743-3433

FiftyForward J.L. Turner Center: 615-622-3040

FiftyForward Madison Station: 615-860-7180

FiftyForward Martin Center: 615-376-0102

Additional Outdoor Offerings This Month

Stay tuned for other outdoor opportunities throughout the month! Keep an eye on your email and listen for our call to learn more about ways we can come together safely.

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.
- Resource 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

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/>

General election—Absentee ballot deadline

Absentee By-mail Ballot Information for the State and Federal Primary and County General Election on Aug. 6, 2020:

Voters 60 years or older are eligible to vote absentee by-mail.

Download an absentee by-mail ballot request form here, <https://bit.ly/abra2020>.

Although the deadline for requesting an absentee by-mail ballot is July 30, don't wait, you may request an absentee by-mail ballot starting May 8.

Find your local election commission here, <https://bit.ly/TNLCEC2020>.

Tax Relief:

The United States Treasury and Internal Revenue Service (IRS) has delayed the income tax filing deadline to July 15. Taxpayers can also defer federal income tax payments due on April 15, 2020, to July 15, 2020, without penalties and interest, regardless of the amount owed. This deferment applies to all taxpayers.

Taxpayers do not need to file any additional forms or call the IRS to qualify for this automatic federal tax filing and payment relief.

www.irs.gov/coronavirus



OUR VOICES MATTER

Vanderbilt University Social Networks Aging and Policy Study (VUSNAPS) is recruiting older LGBT adults ages 50 to 76 who live in the South to participate in a survey on relationships, health, and aging

FOR MORE INFORMATION AND TO SEE IF YOU ARE ELIGIBLE, VISIT WWW.VUSNAPS.COM

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Property Tax Assistance



Metro Nashville offers two property tax assistance programs for elderly and disabled low-income homeowners:

Tax Relief Program



Reimbursements are given on all or part of the local taxes paid on property which the taxpayer owns and uses as his/her residence. Income cannot exceed \$29,860 for the 2018 calendar year.

Tax Freeze Program



Qualifying homeowners age 65 and older can "**freeze**" the tax due at the amount for the year they qualify for the program, even if tax rates increase in the future. Total income of all owners of the property during 2018 cannot exceed \$42,620.

Call 615-862-6330 by July 1 to apply!

Tax Assistance Resources:

VITA Virtual Free Tax Prep Program

<https://www.volunteerforvita.org/>

Requirements: You will need to fill out the online form on a smartphone or computer. You will also need internet access, along with a working phone number and email address.

AARP Foundation Tax-Aide Program

https://www.aarp.org/money/taxes/aarp_taxaide/

Tax-Aide is providing online methods for the preparation of taxes—at no cost. You can request the help of a volunteer coach in preparing your tax returns.

AARP Toll-Free National Hotline: 888-687-2277

Be part of the solution!

*Fifty
Forward*
Love life at 50+



If you are interested in learning more about research related to development of a vaccine and/or medications for COVID-19, please email us at info@fiftyforward.org or call the FiftyForward Resource Line at **615-743-3416**. We will share information about local vaccine trials and other medical research news as it becomes available.

Older adults must be represented in COVID-19 research in order to ensure that medications and vaccines developed are effective for all.