

Centered & Connected

FiftyForward.org

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



Connect with us!



September is National Senior Center Month: Celebrate, learn, grow, and connect!

Each September we celebrate National Senior Center Month.

Especially during these challenging times, senior centers (lifelong learning centers) offer so much to applaud! From the first days of the COVID-19 pandemic, FiftyForward centers ensured that older adults had access to vital services to stay healthy, safe, and connected. Center staff members continue to step up to serve older adults in new ways – by delivering meals, touching base with members through hundreds of wellness calls, and creatively connecting older adults to activities, exercise, and each other in innovative ways.



This year's National Senior Center Month theme is **Senior Centers: Delivering Vital Connections**. Preventing social isolation is vital and a core element of FiftyForward's mission to support, champion and enhance life for individuals 50 and older. While we are operating in new and different ways during this time of COVID-19, FiftyForward centers continue to provide education, fun opportunities for connection, and essential resources. We embrace a holistic approach to living our best lives by celebrating mind, body, spirit, and community.

During September, FiftyForward offers programs including:

- **Mind:** Live Trivia with Lorie – Monday, Sept. 21, 11:30 a.m. on Zoom
- **Body:** Low-Impact Aerobics with Janice – Wednesdays and Fridays, 10 a.m. live on Facebook



- **Spirit:** FiftyForward staff members continue to make wellness calls and visit for Front Yard Chats with members to lift all our spirits. Please call your FiftyForward center to set up wellness calls or to schedule a Front Yard Chat.
- **Community:** Through our monthly Beep-and-Greets, FiftyForward members get a chance to drive through themed events to wave to staff, receive some treats, and even participate in some fun, remote activities.



Check out our September calendar for information about these opportunities and many others. This month, we have new programs, groups, and classes that will meet over Zoom (some led by FiftyForward members). Zoom is an easy-to-use platform that enables you to build communities with fellow FiftyForward friends, both old and new. We'll still have programs on Facebook, too, so don't forget to "like" our Facebook pages so you can watch for new programs or search to find previously released programming.



During National Senior Center month, we are grateful for the role FiftyForward plays in all our lives and in our community -- promoting a positive image of aging and having fun along the way!

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

September 2020 CALENDAR

Join us on Zoom and our FiftyForward Facebook pages for innovative virtual classes and new online experiences!
 Programs on **ZOOM** are denoted in **GREEN** on the calendar!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9 a.m. Gentle Yoga with Jan 10 a.m. Tabata with Lisa	2 10 a.m. Low-Impact Aerobics with Janice 2 p.m. Cooking Vegan with Vickee	3 9 a.m. Gentle Yoga with Jan 10 a.m. Meditation with Kelly	4 10 a.m. Low-Impact Aerobics with Janice	5
6	7 FIFTYFORWARD OFFICES CLOSED FOR LABOR DAY	8 9 a.m. Gentle Yoga with Jan 9:30 a.m. Turner Beep-and-Greet 10 a.m. Tabata with Lisa	9 10 a.m. Low-Impact Aerobics with Janice 1 p.m. RV Adventures with the Rigbys	10 9 a.m. Gentle Yoga with Jan 9:30 a.m. Bordeaux Beep-and-Greet 10 a.m. Meditation with Kelly 1 p.m. NPL and <i>All of Us</i> Be Well Café	11 10 a.m. Low-Impact Aerobics with Janice 1 p.m. Crafting with Beth	12
13	14 10:30 a.m. Music with Dian Buckley 1 p.m. <i>All of Us</i> Online Café	15 9 a.m. Gentle Yoga with Jan 9:30 a.m. Madison Station Beep-and-Greet 10 a.m. Tabata with Lisa	16 10 a.m. Low-Impact Aerobics with Janice 10 a.m. College Grove Beep-and-Greet 2 p.m. The Price is Right	17 9 a.m. Gentle Yoga with Jan 10 a.m. Meditation with Kelly 1 p.m. Reminisce	18 10 a.m. Low-Impact Aerobics with Janice	19
20	21 10 a.m. Knowles/ADS Beep-and-Greet 11:30 a.m. Trivia with Lorie 1 p.m. Writer's Group	22 9 a.m. Gentle Yoga with Jan 9:30 a.m. Martin Center Beep-and-Greet 10 a.m. Tabata with Lisa	23 10 a.m. Low-Impact Aerobics with Janice	24 9 a.m. Gentle Yoga with Jan 10 a.m. Meditation with Kelly 12 p.m. Chat & Chew	25 9 a.m. Donelson Beep-and-Greet 10 a.m. Low-Impact Aerobics with Janice	26
27	28 10:30 a.m. Music with Beth 1 p.m. <i>All of Us</i> Online Café	29 9 a.m. Gentle Yoga with Jan 10 a.m. Tabata with Lisa	30 10 a.m. Low-Impact Aerobics with Janice 3 p.m. Community Conversations with Kelly	<div data-bbox="943 1751 1523 1986" data-label="Complex-Block"> <p>FiftyForward.org</p> <p>Connect with us!</p>    </div>		


Stay connected through virtual programming


 Denotes Facebook program  Denotes member-led program


Connect with





 Denotes Zoom meeting


 **Gentle Yoga with Jan Cronin-Howell** Tuesdays and Thursdays in September, 9 a.m. on Facebook. This gentle yoga class is led by certified registered yoga instructor Jan Cronin-Howell. The only requirement is that you must be able to get on the ground and be able to get back up. **Read more on page 6 about how you could win a \$25 gift card for participating in Jan's Thursday morning classes this month!**


 **Tabata Strength with Lisa Maddox** Tuesdays in September, 10 a.m. on Zoom. An advanced high intensity interval training focusing on all body parts and great for building up your immune system as well as increasing muscle tone. Led by FiftyForward Donelson Station Center Director Lisa Maddox. **To register for this class, please email ecurtis@fiftyforward.org for the Zoom meeting information.**


 **Low Impact Aerobics with Janice Judd** Wednesdays and Fridays in September, 10 a.m. on Facebook. Led by Janice Judd, this 30-minute low impact aerobics class gets your body moving to great music!


 **Cooking Vegan with Vickee** Wednesday, Sept. 2, 2 p.m. on Facebook. Join FiftyForward Fresh Meals Coordinator and Certified Health Coach Vickee Schoffner as she whips up delicious vegan treats.


 **Meditation with Kelly Lavelly** Thursdays in September, 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 and spirit to give you the tools to help manage the challenges and celebrations of each day.


 **RV Adventures with the Rigsbys** Wednesday, Sept. 9, 1 p.m. on Facebook. Join FiftyForward J. L. Turner Director Connie Rigsby and her husband Greg as they explore a new RV campground each month. Greg and Connie will discuss the amenities at each campground and explore the surrounding area for fun things to do.


 **Crafting with Beth Curtis** Friday, Sept. 11, 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.

 **Music with Dian Buckley and Scott Barrier** Monday, Sept. 14, 10:30 a.m. on Facebook. Join musician Scott Barrier and special guest, singer-songwriter Dian Buckley for a live performance.

 **All of Us Online Café** Thursday, Sept. 10, 1 p.m. on Zoom and Mondays, Sept. 14 and 28, 1 p.m. on Facebook. Join FiftyForward *All of Us* Project Director Kelsey Mahaffey for special virtual editions of the *All of Us* Cafés.


-  **Thursday, Sept. 10: "Be Well Café" with the Nashville Public Library and FiftyForward *All of Us* Research Program!** September is National Suicide Prevention Month, and with the coronavirus outbreak, many people have been left feeling isolated and lonely. Join us as we talk about the effects of isolation on our mental health. Register in advance for this meeting on Zoom: <https://zoom.us/meeting/register/tJlscOutqTgsE9LskWDSTb637c-Zck9RVGKk>
- Monday, Sept. 14:** The *All of Us* Virtual Ambassador Program - Join *All of Us* for an interactive presentation on the "ins and outs" of the *All of Us* Research Program!
- Monday, Sept. 28:** We are excited to continue an *All of Us* Online Café in partnership with Vanderbilt University. We hope you join us for these valuable opportunities to learn more about relevant topics in our current environment including vaccine research and work to develop a COVID-19 vaccine.


 **"The Price is Right" Presented by Main Street Assisted Living and Belvedere Commons** Wednesday, Sept. 16, 2 p.m. on Zoom. "Come on Down" and join us for an hour of fun playing "The Price is Right!" Main Street Assisted Living and Belvedere Commons will be sponsoring the prizes. **To register, please email ecurtis@fiftyforward.org for the Zoom meeting information.**

 **Reminisce** Thursday, Sept. 17, 1 p.m. on Zoom. Go back in time with FiftyForward member Nancy McDougal! This group celebrates the good times with fun, engaging stories about what we loved in the past and how it shapes our lives today. You can join via video on your device or if you do not have video capability, then you can join by calling in on the conference call feature. **To register for this class, please email ecurtis@fiftyforward.org for the Zoom meeting information.**

Continued on next page


Virtual programming


 **Live Trivia with Lorie Monday, Sept. 21, 11:30 a.m. on Zoom.** Join FiftyForward College Grove and FiftyForward Martin Center Program Coordinator Lorie Owen for a fun, live game of trivia with questions focusing on the state of Tennessee! Test your knowledge and see how much you know about the Volunteer State! *To register for this class, please email ecurtis@fiftyforward.org for the Zoom meeting information.*


 **Knowles Writer's Group Monday, Sept. 21, 1 p.m. on Zoom.** Join the Knowles Writer's group, a monthly meeting where fellow writers share their memoirs. This is a great way to travel down memory lane and connect with fellow FiftyForward members. A few guidelines that are helpful to know in advance of the meeting include:

- Writings vary and may be in the form of an essay, poetry, journals, diaries, letters, etc.
- Individual reading time within the meeting should not be more than 10 minutes per session. If one's writing is longer, it may be continued in the next session.
- No criticism of writing styles or form is given. This class is basically meant to share one's memoirs with others. Political and religious writings are to be limited to one's own perspective and not meant to influence others belief system.

To register for this class, please email ecurtis@fiftyforward.org for the Zoom meeting information.

 **Chat & Chew Thursday, Sept. 24, 12 p.m. on Zoom.** Grab a snack and join FiftyForward Bordeaux Center Director Melvin Fowler for a fun get-together over Zoom as we meet and catch up with our fellow FiftyForward friends! Have you read a good book lately? Seen a television show that you think is a must-watch? We'll share what we've been up to and look forward to light conversation with each other. *To register for this class, please email ecurtis@fiftyforward.org for the Zoom meeting information.*

 **Music with Beth Curtis Monday, Sept. 28, 10:30 a.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!

 **Community Conversations with Kelly Lavelly Wednesday, Sept. 30, 3 p.m. on Zoom.** Please join us for our first Community Conversation, led by FiftyForward Donelson Station Office and Volunteer Manager Kelly Lavelly, as we discuss isolation during this time of COVID-19. We encourage everyone to share their experiences as we navigate this new normal together as a FiftyForward Community. *To register for this class, please email ecurtis@fiftyforward.org for the Zoom meeting information.*



Read our Blog!

Did you know FiftyForward has a blog that is featured on our website? We feature stories about timely events, interesting people, health and wellness, hobbies, technology, and self-care.

Take a look: <https://fiftyforward.org/blog/>

Read Forward Focus online!



Check out our newest edition of *Forward Focus*! This special summer/fall edition features articles on technology to keep you connected.

Read it online on our website.

<https://fiftyforward.org/newsroom/forward-focus/>

FiftyForward Exchange

Watch our inaugural FiftyForward Exchange video! FiftyForward Executive Director Sallie Hussey sits down with Board member Vanessa Hickman to discuss systemic racism and its impact on Hickman's life and career. View it here: <https://fiftyforward.org/videos/#exchange>



Watch for more "exchanges" in the coming months!

Outdoor programming

FiftyForward September Beep-and-Greet Schedule

This month each of our centers will again host a special “drive-thru” event where we encourage you to stop by our centers and drive around our parking lot as staff members greet you and say hello! We look forward to these events as a continued way to check in with you and to say hello from a safe distance. **Our theme for our September Beep-and-Greet is “Football Tailgate Party”** so decorate yourself and/or your car to show off your favorite team!

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

- **FiftyForward J. L. Turner Center:** Tuesday, Sept. 8, 9:30-10:30 a.m.
- **FiftyForward Bordeaux:** Thursday, Sept. 10, 9:30-10:30 a.m.
- **FiftyForward Madison Station:** Tuesday, Sept. 15, 9:30-10:30 a.m.
- **FiftyForward College Grove:** Wednesday, Sept. 16, 10-11 a.m.
- **FiftyForward Knowles/ADS:** Monday, Sept. 21, 10-11 a.m.
- **FiftyForward Martin Center:** Tuesday, Sept. 22, 9:30-10:30 a.m.
- **FiftyForward Donelson Station:** Friday, Sept. 25, 9-10 a.m.



FiftyForward Front Yard Chats Continue This Month

Would you like a little extra face (mask) time to visit with FiftyForward center staff? Sign up for a FiftyForward Front Yard Chat 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 J. L. Turner Center: 615-622-3040

FiftyForward Knowles Center: 615-743-3433

FiftyForward Madison Station: 615-860-7180

FiftyForward Martin Center: 615-376-0102



Support Groups, Activities & More

LGBT Peer Support Group

As we continue to support and champion all of our members, we are excited to announce that FiftyForward is launching an LGBT support group and we encourage anyone who is interested to join us! The purpose of the group is to socialize, receive encouragement, share ideas, and develop a sense of community. These group meetings will be held on Zoom.



If you would like to join this group, have questions, and/or need more information, please contact Ashley Hunter by e-mail or phone; ahunter@fiftyforward.org, 615-743-3417.



FiftyForward Activity Bingo!

Don't forget to return your completed Activity Bingo card (found on page 9) this month! In order to receive a prize, you can return your completed Bingo card in one of two ways:

- Mail your completed Bingo card (make sure your name is printed on the card so we know to whom it belongs) to your home center by Monday, Sept. 14.
- Drop off your Bingo card at your center's September Beep-and-Greet event. Those event dates will be included in the September newsletter!

Special thank you to **UnitedHealthcare**, **Maybelle Carter Living**, and **Cigna** for providing our Bingo prizes!

Participating in Virtual Programming Could Win You a \$25 Gift Card!

Your participation in FiftyForward virtual programming is important to us, and this month you could even win a \$25 gift card! Starting Thursday, Sept. 3, if you comment or like Jan Cronin's weekly Thursday Gentle Yoga class on Facebook at 9 a.m., your name will be entered into a drawing for a \$25 gift card. The winner will be drawn live on Facebook each Friday after Janice Judd's Low-Impact Aerobics class and FiftyForward will also contact the winner directly. You must comment or like Jan's class every Thursday morning at 9 a.m. to be entered into the drawing for that week, and each member can only win one gift card per month. Winners will be contacted upon selection. Special thank you to Groogan Insurance Group, LLC for sponsoring these gift card giveaways this month!



RESOURCES

2020 Election Information

**PLAN
YOUR
VOTE.**

Election Day is quickly approaching and as always, it is so important that all our voices are heard. Take the time to plan your vote. Check to see that you are

registered and then plan HOW you want to vote — whether by absentee ballot, early voting or election day voting — plan it in advance! Your best source for information about the upcoming election is GoVoteTN: <https://govotetn.com/>. GoVoteTN is a portal for Tennesseans to access election information. The services and information provided are maintained by the Tennessee Secretary of State's Division of Elections.

IMPORTANT DATES:

- Election day is Tuesday, Nov. 3, 2020.
- The deadline to register online to vote is Monday, Oct. 5, 2020. To check your registration status, go to <https://tnmap.tn.gov/voterlookup/>
- The deadline for registering by mail to vote is (postmarked by) Monday, Oct. 5, 2020.
- The deadline to register in person to vote is Monday, Oct. 5, 2020.

- The deadline to request a ballot by mail is (received by) Tuesday, Oct. 27, 2020.
- The early voting period runs from Wednesday, Oct. 14 - Thursday, Oct. 29. Dates and hours may vary based on where you live.

ABSENTEE BY-MAIL BALLOT INFORMATION: There are many categories that allow you to vote absentee by-mail, **including if you are 60 years of age or older**. For a full list of ways you are eligible to vote absentee by-mail, how to request an absentee by-mail ballot, and more, please visit:

<https://govotetn.com/absentee-ballots.html>

Davidson County Election Office: 615-862-8800

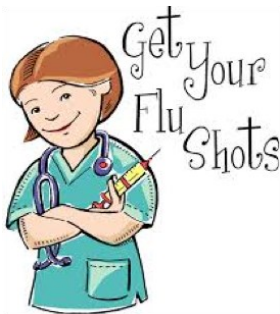
https://tnsos.org/elections/election_commissions.php?County=Davidson

Williamson County Election Office: 615-790-5711

https://tnsos.org/elections/election_commissions.php?County=Williamson

FREQUENTLY ASKED QUESTIONS ABOUT VOTER REGISTRATION AND VOTING:

<https://govotetn.com/faq.html>



Flu Vaccination Reminder!

Now more than ever, it is important to stay up-to-date on your vaccinations, including the flu shot. **The CDC recommends that people get a flu vaccine by the end of October.** Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

On Thursday, Sept. 24, 9-11 a.m., FiftyForward Donelson Station, FiftyForward Madison Station, and FiftyForward J. L. Turner Center, in partnership with Walgreens, will both be offering drive-thru flu vaccination clinics at their respective centers. Many

insurance companies will pay for this so check with your carrier. You must bring your insurance card and fill out a registration form on site to receive the shot. You will be required to remain in your car and the shot will be administered on your arm closest to the car window, depending on whether you are the driver or passenger. Please wear a sleeveless or short-sleeved shirt. Additional drive-thru flu shot clinic dates at FiftyForward centers will be announced soon!

Does the flu shot increase your risk of getting COVID-19?

According to the CDC, there is no evidence that getting a flu vaccine increases the risk of getting COVID-19. There are many benefits from flu vaccination and preventing flu is always important, but in the context of the COVID-19 pandemic, it's even more important to do everything possible to reduce illness and preserve scarce health care resources.

For more information on the flu shot, visit the CDC's page here: <https://www.cdc.gov/flu/prevent/keyfacts.htm>

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 Co. TN

- 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. If you are 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/>

Be part of the solution!



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.

Crisis intervention hotline for older adults

The Institute on Aging is a not-for-profit agency based in the Bay area of California that offers several supportive services for older adults including community-based programs such as integrated behavioral health services, home care/support services, and a Friendship Line. This 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. While there are other organizations that provide a caring ear for those contemplating suicide, this crisis prevention line is the only program nationwide that reaches out to lonely, depressed, isolated, frail and/or suicidal older adults. The number for this service is 800-971-0016 and it is staffed by trained volunteers.



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

FiftyForward September Activity

NAME: _____



Read a new book	Walk on one of Nashville's Greenways	Work on a puzzle	Practice 15 minutes of meditation	Participate in 2 FiftyForward Virtual Programming Exercise classes
Try a new recipe	Attend a FiftyForward Beep-and-Greet	Play a board game	Support a local business	Start a new hobby
Dance in your living room	Clean out your refrigerator or a closet	Free Space	Use Zoom	Send a note to a friend or family member
Thank an essential worker	Learn something new from a FiftyForward Virtual Program	Connect with an old friend or relative	Complete a DIY project	Try a new takeout spot
Spend 30 minutes outside	Visit a museum or cultural center virtually	Drink 6 glasses of water in a day	Shop at an open-air market	Start a gratitude journal

While only one Bingo is required for a prize, we encourage you to complete as many squares as possible! To claim your Bingo prize, you may 1) mail your Bingo sheet to your FiftyForward home center by **Monday, Sept. 14** or 2) bring your Bingo sheet to your center's September Beep-and-Greet event (dates will be announced in the September newsletter). Remember to print your name on your Bingo card!