

# Centered & Connected

FiftyForward.org

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



Nature offers us a gentle reminder of how deep roots bring forth abundance and new beginnings

In April, we celebrate the great outdoors with **Earth Day** (April 22), **Arbor Day** (April 30), and of course the warmth and beauty of spring. It's an interesting coincidence that **World Health Day** (April 7), established by the World Health Organization, also falls during this month because this spring we are finding a new sense of awakening as we can safely gather a bit more due to the availability of COVID-19 vaccines.

At FiftyForward our goal is to enrich lives. We do that by advocating for others and creating ways to engage and socialize in meaningful ways. Throughout the month of April, we have many unique opportunities to learn about the great outdoors and to improve our health and well-being.

**On April 20**, join TennGreen Land Conservancy for "Tennessee Treasures and Conservation," a virtual event via Zoom (see page 5), to learn about our state's natural treasures and conservation efforts today that will benefit generations to come.

**Always remember your roots. They are the foundation of your life and the wings of your future.**  
Heather Stillufsen

FiftyForward Bordeaux will be partnering with Tennessee State University Cooperative Extension Program **on April 22**, Earth Day, to present a Zoom program (see page 5) on "Trees

on The Planet."

During April, some of our walking clubs will be taking advantage of the warmer temperatures by creating meet-up activities in local parks and greenways. These groups offer a way to safely socialize as well as the opportunity to explore the beauty of nature in our own backyard.

For the creative, we have many fun and beautiful craft opportunities at our centers. Remember, as a member, you may partake in any or all of these events at the following lifelong learning locations:

- Stained glass butterfly craft & springtime song serenade on **April 6** at FiftyForward Knowles;
- Flowerpot painting/planting (and planting in them) on **April 13** at FiftyForward Madison Station; and
- Earth Day Recycled Object/Upcycling Craft using a tin can at FiftyForward Donelson Station on **April 22**.



This month, many of our centers will also focus programming on healthy lifestyle trends including nutrition and overall wellness. We are very excited to remind you about a program we learned about through the *All of Us* Café during which Elizabeth Roth, program coordinator for the Nashville Public Library explains how we can create a Family Medical Tree (see the current edition of "Forward Focus": <https://fiftyforward.org/newsroom/forward-focus/>). These trees will certainly leave a legacy for future generations.

As we welcome spring, and all its splendor, let's look to our roots and the legacies we can leave behind.

## Metro Nashville Police Dept launches new Office of Community Engagement

You may have seen that FiftyForward Knowles has been hosting programs with the Metro Nashville Police Department recently ... and we wanted to explain why! Back in December of 2020, the creation of the Metro Nashville Police Department's Office of Community Engagement and Partnerships was announced. This new office consists of 15 officers who are working to enhance existing relationships and form new ones with various community groups and organizations. We are honored FiftyForward is one of the groups with which they are working. FiftyForward Knowles had the

pleasure of hosting Officer Payne, Officer Johnson, and Officer Keeler at several fun programs, including Game Day, Bingo, and Reveal & Reminisce. They are committed to providing safety education, connecting members to additional resources in the community, and of course helping us have fun! We hope you will join us for these activities soon and meet the officers.



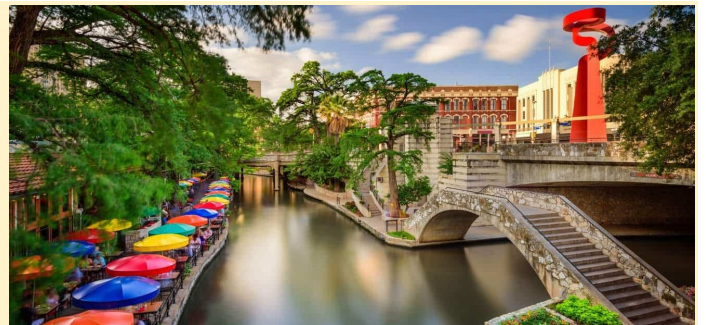
## FiftyForward Holiday Travel Opportunity

We are excited to announce a wonderful travel opportunity for our members. FiftyForward will host its Holiday San Antonio, Texas, trip this **Nov. 30 – Dec. 4, 2021**. This trip includes roundtrip airfare, four nights accommodations, baggage handling at hotel, six meals (four breakfasts and two dinners), professional tour director, hotel transfers, motorcoach transportation, and admissions to all venues. Explore the popular sites of San Antonio including the Alamo, San Jose Mission, El Mercado Marketplace, Riverwalk Cruise, Fredericksburg, Fiesta de las Luminarias and more! The cost for members is \$2,125. If you pay your final payment by check you receive a \$200 discount which brings your total to \$1,925. Please note that CDC guidelines will be followed. If you have any questions or need more information, please contact Lisa Maddox at 615-883-8375 or [lmaddox@fiftyforward.org](mailto:lmaddox@fiftyforward.org).

**FiftyForward is hosting travel presentations on San Antonio at the following FiftyForward centers:**

**FiftyForward J. L. Turner Center:** May 17, 11 a.m. Call Connie Rigsby at 615-622-3040 or email [crigsby@fiftyforward.org](mailto:crigsby@fiftyforward.org) to register.

**FiftyForward Martin Center:** May 18, 11 a.m. Call Barbara Hunt at 615-376-0102 or email [bhunt@fiftyforward.org](mailto:bhunt@fiftyforward.org) to register.



**FiftyForward Donelson Station:** May 19, 11 a.m. Call Lisa Maddox at 615-883-8375 or email [ecurtis@fiftyforward.org](mailto:ecurtis@fiftyforward.org) to register.

**FiftyForward Bordeaux:** May 24, 11 a.m. Call Melvin Fowler at 615-248-2272 or email [mfowler@fiftyforward.org](mailto:mfowler@fiftyforward.org) to register.

**FiftyForward Madison Station:** May 26, 11 a.m. Call Heather McNeese at 615-860-7180 or email [hmcneese@fiftyforward.org](mailto:hmcneese@fiftyforward.org) to register.

**FiftyForward Knowles:** May 25, 11 a.m. Call Georgina Dench at 615-743-3433 or email [gdench@fiftyforward.org](mailto:gdench@fiftyforward.org) to register.



## Stay connected through virtual programming

### Check out the new Membership Portal Video Library

Our FiftyForward Membership Portal is live! You can log in here:

<https://fiftyforward.org/member/#myaccount> Did you know that access to the Membership Portal includes a video library filled with programs including Arts & Crafts, Fitness, Health & Wellness, Lifelong Learning, Entertainment, and Resources?

We hope you check out these newly-added programs to our video library this month, listed below:

**Fitness:** *Tabata Strength Training - Arms/Legs*

**Arts & Crafts:** *Crafting with Beth - Garden Markers*

**Lifelong Learning:** *Georgina's Best Bakes: No Bake Peanut Butter Bites; The Local Hive Café - Intro to Beekeeping; The Local Hive Café - Beekeeping Equipment and Apparel; All of Us "What a Wonderful World" Biodiversity Presentation*

**Health & Wellness:** *Walgreens Health Talk: Info about the COVID vaccine*

**Member Resources:** *All of Us Café - Why I Chose the COVID-19 Vaccine*

**Entertainment:** *Fred Frawley's Irish Heritage*

FiftyForward is excited to partner with the Ascension Mobile Health Unit to offer convenient COVID-19 vaccination clinics at FiftyForward Knowles, FiftyForward Donelson Station, and FiftyForward Madison Station.



#### **Important information:**

These clinics will only offer the **Johnson & Johnson**, one dose vaccine.

#### **Clinic dates are:**

- **Friday, April 16:** FiftyForward Knowles and FiftyForward Donelson Station
  - **Friday, April 23:** FiftyForward Madison Station
- \*Appointment times to be announced soon\**

#### **Vaccination appointments are:**

- Available to individuals 18 and over. Priority will be given to FiftyForward members, clients, and families/caregivers.
- Limited, so you **MUST register in advance** for an appointment to be vaccinated at one of these clinics.

**To be placed on a vaccination list, please call or email the center where you are interested in receiving the vaccine:**

- **FiftyForward Knowles:** 615-743-3401, [aweatherson@fiftyforward.org](mailto:aweatherson@fiftyforward.org)
- **FiftyForward Donelson Station:** 615-883-8375, [lmaddox@fiftyforward.org](mailto:lmaddox@fiftyforward.org)
- **FiftyForward Madison Station:** 615-860-7180, [madison.station@fiftyforward.org](mailto:madison.station@fiftyforward.org)

### Celebrate World Health Day on April 7

The National Alliance for Hispanic Health in partnership with the Network of the National Library of Medicine (NNLM) will present a virtual health program on vaccine development and efficacy on **World Health Day, Wednesday, April 7, 7 p.m. (CST)**.

This one-hour livestream event will feature a panel discussion between health research and public health professionals (English and Spanish Channels at the same time), during which the panelists will share their first-hand experiences with the development of vaccines and why some people may be hesitant to receive them. The program will focus especially on vaccine hesitancy among Hispanic and rural populations in the United States.

Registration is now open:

**English:** [nnlm.gov/vaccines](https://nnlm.gov/vaccines)

**Spanish:** [nnlm.gov/vacunas](https://nnlm.gov/vacunas)

**Do you help take care of an adult with chronic conditions? If so, you are not alone.**

Powerful Tools  
FOR  
Caregivers


Over 43.5 million family caregivers in America provide a vast array of emotional, financial, nursing, social, homemaking, and other services on a daily or an intermittent basis.

FiftyForward is offering an educational series designed to provide tools you need to take care of yourself. As a participant you will learn how to: reduce stress, improve self-confidence, better communicate your feelings, balance your life, increase ability to make tough decisions, and locate helpful resources.

Classes consist of six, 90-minute sessions held once a week on Zoom. Interactive lessons, discussions and brainstorming help you take the "tools" you choose and put them into action for your life. FiftyForward is excited to support the family caregivers in our community and sponsor the *Powerful Tools for Caregivers* class on Zoom in 2021.

For more information, contact Courtney Robinson at [crobinson@fiftyforward.org](mailto:crobinson@fiftyforward.org) to sign up or receive more information.

# April Virtual Programming

 Denotes Facebook program     Denotes Zoom meeting     Denotes member-led program

To participate and connect in any of these virtual programs below, please call or email your home center for more information! The hosting center is listed to the right of the program name (if program is on Zoom).

**Easter “Throw Back” Zoom Luncheon (Bordeaux)**  
**Thursday, April 1, at 11 a.m. on Zoom.** FiftyForward Bordeaux staff will host a Zoom Easter luncheon and share stories of what Easter was like growing up as a young child. If you would like to share some old pictures, videos, or cards, they are welcome!

**Writers Group (Knowles) Mondays, April 5, 12, 19, 26, 1 p.m. on Zoom.** Join the Knowles Writers group, a meeting where writers share their memoirs. This is a great way to travel down memory lane and connect with fellow FiftyForward members.

**Reminisce (Madison Station) Tuesday, April 6, 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.

**Creating Memoirs Tuesdays, April 6, 20, 1:30 p.m. on Zoom.** Work on writing & sharing your personal memoir.

**Restorative/Chair Yoga with Barbara Wednesdays, April 7, 14, 21, 28, 11 a.m. on Zoom.** Restorative/Chair yoga led by Knowles member and certified yoga instructor Barbara Clinton. This hour-long class is great for people of all fitness levels and yoga backgrounds.

**ESL (English as a Second Language) Class Wednesdays beginning April 7, 6 p.m. on Zoom.** Alicia Gaitani leads this Zoom program for any older adults who would like to learn English as their second language. Classes meet every Wednesday in April on Zoom.

**Take Charge of Your Diabetes with UT Fridays, April 9, 16, 23, 30 on Zoom.** Led by trained University of Tennessee Extension Agents, Patsy Watkins and Autumn Vespie, this six-week series is designed to provide you with skills and tools to better manage life with diabetes. This course is free and open to individuals with diabetes, caregivers and family members of diabetics, or anyone who wants to learn more about the disease. If you would like to register for this series please contact your home center and they can help get you signed up.

**Bluebird Café Senior Show Monday, April 12, 10 a.m. Private viewing link will be emailed a few days before the show.** Stream the Bluebird Café’s popular monthly senior show featuring a live performance from the Eclectic Four.

**Joint Health Presented by Vanderbilt Nursing Students Monday, April 12, 1 p.m. on Zoom.** Join our Vanderbilt Nursing students as they present programs for FiftyForward. This presentation will cover Joint Health.

**Bellevue History Group Thursday, April 15, 10:30 a.m. on Zoom.** Speaker will be Hobart Akin, M.A., Cultural Resource and Exhibits Specialist, TN State Parks.

**Tennessee Treasures and Conservation (Madison Station) Tuesday, April 20, 12 p.m. on Zoom.** In celebration of Earth Day this month, join us in the center as TennGreen Land Conservancy discusses many of Tennessee’s natural treasures and conservation efforts for wildlife and public enjoyment — now and for generations to come.

**Fred Frawley’s Musical HOOTENANNY (Martin Center) Tuesday, April 20, 2-3:30 p.m. on Zoom.** Join Fred & Friends for a musical trip back in time to the 1950’s & 60’s folk music revival.

**Maintaining Good Mental Health with Vanderbilt Wednesday, April 21, 12 p.m. on Zoom.** The Vanderbilt Memory and Alzheimer’s Center is offering a virtual Lunch and Learn series on a variety of wellness topics. In April, join Dr. Rena Robinson to talk about maintaining good mental health during this time of COVID. If you would like to register, please contact [gdench@fiftyforward.org](mailto:gdench@fiftyforward.org).

**Earth Day Zoom Video Chat w/Melvin & Hiedy (Bordeaux) Thursday, April 22, 12 p.m. on Zoom.** Members will be joined by the TSU Extension Program Director of Horticulture to enlighten members about the importance of Earth Day and present their program, “Trees on The Planet.”

**Bible Study Saturday, April 24, 10 a.m. on Zoom.** The Bible Study group will be meeting through a conference line. If you would like to join, please send an email to [ecurtis@fiftyforward.org](mailto:ecurtis@fiftyforward.org) to receive the conference line number and code.

## All of Us Programming in April and In-Center Safety Practices

**All of Us**  
RESEARCH PROGRAM

**FiftyForward**  
*All of Us* Research  
Program April  
Offerings:

Join us for *All of Us* Online Café sessions,  
Mondays, April 12 and 26, 1 p.m. on Facebook.

- **April 12:** Dr. Amy Neff, a family physician trained in integrative medicine, returns for Parkinson's Awareness Month.
- **April 26:** An overview of the *All of Us* Research Program with Kelsey Mahaffey. April is National Volunteer Month - a great time to volunteer for *All of Us*!
- **"Be Well Café" with the Nashville Public Library and FiftyForward *All of Us* Research Program - Thursday, April 8, 1 p.m. on Zoom.** Topic: Giving Back is Good for the Soul  
**Pre-register here:** <https://zoom.us/join/joinMeeting/register/tJlscOutqTgsE9LskWDSTb637c-Zck9RVGKk>

Be on the lookout for additional program offerings from *All of Us* coming soon!



*Fifty Forward*  
Love life at 50+

### **Inglés Como Segundo Idioma Gratis!**

**Classes every Wednesday in April starting**

**Wednesday April, 7 at 6 pm on Zoom**

**Las clases todos los Miercoles en Abril**

**A partir de Miercoles 7 de Abril son a las seis en Zoom**

**You must be 50+ to sign up!**

**Call 615-883-8375 or email**

**ecurtis@fiftyforward.org**

**Debe tener 50 años o mas para inscribirse en esta clase. Para obtener mas informacion, llame**

**615-883-8375 o email ecurtis@fiftyforward.org.**

**El Ingles es Divertido!**

**FiftyForward centers are now offering in-center programs scheduled Monday-Thursday. We will continue to monitor information from local and state officials, follow CDC guidelines, and incorporate best practices for safety.**

**Please review the following guidelines for your return to in-center activities:**

- Masks must be worn at all times while inside the centers.
- Members and staff must maintain social distancing at all times. Please no high-fiving, elbow-bumping, or anything else that would prevent you from staying six feet apart.
- Each time a member enters the center, a COVID-19 screening will be completed. Members are required to sign our COVID Exposure Protocol to participate in in-person activities. This form will only need to be signed once for our files.
- Members must pre-register for all activities, groups, and programs that are on the calendar. Please refer to each center's calendar of events for registration information.
- To start, we will not have activities or groups that require the sharing of items (cards, game pieces, etc.). Pool players will designate one person to handle the pool balls and/or use gloves and sanitizer.
- The current maximum group size for any one activity indoors is 8 members. Some groups may be smaller, but there will be no more than 8 indoors to start. Due to the limited group size, only FiftyForward members will be permitted to participate in activities at this time (no guests at this time).
- No food is allowed in centers. Members may bring their own beverages in their own containers, but FiftyForward will not provide beverages or coffee in April.
- We will not have member volunteers providing support at centers at this time.
- Some centers may continue to offer activities outdoors, too.



# FiftyForward Offerings

## LGBT Peer Support Group

Did you know that FiftyForward has an LGBT support group? The purpose of the group is to socialize, receive encouragement, share ideas, and develop a sense of community. The group meetings are held on Zoom once a month. If you would like to join this group, have questions, and/or need more information, please contact Ashley Hunter at 615-743-3417.



## Center Member/Client Virtual Support Groups

Are you looking for a virtual space to engage with other older adults, share and navigate similar experiences, offer and receive encouragement, or share and get connected to resources? If so, you may be eligible to join our new center member/client virtual support group. Groups will meet twice a month over the course of three months. If you would like to join this group, have questions, and/or need more information, please contact Kristen Maloney at 615-743-3436.

*FiftyForward has a lot to offer online at [www.FiftyForward.org](http://www.FiftyForward.org)*

## FiftyForward Exchange

Check out FiftyForward Exchange, a place where we work to discuss engaging topics that are relevant to older adults today. We have new exchanges out every other month.

In April's Exchange, FiftyForward Care Management Director Kristen Maloney sits down with Elder Care Attorney Barbara Moss to discuss the ways elder care attorneys can help you prepare for the future.

View it here:

<https://fiftyforward.org/videos/#exchange>



## Check out FiftyForward's podcast "Squeeze the Day!"

Be sure to catch FiftyForward's new podcast, "Squeeze the Day," celebrating the remarkable achievements of older adults in our community. In this podcast, FiftyForward Communications Director and podcast host Susan Sizemore speaks with



FiftyForward Knowles member Ossie Jefferson-Corley about her inspiring "Thoughts of the Day" and her friendship with civil rights activist Rosa Parks. Give a listen: <https://fiftyforward.org/podcast/>

If you have a smart speaker system (Siri, Alexa, Google Home), ask it to play the "Squeeze the Day podcast." It's that easy!

## READ FORWARD FOCUS ONLINE!

Check out our spring edition of *Forward Focus* on newsstands next week. This edition features articles on cultivating self-care and social connections, digital literacy training, and much more!

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



## 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/>



# RESOURCES

Nashville Public Library (NPL) is now offering access to public computers at five branch locations. Call ahead to book a one-hour session on a weekday, or a two-hour session on a weekend. No walk-ins are accepted.

[Main Library, 615 Church St.:](#) 615-862-5800  
[Bellevue, 720 Baugh Rd.:](#) 615-862-5854  
[Bordeaux, 4000 Clarksville Pike:](#) 615-862-5856  
[Madison, 610 Gallatin Pike South:](#) 615-862-5868  
[Southeast, 5260 Hickory Hollow Pkwy, #201:](#) 615-862-5871



## 2021 Tax Appointment Update

The 2021 tax deadline has been extended to May 17. AARP tax appointments at FiftyForward Donelson Station, FiftyForward Knowles and FiftyForward Madison Station **are currently full and operating on a waiting list.**



Free options for filing your taxes online include:

VITA virtual tax filing through United Way:  
<https://www.unitedway.org/myfreetaxes/unitedway>

Virtual tax assistance through AARP visit: <https://taxaideqa.aarp.org/hc/en-us>

AARP Tax Aide: 1-888-227-7669

Free IRS Online Tax Prep (based on annual income levels):  
<https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

Fun and friendship await. Find your *happy* here.  
Join or renew your membership today!

**Fifty Forward**  
Love life at 50+



Connect with us!



Engaging health, fitness, and arts programming | Essential services | Resources

All programs follow CDC safety guidelines.

Learn more at [FiftyForward.org](https://www.fiftyforward.org) | 615-743-3400



# RESOURCES

## FiftyForward Resources

### FiftyForward Supportive Care Services:

- Connection to resources and essential services for older adults in Davidson and Williamson counties  
FiftyForward Resource Line: 615-743-3416
- FiftyForward Victory Over Crime provides free support services to those 50+ who live in Davidson County and have been the victim of abuse, exploitation, or another crime. If you have been affected by crime and need assistance, call FiftyForward Victory Over Crime at 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 the 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

### YWCA Nashville Domestic Violence Crisis & Support:

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

### Mental Health America MidSouth

offers 10 free evidence-based screenings that can be taken anonymously. Use a QR code app, or visit [mhascreening.org](https://mhascreening.org) to take a screening. Participants will then be directed to a variety of resources.



## COVID-19 VACCINE INFORMATION

Gov. Lee has announced that by April 5, all Tennesseans age 16 and over will become eligible for the COVID-19 vaccination (Phase 3). Eligibility will run concurrently with age-based eligibility. Phase 3 includes residents and staff members of congregate living facilities including college dormitories, group homes and shelters, and those in the corrections system as well as grocery store workers who were not eligible for vaccination based on previous age or risk-based categories.

### State of Tennessee:

<https://covid19.tn.gov/covid-19-vaccines/county-vaccine-information/>; Call: 877-857-2945

### Metro Health Department: <https://www.asafenashville.org/>

Nashville residents (ages are varying based on Metro's supply and distribution process) are required to make an appointment to receive the vaccine. Call: 615-862-7777

### Williamson County Health Department:

<https://www.williamsoncounty-tn.gov/120/Health-Department>  
Call: 615-595-4880

**The following are serving (or will soon serve) as distribution points by appointment only.**

**WalMart** is now offering vaccines at select locations in Tennessee. <https://www.walmart.com/cp/1228302>

**Walgreens** is now offering vaccines at select locations

<https://www.walgreens.com/findcare/vaccination/covid-19?ban=covid+vaccine+landing+schedule>

**CVS** (as of 3/24 not yet available in Tennessee)

<https://www.cvs.com/immunizations/covid-19-vaccine>

**RiteAid** (as of 3/24 not yet available in Tennessee)

<https://www.riteaid.com/pharmacy/services/vaccine-central>