

Centered & Connected

FiftyForward.org

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



Connect with us! FiftyForward celebrates June as Pride Month as well as commemorating Juneteenth on June 19. We hope you will check out some of the community events below.



June 2020 marks the 50th anniversary of annual LGBTQ+ Pride traditions. The first Pride march in New York City was held on June 28, 1970 on the one-year anniversary of the Stonewall Uprising. **PRIDE** is an acronym for Personal Rights in Defense and Education. Due to the pandemic, the 2021 **Nashville Pride** Festival and Parade, traditionally held the last weekend in June, has been moved to Sept. 18 and 19 at Bicentennial Mall State Park.

Join FiftyForward on Thursday, June 17, at 10 a.m. for **LGBTQ+ Voices of Nashville: An intergenerational panel offering wisdom and hope.** Through this online panel discussion, FiftyForward seeks to elevate the voices, stories, and perspectives of LGBTQ+ individuals in our Middle Tennessee community to foster belonging and inclusion. Join us by Zoom: **Meeting ID: 980 7658 3169 Webinar Passcode: 201999**

Moderator: Phil Cobucci (Director of Community Affairs, Nashville Pride)

Panelists include:

- Charles P. Brown (My House Clinic Coordinator & Patient Ambassador)
- Elliot Burnette (FiftyForward Development and Marketing Assistant)
- Rev. Meredith Cox (Vanderbilt University Medical Center Staff Chaplain)
- Nakia Reid (MNPD LGBTQ Liaison)
- Nancy VanReece (Nashville Metro Council Member)
- Robert Whorton (Community Member)

At FiftyForward we see and celebrate the differences in every person. Together, we are creating a responsive community that is open, engaged, and accepting of all.

Juneteenth is a holiday celebrating the emancipation of African-Americans from slavery in the U.S. It is celebrated on June 19 (the name is a combination of the words “June” and “nineteenth”) because on June 19, 1865, Major General Gordon Granger of the Union Army rode into Galveston, Texas, declared that the Civil War had ended, and all slaves had been freed.

There are several Juneteenth celebration around Nashville:

- 6/19 Music City Freedom Festival: <https://www.musiccityfreedomfest.com/>;
- Juneteenth on the River Celebration: <https://www.nashville.gov/News-Media/Calendar-of-Events/Event-Details/ID/13424/begin/6-19-2021/Juneteenth-On-The-River-Celebration.aspx>;
- National Museum of African American Music Juneteenth Block Party: <https://nmaam.org/black-music-month/>;
- 6/19 Juneteenth Festival at Bradley Academy Museum & Cultural Center: <https://www.murfreesborotn.gov/2252/Juneteenth>; and
- Check out FiftyForward’s Black Voices of Nashville panel in our Membership Portal video library!





FiftyForward Drive for Pride in Support of Nashville Launch Pad

This month, in recognition of Pride, we are excited to support local Nashville initiative, Launch Pad, through collection drives at each of our centers. Nashville Launch Pad is a 'street free sleep' initiative, fueled by a collective of concerned citizens within the LGBTQ+ and allied community, which strives to provide open and affirming safer sleeping shelters for homeless youth in Davidson County. Their goal is to meet the immediate needs of the homeless youth community while working towards a broader comprehensive system of care.

If you are interested in donating any of these items, you can do so by dropping them off at any of the collection boxes located at our seven centers.

Items in Need:

- Full size shampoo and conditioner
- Full size body wash
- Men and Women's deodorant
- Men and Women's underwear, all sizes
- Black hair care products
- Plasticware, napkins, heavy-duty paper plates
- Cups for hot and cold liquids

NAIL ASSISTANCE: The Nail Spot, located at 113 Donelson Pike, Nashville, 37214, is offering **FREE** nail trimmings and pedicures to seniors who **NEED** assistance in clipping their toenails and polishing. To schedule an appointment, please call 615-573-2143.



SENATOR BRENDA GILMORE
PRESENTS

HATS OFF TO BORDEAUX!

VIRTUAL FASHION SHOW

JUNE 25, 2021
11:00 AM
ZOOM

FOR TICKETS:
FIFTYFORWARD.ORG
\$45 SUGGESTED DONATION

Fifty Forward
Love life at 50+
BENEFITTING
FIFTYFORWARD BORDEAUX



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.



UPDATED COVID-19 INFO

Center members who are fully vaccinated can participate in FiftyForward activities indoors and outdoors without masks.

What does it mean to be **fully vaccinated**? According to the CDC website (<https://www.cdc.gov/>), in general, **people are considered fully vaccinated:**

- Two weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- Two weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, you are NOT fully vaccinated and therefore not protected from COVID-19 transmission. **For your protection and the protection of others, individuals who are not fully vaccinated must continue to wear a mask, social distance, and refrain from eating while inside a FiftyForward location.** We want all members to be safe. Here is more information about recommended precautions if you are not fully vaccinated: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>.

If you have a condition or are taking medications that weaken your immune system, you may not be fully protected even if you are fully vaccinated. Talk to your healthcare provider about the precautions you should take. **All members who decide that it is in their best interest to continue wearing masks at FiftyForward are encouraged to do so. FiftyForward will not tolerate acts**



of discrimination or retaliation against anyone wearing a mask.

FiftyForward will not be checking vaccination status of members. We will trust you to abide by FiftyForward rules and wear a mask if you are not fully vaccinated. You will begin to see FiftyForward staff following these same rules. Please reach out to the center you attend if you need more information or have questions. As always, we want to support you however we can.

Limits on program sizes and requirements to pre-register for classes will remain in place for June.

2021 Membership Survey — We want to hear from you!

Each year we survey our FiftyForward members to understand better how you are experiencing FiftyForward and our programs and centers. We need your input so we can learn from you what FiftyForward can do to bring added value to your lives.

You can complete the survey by:

1. Clicking here: <https://www.surveymonkey.com/r/C7CZXHT>
2. Clicking on the survey link in the survey email you'll receive next week; or
3. Completing a paper copy of the survey when you visit a FiftyForward center.


The survey will be open through June 11.




June Virtual Programming


 Denotes Facebook program  Denotes Zoom meeting  Denotes member-led program

To participate and connect in any of these virtual programs below, please sign up in the Membership Portal. The hosting center is listed to the right of the program name (if program is on Zoom).


 **Restorative/Chair Yoga with Barbara (Knowles) Wednesdays, June 2, 9, 16, 23 & 30, 10:30 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. In June, we will also be streaming the class at the center—so please come in and join us!


 **Fred Frawley's Musical HOOTENANNY (Martin Center) Tuesday, June 15, 2-3:30 p.m. on Zoom.** Join Fred & Friends for a musical trip back in time to the 50's & 60's folk music revival. All instrumental musicians and singers are welcome to join in.


 **LGBTQ+ Voices of Nashville:**

 **An intergenerational panel offering wisdom and hope. Thursday, June 17, 10 a.m.** Please join us for this virtual event! Through this online panel discussion, FiftyForward seeks to elevate the

voices, stories, and perspectives of LGBTQ+ individuals in our Middle Tennessee community to foster belonging and inclusion. Learn more and access the event panel link at [FiftyForward.org](https://fiftyforward.org).

 **Walgreens Health Talk Thursday, June 24, 10 a.m. on Zoom.** Join pharmacists from our local Madison Walgreens to discuss relevant health-related topics. If there is a specific topic you would like to see covered, please email hmceese@fiftyforward.org.

 **Chat & Chew w/Melvin & Hiedy Thursday, June 24, 12 p.m. on Zoom.** Topic of discussion: What Does Juneteenth Mean to you then and now.

 **Hats Off to Bordeaux Virtual Fundraiser Friday, June 25, 11 a.m.** This is our Annual Fundraiser Benefiting FiftyForward Bordeaux Center. Suggested donation is \$45. Put on your favorite hat and join us! The event will be a show stopper. Visit fiftyforward.org for tickets!

New Additions to the 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:

Arts & Crafts: *Crafting with Beth: Paper-Made Pen Holder*

Fitness: *Zumba*

Lifelong Learning: *The Local Hive Café Ep 5—Harvesting Equipment*

Health & Wellness: *Presentation on Sleep from Ideal Health and Wellness Center/Dr. Frank Marghella*

All of Us Programming in June and Upcoming Events

All of Us
RESEARCH PROGRAM

The
Future of
Health Begins
With You

FiftyForward All of Us Research Program June programs:

At the moment, health care is often one-size-fits-all. But imagine a future where your health care is tailored to you. We want to help make that future possible. Join us to learn more about how you can be involved in this historic effort to advance medical breakthroughs and precision medicine.

Join FiftyForward and the All of Us Research Program Illinois Consortium for a virtual event:

“Return of DNA Results: What you can expect from All of Us and what it means for future generations”

June 29, 2021, 12 p.m.-1 p.m. CST

Join Zoom Meeting: <https://northwestern.zoom.us/j/92587162543>

NEW Walking Club: Walk with All of Us!

Join us for our new walking club! The FiftyForward All of Us team will be hosting a new monthly walking club meet-up, rotating to various parks in the area.

Our first location will be on June 18, 9 a.m. at Peeler Park in Madison, TN. The Peeler Park trail is a paved, relatively flat trail, winding along the river for approx. 2 miles.

Please RSVP if you plan to join us by emailing Kelsey Mahaffey, kmahaffey@fiftyforward.org or calling (615) 743-3431.

Please bring a bottled water. *Note: Event will be cancelled in heavy rain.*

Be Well: Food For Thought Series-Living Life to the Fullest!

Join us to share your learned secrets for living a full and happy life!

Be Well: Food for Thought with the Nashville Public Library:

Thursday, June 10, 1 p.m.: Zoom. Register in advance for this meeting:

<https://zoom.us/meeting/register/tJlscOutqTgsE9LskWDSTb637c-Zck9RVGKk>

FiftyForward Victory Over Crime advocates for older adult crime victims every day

Each year, World Elder Abuse Awareness Day is recognized on June 15. The United Nations initiated **World Elder Abuse Awareness Day** to raise awareness about the danger of elder abuse and to educate others about what can be done to prevent it and what to do if it is spotted. This day is a subtle reminder of an abuse that is often much more prevalent than acknowledged in society.

Elder abuse is defined as a form of mistreatment resulting in loss or harm to an older adult. According to the National Council on Aging (NCOA) Approximately **1 in 10 Americans aged 60+** have experienced some form of **elder abuse**. Some estimates range as high as 5 million elders who are abused each year. One study estimated that **only 1 in 14** cases of abuse are reported to authorities.

As our older population increases, along with our longevity, so does the chance of abuse of impacting the health, human rights and security for this segment of our population.

What are some red flags of elder abuse?

- Unusual changes in behavior or sleep
- Fear, anxiety or depression
- Poor nutrition or dehydration
- Poor living conditions
- Lack of needed medical aids (i.e. glasses, walker, medication)
- Unusual charges on bank statements
- Sudden changes in a will or other financial documents
- Unpaid bills
- Cuts, sores or burns
- Broken bones, bruises and welts
- Unexplained sexually transmitted disease

What are some common risk factors?

- Dementia
- Mental health or substance abuse issues of an older person and/or a perpetrator
- Social isolation
- Poor physical health

How Can We Report Elder Abuse?

Programs such as Adult Protective Services (APS) and Long-Term Care Ombudsmen are here to help. For reporting numbers, use the Eldercare Locator at 1-800-677-1116 (eldercare.gov)

If at any time you believe that an older person is in a life-threatening situation, contact 911 or the local police or sheriff's department. If you are age 50 and older, live in Davidson County and feel that you have been victimized, please call FiftyForward Victory Over Crime at 615-743-3417 to get assistance.

June 15th



FiftyForward Offerings

FiftyForward has a lot to offer online at www.FiftyForward.org

Squeeze the Day is a monthly podcast produced by FiftyForward, a Nashville nonprofit agency that supports, champions, and enhances life for those 50 and older. Squeeze the Day highlights inspiring stories and experiences from all walks of life with the hope of encouraging all of us to “squeeze every drop” of fun and purpose out of our second chapters.

To access our podcast, just follow these simple steps:

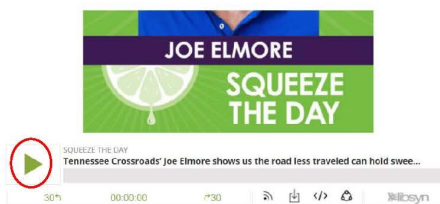
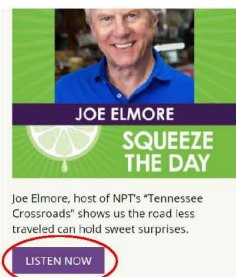
1. Go to www.fiftyforward.org and click the button that says “Podcast”



2. The first episode on the page will be the latest – simply click play!

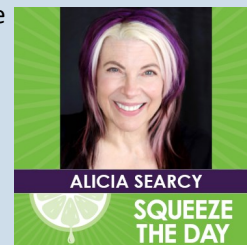


3. For other episodes: scroll down and click “Listen Now”, then scroll down again and click the play button



Check out FiftyForward’s podcast Squeeze the Day!

Don’t miss this episode as we continue to celebrate the remarkable achievements of older adults. In this podcast, FiftyForward Communications



Director and podcast host Susan Sizemore chats with Alicia Searcy, co-founder of Fashion for Every Body, fashion blogger, and Tribe Talent Agency’s first 60-year-old model with disabilities. Give it a listen at: <https://fiftyforward.org/podcast/>

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

FiftyForward Exchange

Tune in to FiftyForward Exchange, a video series where we discuss engaging topics that are relevant to older adults today. We have new Exchanges out every other month.

Look for a brand new FiftyForward Exchange in June. In the meantime, take a look through the past ones if you haven’t seen them yet.

View it here: <https://fiftyforward.org/videos/#exchange>

READ FORWARD FOCUS ONLINE!

The spring edition of *Forward Focus* 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. <https://fiftyforward.org/blog/>

Community Events



DRIVE-THRU SHRED EVENT

Let's stop elder abuse together!

Every year an estimated 5 million, or 1 in 10 older Americans, experience elder abuse, neglect, or exploitation.

In recognition of World Elder Abuse Awareness Day, we want to help adults 50+ prevent financial exploitation by safely disposing of personal documents with identifying information.

Please join us for a FREE shred event hosted by

Middle TN Elder Watch Committee



Location: FiftyForward

Donelson Station: 108 Donelson Pike, Nashville TN, 37214

Date/Time: Saturday, June 12, 2021, from 9:00 a.m. to Noon

This event is limited to adults 50 years and older with no more than 4 boxes or bags. The free service is not intended for commercial purposes. Some items people may consider shredding include credit card statements, old checks, tax returns, and any information a thief can use to steal your identity. You do not need to remove paperclips or staples. A prescription medication drop box will also be available to anyone wanting to safely dispose of any unneeded medication. This will be a drive-thru drop-off event. Participants should follow signs to drive into the parking lot. Volunteers will remove shred items and unneeded prescriptions from your vehicle so you do not have to park or get out of your car. This is a first-come, first-serve event. Once the shred truck is full no other shred items will be accepted.

Middle Tennessee Elder Watch Committee



Domestic Violence Division



Adult Protective Services

RESOURCES & Support groups

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



Ms. Cheap's annual t-shirt drive benefits Room In The Inn

This year FiftyForward will participate in Ms. Cheap's annual t-shirt drive at two of its locations: **FiftyForward Donelson Station** and **FiftyForward Knowles**.

The effort is easy: Just bring a clean t-shirt to these locations and drop them off in the bin. The Room In The Inn needs men's and women's t-shirts of all colors and sizes. They can be T-shirts from races, schools, trips, charity events, brands, bands — almost anything, but nothing lewd, alcohol or drug-related.

So, get a jump on your spring cleaning and clean out your stash of unworn t-shirts and give to a good cause!



The t-shirt drive runs from May 17 –June 4.

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 and COVID-19 resources

FiftyForward Resources

FiftyForward Supportive Care Services:

- Connect to resources and essential services for older adults in Davidson and Williamson counties, by calling FiftyForward Resource Line at 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

COVID-19 RESOURCES

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>

In Tennessee, everyone age 16 and older is now eligible to receive the COVID-19 vaccine. COVID-19 vaccines are also available at many area pharmacy locations (Walmart, Kroger, Publix, etc.) and at area clinics.

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 to take a screening. Participants will then be directed to a variety of resources.



Do you help take care of an adult with chronic conditions?



If so, you are not alone.

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 hoping to offer these classes in early summer 2021.

For more information, contact Kaitlyn Parrish at kparrish@fiftyforward.org to sign up or receive more information.

Wednesday, May 26 was National Senior Health & Fitness Day. We are so appreciative to have the time and talents of so many wonderful fitness instructors across our agency. Join us for a fun and exhilarating class!

