

September 2021

# Centered & Connected

FiftyForward.org

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



Connect with us!



*Celebrating Our Sewing Groups at FiftyForward!*

## September is National Sewing Month!

The art of sewing is a creative form of self-expression that we enjoy all year long and are especially celebrating this month during National Sewing Month. Whether you have sewing expertise, are looking to improve your skills, or want to learn to quilt, knit, or crochet, we hope you check out any of the groups that meet across our centers each month. Happy sewing!



*Please find our group meeting schedules below. Connect with center staff for more information. We hope to see you soon!*

**Bordeaux Quilting Club:** Tuesdays, 10 a.m.

**College Grove Crochet for Beginners:** Friday, Sept. 10, 12:30 p.m.

**J. L. Turner Center Sit-n-Knit-Crochet:** Fridays, 9 a.m.

**Knowles Knitters:** Thursdays, 11 a.m.

**Madison Station Quilting Group:** Mondays, 10 a.m.

**Madison Station Crochet Group:** Wednesdays, 1 p.m.

**Madison Station Knitting Group:** Thursdays, 1 p.m.

**Martin Center Crochet for Beginners:** Thursday, Sept. 23, 10 a.m. and **Crochet Group,** Thursday, Sept. 23, 12:30 p.m.

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

## UPDATED COVID-19 INFO

### Masks must continue to be worn indoors by everyone per CDC guidance

Throughout the COVID-19 pandemic, FiftyForward has followed the scientific guidance of the CDC. On Tuesday, July 27, the CDC changed its mask recommendations for areas with substantial or high levels of community transmission of COVID. Tennessee is one of those areas. You can see information about COVID transmission rates by state and county here: <https://covid.cdc.gov/covid-data-tracker/#county-view> **FiftyForward continues to require masks indoors for everyone regardless of vaccination status. There will also be no eating inside centers for the month of September due to the need for masking inside centers.**



**In order to protect each other from spreading COVID-19, we all need to continue wearing masks until community transmission rates go down.**

*FiftyForward is committed to doing our part to protect our members, clients, staff, and the community at large in whatever ways possible. We are constantly monitoring the data and scientific guidance regarding COVID-19. When community transmission rates decrease and CDC guidance changes, we will be so happy to relax our mask policies again for fully vaccinated individuals. We hope that day comes soon.*

We also want to share some additional COVID-19 information from the medical and scientific community:

1. The best way to protect ourselves from COVID-19 and the related dangers of serious illness or death is to receive the COVID-19 vaccine. Some people can't receive the vaccine (children under 12, people with certain health conditions). That makes it even more important for everyone who can receive the vaccine to be vaccinated. Until a higher proportion of people are vaccinated, more COVID-19 variants are likely to develop and spread.
2. From Yale University, here are *5 Things Everyone Should Know about the Coronavirus Outbreak* <https://www.yalemedicine.org/news/2019-novel-coronavirus>
3. On August 23, 2021, the Food and Drug Administration completed its rigorous and in-depth process and granted full approval of the Pfizer COVID-19 vaccine. Hopefully vaccination rates will increase as individuals who had been waiting for this full approval will now choose to be vaccinated. <https://www.fda.gov/news-events/press-announcements/fda-approves-first-covid-19-vaccine>

## 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 12 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.**



## Barry Coggins Supports FiftyForward Fresh / Meals on Wheels

***Three events, one cause.  
September 30 - October 2, 2021***

More than twenty years ago, Nashville songwriter Barry Coggins launched an effort to combine his interests to support and raise funds for a cause near and dear to his heart – feeding older adults in our community through FiftyForward Fresh. This year’s lineup of events benefitting [FiftyForward Fresh/Meals on Wheels](#) include:

**Writer’s Night:** Thursday, September 30, FiftyForward Martin Center  
**Barryoke:** Friday, October 1, Carl’s Corner  
**Golf Tournament:** Saturday, October 2, Nashboro Golf Club

For more information and/or to purchase tickets or sign up for any of the events, click [HERE](#).

Join *All of Us* in  
September for these  
program offerings:

**All of Us**  
RESEARCH PROGRAM

**FiftyForward All of Us Presents:  
Aging Well w/ Dr. Amy Neff!**

**Monday, Sept. 10, 1 p.m.**

National Suicide Awareness Day:  
Learn the risks of suicide for older adults and ways to help.

Join on Zoom here:

<https://us06web.zoom.us/j/81628406008>

**FiftyForward All of Us Presents:  
Hispanic Heritage Month!**

**Monday, Sept. 27, 1 p.m.**

Join our *All of Us* Virtual Ambassadors for an informative program on the *All of Us* Research Program and the benefits for the Hispanic community!

Join on Zoom here:

<https://us06web.zoom.us/j/89514890681>

*\*Both programs will also stream live on the FiftyForward All of Us Facebook page [here](#)*

# September Virtual Programming



Denotes Zoom meeting



Denotes member-led program

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


## **Chair Yoga (Knowles)**

**Wednesdays in September, 10:30 a.m. on Zoom.**

Restorative/Chair yoga led by FiftyForward Knowles member and certified yoga instructor Barbara Clinton. This hour-long class is great for people of all fitness levels and yoga backgrounds.

## **Writers Group (Knowles)**

**Mondays, Sept. 13, 20, & 27, 1 p.m. on Zoom.**

 Join the FiftyForward 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.

## **Chat & Chew w/Melvin (Bordeaux)**

**Thursday, Sept. 16, 12 p.m. on Zoom.**

Join Bordeaux Center Director Melvin Fowler, for a fun catch-up over Zoom.

## **Armchair Travel to Brazil (College Grove)**

**Monday, Sept. 20, 1 p.m.** Get those passports ready! Come travel the world with your friends, all from the comfort of your home. Call the center if you would like to watch from home. This month we will travel to Brazil.

## **Walgreens Health Talk (Madison Station)**

**Thursday, Sept. 23, 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 let Heather know. (hmcneese@fiftyforward.org)

## **Bible Study (Donelson Station)**

**Saturday, Sept. 25, 10 a.m. on conference line**

The Bible Study group will be meeting through a conference line. Please sign up through the portal to receive an email with the login information.

## **Armchair Travel to China (Martin Center)**

**Wednesday, Sept. 29, 1 p.m.** Get those passports ready! Come travel the world with your friends, all from the comfort of your home. Call the center if you would like to watch from home. This month we will travel to China!

## **FiftyForward Centers & Offices Closed on Labor Day, Monday, September 6**



Please note that FiftyForward centers and offices will be closed on Monday, September 6, for Labor Day. We will resume normal business hour operations on Tuesday, September 7.

## **New Additions to the Membership Portal Video Library**

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.

You can access these programs by logging into your account here: <https://fiftyforward.org/member/#myaccount> :



**Fitness:** *Tabata Workout with Lisa*

**Lifelong Learning:** *The Local Hive Café: Extracting & Bottling Honey Parts 1&2*

**Health & Wellness:** *Walgreens Health Talk: Diabetes; All of Us Café: National Immunization Awareness Month*

**Resources:** *All of Us Café: Hispanic Heritage Month*

# September Center Day Trips

 Denotes Facebook program     Denotes Zoom meeting     Denotes member-led program

## FiftyForward Center Day Trips Resume in September!

We are excited to announce that day trips at our Lifelong Learning Centers are resuming in September! We know many members have been looking forward to these trips. As with all other FiftyForward operations, safety is our top priority. When trips resume the schedule will initially be light and the following guidelines will be in place:

- **All members and drivers must wear masks while inside FiftyForward vehicles, whether you are vaccinated or not.**
- **FiftyForward vehicle occupancy levels will be reduced as we resume the program. Passenger vans will have a limit of 8 passengers, and our larger buses will have a limit of 15 passengers**
- **Mask and safety guidelines required by each trip destination must be followed accordingly. FiftyForward encourages mask wearing at all times.**

If you have any questions or are interested in being a volunteer driver, please connect with center staff for more information.

### SEPTEMBER CENTER DAY TRIPS SCHEDULE

If you are interested in participating in any of these center day trips or would like more information, please call the hosting center, sign up in the Membership Portal, or refer to each center's calendar.

#### Wildhorse Saloon - Martin Center

Friday, Sept. 3, 11:15 a.m., Cost: \$10 + optional lunch

#### Meet & Eat at Tito's in Bellevue - J. L. Turner Center

*Meeting at restaurant*

Thursday, Sept. 9, 12 p.m., Cost: Lunch

#### Hiking at McCabe Greenway & Lunch at Radish - Madison Station

Friday, Sept. 10, 9:30 a.m., Cost: \$5 + lunch

#### Lunch Trip to Uncle Bud's - Bordeaux

Friday, Sept. 10, 10 a.m., Cost: Lunch

#### Mystery Lunch - Donelson Station

Friday, Sept. 10, 11 a.m., Cost: \$10

#### Bluebird Café Senior Show - Donelson Station

Monday, Sept. 13, 9:15 a.m., Cost: \$5

#### Cragfront Mansion & Lunch at Swaney Swift's - Madison Station

Thursday, Sept. 16, 8:45 a.m., Cost: \$15 + lunch

#### Amish Heritage and Welcome Center - College Grove

Thursday, Sept. 16, 9 a.m., Cost: \$20 + lunch

#### Meet 'n' Eat at House of Kabob - Knowles

*Meeting at restaurant*

Thursday, Sept. 16, 11 a.m., Cost: Lunch

#### Lunch & Leiper's Fork Distillery Tour - Martin Center

Two Different Offerings:

Thursday, Sept. 16, 10:45 a.m., Cost: \$25 + lunch

Wednesday, Sept. 22, 10:45 a.m., Cost: \$25 + lunch

#### Mount Juliet Shopping Trip - Donelson Station

Tuesday, Sept. 21, 11 a.m., Cost: \$10 + lunch

#### Supper Club - Donelson Station

Thursday, Sept. 23, 5 p.m., Cost: \$10 + dinner

#### National Museum of African American Music - Knowles

Friday, Sept. 24, 10 a.m., Cost: \$20

#### Nashville Farmers Market - Bordeaux

Friday, Sept. 24, 10 a.m., Cost: Lunch + any purchases

#### Mamma Mia! Dinner & Show at The Larry Keeton Theatre - Madison Station

Friday, Sept. 24, 5:30 p.m., Cost: \$30 (includes dinner)

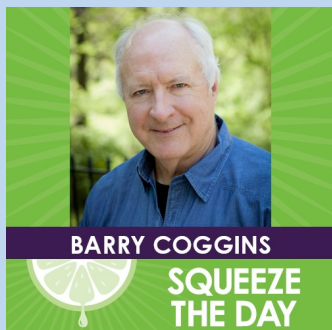
#### Berry Farms Lunch & Thrift Shopping - College Grove

Wednesday, Sept. 29, 11:30 a.m., Cost: \$5 + lunch

## FiftyForward has a lot to offer; learn more at [www.FiftyForward.org](http://www.FiftyForward.org)

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

Our September podcast (released 9/15) features volunteer extraordinaire Barry Coggins.



For more than 36 years, Barry has served up food, and sometimes a song or two, to lift-up and nourish older adults in his home communities of Dallas and Nashville. That's approximately 13,000 meals.

Barry doesn't know a stranger. As a longtime ally and advocate for others -- a friend of the singer/songwriter said, "giving is Barry's middle name." Let's learn more about the man with a passion for helping others and who truly has a heart of gold. Find **Squeeze the Day** wherever you listen to your podcasts or find here: <https://fiftyforward.org/podcast/>

### Read Forward Focus online!

The summer and final edition of Forward Focus is now available on news stands and online. We hope you have enjoyed reading this as much as we have enjoyed publishing it!



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

### FiftyForward Exchange

Tune in to FiftyForward Exchange, a video series where we discuss engaging topics that are relevant to older adults today. Every other month we release a new episode. In our current program, Donna Drehmann shares with FiftyForward HR Director April Curlin how the COVID-19 pandemic served as a "reset" for her when she re-evaluated her life. She gave herself permission to leave her corporate position to follow her passion. The result? She just released a new children's book.

Enjoy this inspiring episode of FiftyForward Exchange and take a look back through the past programs if you haven't seen them yet. They are enlightening. View FiftyForward Exchange here: <https://fiftyforward.org/videos/#exchange>



### Read our Blog!

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Did you know FiftyForward has a blog where we share stories about timely events, interesting people, health and wellness, hobbies, technology, and self-care. Find it here: <https://fiftyforward.org/blog/>



## AARP Foundation Tax-Aide is looking for volunteers!

AARP Foundation Tax-Aide is looking compassionate and friendly people to join their volunteer team. They'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping those in need. The program is looking for individuals to provide help to taxpayers. Their volunteers come from a variety of industries and span from retirees to college students. Volunteers needed are to fill the roll of Counselor to work with taxpayers directly by filling out tax returns. If you have no previous experience, you'll get the training you need and will also receive IRS certification. Go to [aarpfoundation.org/taxaidevolunteer](http://aarpfoundation.org/taxaidevolunteer) or call 1-888-227-7669.

# RESOURCES & Support groups

## FiftyForward Resources

### FiftyForward Supportive Care Services

Did you know FiftyForward offers a variety of services to support older adults including:

- Adult Day Services
- FiftyForward Fresh/Meals on Wheels\*
- Conservatorship
- Living at Home Care Management
- Care Team
- Victory Over Crime\*

*\*Davidson County only*

Click this link to learn more:

<https://fiftyforward.org/supportive-care/>

*Connect to resources and essential services for older adults in Davidson and Williamson counties, by calling the FiftyForward Resource Line at 615-743-3416.*

## FiftyForward Support Groups

*FiftyForward has a variety of support groups currently meeting. If you are interested in joining or learning more about any of the groups below, please reach out to the contact provided.*

**“Bold and Golden” retired men’s group:**  
Contact Dan Surface, 615-476-6364 or [dan@dansurface.me](mailto:dan@dansurface.me)

**LGBTQ+ Peer Support Group:**  
Contact Ashley Hunter at 615-622-4154

**Center Member/Client Virtual Support Group:**  
Contact Kristen Maloney at 615-743-3436



Spots are still available. See details below; sign up by Aug. 27 for September classes!

**Do you help care for 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.

The first class will be on **Tuesday, Sept. 7, from 12:30-2 p.m. via Zoom**. Classes will run each consecutive week for 6 weeks (6 sessions total) and will wrap up on Tuesday, Oct. 12.

If you are unable to participate in this group, but are interested in being contacted when we offer Powerful Tool for Caregivers again, please email Kaitlyn at [kparrish@fiftyforward.org](mailto:kparrish@fiftyforward.org)

## Property Tax Relief Available through The Housing Resiliency Fund

Nashville-area residents faced unprecedented challenges in 2020, and The Housing Resiliency Fund was created to help ensure low-to-moderate-income families can keep their homes and maintain long-term financial stability despite an increase in property taxes.

If you are a Davidson County homeowner residing in zip codes 37013, 37206, 37207, 37208, 37211, 37216, and 37218, or an employee of Metro Nashville living in Davidson County and have lived in your home prior to January 1, 2020, you may be eligible to receive support. Must have an annual household income below 120% of the area median income (\$69,150 for one person household, \$79,050 for two person household).

Applications are available [here](#) and can be submitted online or by mail.

If you have questions or need assistance with this, please call the FiftyForward Resource Line at 615-743-3416.