



October 2021

Centered & Connected

FiftyForward.org

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



Connect with us!



**Center Hours: Monday-Thursday,
8:30 a.m. - 3:30 p.m.**



FiftyForward Lifelong Learning Centers Participate in Tennessee STEAM Festival

FiftyForward is excited to announce our participation in this year's Tennessee STEAM Festival, which runs October 15-24, and brings science, technology, engineering, art, and math to life at programs and events across the state!

The Tennessee STEAM Festival aspires to build interest and excitement in STEAM, and cultivate the next generation of citizen and professional science advocates and practitioners by leveraging local partnerships from across the region.

For more information on STEAM Festival programming happening across our state this year, please visit <https://www.tnsteam.org/all-events>



***Please find specialized STEAM programming
happening across our centers this month! Additional
information can be found within the hosting center's
calendar.***

Bordeaux:

Art & Science: Watercolors and Oils
Tuesday, Oct. 12, 11 a.m.

College Grove:

Backyard Astronomy
Wednesday, Oct. 20, 1 p.m.

Donelson Station:

DIY Fall Wreath
Thursday, Oct. 14, 1 p.m., Cost: \$10

J. L. Turner Center:

Fall-Inspired Watercolor Class
Monday, Oct. 18, 1 p.m., Cost: \$25

Knowles:

CREATE with Vanderbilt – Restoring Health, Mobility & Independence through Technology
Tuesday, Oct. 19, 10 a.m.

Madison Station:

A Cosmic Journey: A Four Part Exploration into the Unique Aspects of our Solar System
Wednesdays in October, 1 p.m.

Martin Center:

Intro to Cheese-Making
Wednesday, Oct. 20, 2 p.m.

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

Updated COVID-19 Information & Safety Practices

UPDATED COVID-19 INFO

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

Because Tennessee remains an area with high levels of COVID transmission,

FiftyForward continues to require masks indoors for everyone regardless of vaccination status.



COVID-19 Vaccine Booster Shots

On 9/22/21, the FDA authorized a booster dose of the Pfizer vaccine for:

- individuals 65 years of age and older;
- individuals 18 through 64 years of age at high risk of severe COVID-19; and
- individuals 18 through 64 years of age whose frequent institutional or occupational exposure to SARS-CoV-2 puts them at high risk of serious complications of COVID-19 including severe COVID-19.

Find more information about the FDA decision here:

<https://www.fda.gov/news-events/press-announcements/fda-authorizes-booster-dose-pfizer-biontech-covid-19-vaccine-certain-populations>

Boosters are available through local pharmacies. We have already talked with some members who have signed up for and received their boosters.

FiftyForward Staff and COVID-19 Vaccination

As of October 2021, all FiftyForward staff members must be vaccinated for COVID-19. This was a decision that we made with a great deal of thought and deliberation. Because our mission is to serve older adults, we know that requiring vaccination for staff is an important measure that we can take to keep the older adults we serve safe.

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.

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.

October Programming Spotlights

SAVE THE DATE!

***Hispanic Voices of Nashville:
An Intergenerational Panel,
Sharing Wisdom and Hope***

**Thursday, Oct. 7, 10 a.m.
Streaming live on
Facebook and Zoom**

In celebration of Hispanic Heritage month, FiftyForward is proud to announce *Hispanic Voices of Nashville: An Intergenerational Panel, Sharing Wisdom and Hope* on Thursday, Oct. 7 at 10 a.m. The panel will be streamed live on FiftyForward's Facebook page and on Zoom, and our centers will have viewing areas set up if members prefer to watch the livestream at the center. We are so thankful to our partners and panelists, and hope you will join the conversation on October 7.



FiftyForward
Love life at 50+

HISPANIC VOICES OF NASHVILLE

An Intergenerational Panel, Sharing Wisdom and Hope

October 7, 10 a.m. CST

The panel will be streamed live on Facebook at: facebook.com/FiftyForward and on Zoom at: bit.ly/3A9jtEp

Webinar ID: 890 3572 4755
Webinar Passcode: 201999

Featured Guest Panelists

 Ada Suarez-Blash FiftyForward	 Adriana de Leon Conexión Americas	 Claudia Barajas Vanderbilt-Ingram Cancer Center
 Edgar Gil Rico National Alliance for Hispanic Health Moderator	 Jairo Prado Visual Artist	 Monica Reyna Hispanic Family Foundation

All of Us RESEARCH PROGRAM
The Future of Health Begins Here. Now.

conexión americas

National Alliance for Hispanic Health

HFF HISPANIC FAMILY FOUNDATION

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

Friday, Oct. 1, 1 p.m.

Topic: Cancer Prevention

October is Breast Cancer Awareness month. Join us to learn ways to help prevent cancer.

Join on Zoom here:

<https://us06web.zoom.us/j/85705954088>

*Also streaming live on the FiftyForward *All of Us* Facebook page [here](#)

FiftyForward *All of Us* is excited to start a local chapter for *Walk with a Doc* next month on Wednesday, November 10, 11 a.m. at Centennial Park! To learn more about this program, please visit: www.walkwithadoc.org

All of Us
RESEARCH PROGRAM

October 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).

Writers Group (Knowles)

Mondays in October, 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.

Chair Yoga (Knowles)

Wednesdays in October, 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.

A Cosmic Journey: A Four Part Exploration into Unique Aspects of our Solar System (Madison Station)

Wednesdays in October, 1 p.m. on Zoom.

Join our entertaining speaker and solar system guide, Duncan Davis, as we explore topics including: moons, Pluto and Kuiper Belt, Mars Rover, and space missions!



Hispanic Voices of Nashville Panel

Thursday, Oct. 7, 10 a.m. on Facebook. In celebration of Hispanic Heritage Month, this live-streamed panel discussion will elevate the voices, stories, and perspectives of Hispanic individuals in our community.



Chat & Chew w/Melvin (Bordeaux)

Thursday, Oct. 14, 12 p.m. on Zoom. Join Bordeaux Center Director Melvin Fowler, for a fun catch-up over Zoom.

Bible Study (Donelson Station)

Saturday, Oct. 23, 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 Egypt (College Grove)

Monday, Oct. 25, 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 Egypt.

Armchair Travel to Transylvania (Martin Center)

Wednesday, Oct. 27, 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 Transylvania!

October Flu Shot Offerings at FiftyForward Centers

Walmart will be administering flu and pneumonia vaccines at the Bellevue YMCA and FiftyForward J. L. Turner Center on Friday, October 15 from 9 a.m. - 1 p.m. There will be a vaccination form to fill out on site. Please bring your insurance card with you.

Walgreens will be administering flu shots at FiftyForward Madison Station on Thursday, October 28, 10 a.m. There will be a vaccination form to fill out on site. Please bring your insurance card with you.



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: *SilverSneakers Classic with Kathleen Phillips*

Lifelong Learning: *Cooking with Heather: Crockpot Italian Beef; Armchair Travel to India*

Health & Wellness: *Cooking Vegan with Vickee: Chickpea Stuffed Eggplant*

October Center Day Trips



Denotes Facebook program



Denotes Zoom meeting



Denotes member-led program

OCTOBER 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.

Grocery Shopping at Walmart Ashland City - Bordeaux

Friday, Oct. 1, 10 a.m., Cost: Free

Mystery Lunch - Donelson Station

Tuesday, Oct. 5, 11 a.m., Cost: \$10

TN Craft Fair - Madison Station

Friday, Oct. 8, 9:30 a.m., Cost: \$5

TN Craft Fair - Martin Center

Friday, Oct. 8, 10 a.m., Cost: \$15

Lunch at Long John Silver's - Bordeaux

Friday, Oct. 8, 10 a.m., Cost: Lunch cost

LunchBunch - Donelson Station

Tuesday, Oct. 12, 10:20 a.m., Cost: \$10

Solar System Program at Madison - Turner Center

Wednesday, Oct. 13, 12:15 p.m., Cost: FREE

Senior Expo - College Grove

Thursday, Oct. 14, 9:30 a.m., Cost: \$5

Senior Expo - Knowles

Thursday, Oct. 14, 10 a.m., Cost: FREE

Senior Expo - Madison Station

Thursday, Oct. 14, 9:30 a.m., Cost: FREE

Meet & Eat at Bellevue BoomBozz - Turner Center

Thursday, Oct. 14, meeting there at 4 p.m.

Shopping at Opry Mills Mall - Bordeaux

Friday, Oct. 15, 10 a.m., Cost: purchases

Priscilla, Queen of the Desert the musical - Madison Station

Sunday, Oct. 17, 2:15 p.m., Cost: \$15

Cheese Making at Martin Center - Knowles

Wednesday, Oct. 20, 1:30 p.m., Cost: FREE

Cheekwood Harvest at Cheekwood - Turner Center

Thursday, Oct. 21, 9:15 a.m., Cost: \$30

Hiking at Edwin Warner Park - Madison Station

Friday, Oct. 22, 9:15 a.m., Cost: \$5 + lunch

National Museum of African American Music - Bordeaux

Friday, Oct. 22, 10 a.m.,
Cost: \$18.75 for 65+ and \$24.95 for Adults 18-64

Meet N Eat at the Farmer's Market - Knowles

Friday, Oct. 22, 10 a.m., Cost: FREE

Nashville Flea Market - Donelson Station

Friday, Oct. 22, 10:30 a.m., Cost: \$10

Line Dancing at Wildhorse Saloon - Turner Center

Friday, Oct. 22, 11:30 a.m., Cost: \$5

Bell Buckle Trip - College Grove

Thursday, Oct. 28, 9:30 a.m., Cost: \$10 + lunch

On Golden Pond at Larry Keeton - Martin Center

Thursday, Oct. 28, 4:30 p.m., Cost: \$30 + dinner

Lunch at Slim & Husky's - Bordeaux

Friday, Oct. 29, 10 a.m., Cost: Lunch cost

Trip Guidelines

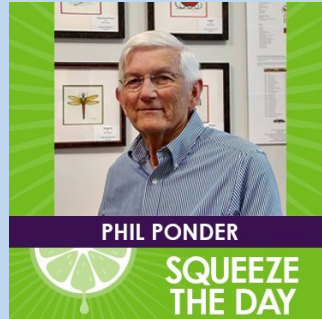
- All members and drivers must wear masks while inside FiftyForward vehicles, whether you are vaccinated or not.
- FiftyForward vehicle occupancy levels will be reduced as we resume the program. Passenger vans will have a limit of 8 passengers, and our larger buses will have a limit of 15 passengers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

FiftyForward has a lot to offer; learn more at www.FiftyForward.org

Check out our *Squeeze the Day* podcast!

Our October podcast (to be released 10/20) features community advocate, FiftyForward friend, and longtime artist Phil Ponder.

For the last 50 years or more, Phil has captured our hearts, and our Nashville (in watercolor) for the last 50 years or more. In addition to serving as a community visual historian, and a well-respected artist, he's also been a trusted community leader and advocate, serving on Metro council for four terms.



As a dedicated family man, former Navy minesweeper now fighting a personal battle with cancer, and a lover of peach milkshakes, learn more about how this man keeps calm and carries on.

Find **Squeeze the Day** wherever you listen to your podcasts or find it here: <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!

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, José González, co-founder and CFO of Conexión Américas, joined Gretchen Funk, Chief Program Officer of

FiftyForward, to offer terrific insight on the importance of Hispanic Heritage Month. In the interview, González shares stories that underscore the



benefits of building strong communities and families, as well as the important role older adults often play in intergenerational sharing.

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!

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 for 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 or call 1-888-227-7669.

Drive-Thru Shred Event and Volunteer Opportunities

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.

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 Knowles

Donelson Station: 174 Rains Ave., Nashville TN, 37203

Date/Time: Saturday, October 23, 2021, from 9:30 a.m. to 11:30 a.m.

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.

Seeking Volunteer Drivers!

FiftyForward is seeking volunteers to drive FiftyForward vehicles for the purpose of transporting members to individual lifelong learning centers and for transporting center members on day trips in the Middle Tennessee area. Volunteer Drivers have responsibility for passenger safety and coordination at the destination if the purpose of driving is a day trip.

Requirements:

- Valid driver's license
- Completion of a background check that includes a criminal history search and driving record review.
- Completion of a training session that includes familiarization with FiftyForward vehicles and company policies while on trips.

Benefits:

- Volunteer drivers are provided with complimentary entry to attractions or events visited and a meal stipend if the trip includes a visit to a restaurant.
- The opportunity to provide older adults with safe and reliable transportation to help them enjoy life.

For More Information Contact: Robin Johnson, Director of Volunteer Engagement, rjohnson@fiftyforward.org

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 and peer 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

LGBTQ+ Peer Group:

Contact Ashley Hunter at 615-622-4154

Center Member/Client Virtual Support Group:

Contact Kristen Maloney at 615-743-3436



The logo for Expo4Seniors, featuring the text "EXPO4 SENIORS" in white capital letters on a blue background. The number "4" is stylized with a red roof-like shape above it.

**Expo4Seniors Hosts Senior Expo at
FiftyForward Martin Center
960 Heritage Way, Brentwood, 37027
Thursday, Oct. 14, 10 a.m. - 1 p.m.**

Join Expo4Seniors, and event sponsors Clover Health and CIGNA Medicare, for a FREE Lifestyle, Health and Wellness Event featuring vendors in areas including Living, Lifestyle & Home Health Care; Health Services; and Professional Services. Free hearing screenings will be offered on site courtesy of Summit Audiology. This event is open to the public and parking is free. Door prize giveaways and refreshments will be provided.

For more information about the expo, please visit: www.expo4seniors.com

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.