



December 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.**

**Centers & Offices closed for winter break Dec. 24-31**

Throughout the year, communities and faith traditions commemorate and express gratitude for blessings through holiday celebrations. Our Hindu friends recently celebrated Diwali, a festival of lights symbolizing the triumph of good over evil. Our Muslim neighbors end the holy month of Ramadan with Id-UI-Fitr, a feast celebrating the breaking of their monthlong fast and gratitude for the gift of the Qur'an. Celebrations like these bring so much joy.

**Here are some celebrations which happen this month:**



Kwanzaa is a week-long, annual celebration held in the United States to honor African heritage in African American culture. It is observed from December 26 to January 1, culminating in gift-giving and a feast. Kwanzaa has seven core principles: Unity, Self-Determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity, and Faith. It was created by Maulana Karenga and was first celebrated in 1966.

Hanukkah begins this year at sundown on Sunday, November 28 and lasts eight days. Hanukkah, Hebrew for "dedication," is the Jewish Festival of Lights. It commemorates the victory of the Maccabees over the Syrian Greek army, and the subsequent miracle of rededicating the Holy Temple in Jerusalem and restoring its menorah, or lamp. Hanukkah is traditionally celebrated at home with special foods, games, songs, gift giving, and by lighting the menorah.



People around the world celebrate the anniversary of the birth of Jesus of Nazareth on Christmas day, December 25. Christmas is both a sacred religious holiday for Christians, and a cultural celebration for others who embrace the joy that the holiday brings. Celebrations include attending religious services, exchanging gifts, decorating Christmas trees, sharing meals with family and friends and, for many children, waiting for Santa Claus to arrive. December 25 has been a federal holiday in the United States since 1870.

At FiftyForward, we see and celebrate the differences in every person. Those differences include the diverse ways that we celebrate faith traditions. **We hope you will join us in January for an online panel discussion called Faith Voices of Nashville which will provide an opportunity for all of us to learn more about the rich faith traditions we find in our own community.** Please be on the lookout for more details to come in the New Year. We wish you all Happy Holidays!

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

# COVID-19 Information & Safety Practices

## Learn more about the COVID-19 vaccine

[Here](#) with this link to Medline Plus which provides many helpful resources.

## COVID-19 Vaccine Booster Shots

The FDA has approved use of booster doses for all COVID-19 vaccines for everyone 18 and over. Please see more information about booster doses here:

<https://www.fda.gov/news-events/press-announcements/coronavirus-covid-19-update-fda-expands-eligibility-covid-19-vaccine-boosters>

Boosters are widely available through local pharmacies and health departments. We are thrilled to be talking with more and more members excited to share that they have received their boosters!

## Masking Guidelines at FiftyForward

1. Everyone entering a FiftyForward location must wear a mask and keep their mask on except as outlined below.
2. Members and guests not fully vaccinated for COVID-19 are required to wear masks at all times at FiftyForward locations.
3. Masks must be worn by staff and members on all

FiftyForward vehicles.

4. **Performers/presenters** can remove masks if they choose. Ample physical distance will separate them from the audience.
5. More **food-related activities** are returning to the centers. Masks should be worn at those activities except when someone is eating or drinking.
6. Some physical fitness activities (like exercise classes, line dancing, fitness room) are mask-optional for vaccinated members.
7. **Members can always choose to wear masks in a mask-optional activity.**



## COVID-19 RESOURCES

[Here](#) is a link to Medline Plus which provides various helpful resources to learn more about the COVID-19 vaccine.

### 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 5 and older is now eligible to receive the COVID-19 vaccine. COVID-19 vaccines are available at many area pharmacy locations (Walmart, Walgreens, Kroger, Publix, etc.) and at area clinics.

# December 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 December, 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.



## Take Charge of Your Diabetes (Martin Center)

**Thursdays, Dec. 2, 9, 16 & 23, 10 a.m. - 12 p.m. on Zoom.** Sessions designed to provide you with skills and tools to better self-manage life with diabetes. Open to adults of all ages with or without diabetes.



## Mixed Media Workshop with Ashley Mintz (Knowles & Madison Station)

**Knowles on Thursdays, Dec. 2 & 9, 10:30 a.m.; Madison on Tuesday, Dec. 7, 9 a.m. on Zoom.** Come let your creative side run free each week in this visual storytelling and craft class led by Ashley Mintz.

## Armchair Travel to Europe (College Grove)

**Monday, Dec. 13, 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 all over Europe to experience their holiday traditions. We'll even enjoy some European holiday treats!

## Armchair Travel to Europe (Martin Center)

**Monday, Dec. 13, 2 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 all over Europe to experience their holiday traditions. We'll even enjoy some European holiday treats!

## Bible Study (Donelson Station)

**Saturday, Dec. 18, 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.

## 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> :

**Lifelong Learning:** *A Cosmic Journey with Duncan Davis: Are We Alone?; Armchair Travel to Japan*

**Health & Wellness:** *Cooking Vegan with Vickee: Veggie Pizza*

**Resources:** *Information on Holiday Scams Presented by GNRC*

# December Center Day Trips

## DECEMBER 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.*

### **Mystery Lunch - Donelson Station**

Wednesday, Dec. 1, 10:45 a.m., Cost: \$10 + lunch

### **Grocery Shopping at Walmart - Bordeaux**

Friday, Dec. 3, 9 a.m., Cost: Free

### **Christmas Historic Home Tour & Lunch - College Grove**

Friday, Dec. 3, 9:30 a.m., Cost: \$30 + lunch

### **Walk with a Doc and FiftyForward's**

### **All of Us Research Program - Bordeaux**

Wednesday, Dec. 8, 10 a.m., Cost: Free

### **Walk with a Doc and FiftyForward's**

### **All of Us Research Program - Knowles**

Wednesday, Dec. 8, 10:30 a.m., Cost: Free

### **Walk with a Doc and FiftyForward's**

### **All of Us Research Program - Madison Station**

Wednesday, Dec. 8, 10:30 a.m., Cost: \$5

### **Painted Tree Shopping Trip - Donelson Station**

Wednesday, Dec. 8, 10 a.m., Cost: \$10 + any purchases

### **Miss Bobo's Christmas Lunch - Donelson Station**

Thursday, Dec. 9, 10 a.m., Cost: \$15 + lunch

### **Frist Art Museum: American Art Deco Exhibit - Turner Center**

Thursday, Dec. 9, 12 p.m., Cost: \$5

### **Holiday Lunch Trip - College Grove**

Friday, Dec. 10, 12 p.m., Cost: \$5 + lunch

### **Christmas Lights at Gaylord Opryland Resort - Knowles**

Friday, Dec. 10, 9:30 a.m., Cost: FREE

### **Music for Seniors - Holiday Sing-Along at the Frist - Madison Station**

Friday, Dec. 10, 9:45 a.m., Cost: \$5

### **Eddie K Holiday Musical Performance - Martin Center**

Tuesday, Dec. 14, 9 a.m., Cost: \$5

### **Nashville Tuba Christmas - Donelson Station**

Tuesday, Dec. 14, 10 a.m., Cost: \$10

### **Nashville Tuba Christmas - Knowles**

Tuesday, Dec. 14, 10:30 a.m., Cost: Free

### **Lunch & Learn at Madison Station - Knowles**

Wednesday, Dec. 15, 10:45 a.m., Cost: FREE

### **Dinner & Dancing Lights of Christmas - College Grove**

Thursday, Dec. 16, 3:30 p.m., Cost: \$10 + dinner

### **Supper Club - Donelson Station**

Thursday, Dec. 16, 5 p.m., Cost: \$10 + dinner

### **Miracle In Bedford Falls Dinner & Show at The Larry Keeton Theatre- Madison Station**

Thursday, Dec. 16, 5:30 p.m., Cost: \$35

### **Studio Tenn It's a Wonderful Life: A Live Radio Play - Martin Center**

Thursday, Dec. 16, 6:15 p.m., Cost: \$40

### **LunchBunch - Donelson Station**

Monday, Dec. 20, 10:45 a.m., Cost: \$10 + lunch

### **Tasty Tuesday at Madison Station featuring the Silver Notes Band - Turner Center**

Tuesday, Dec. 21, 10:30 a.m., Cost: \$10

**FiftyForward Trip Guidelines:** All members and drivers must wear masks while inside FiftyForward vehicles, whether you are vaccinated or not. Mask and safety guidelines required by each trip destination must be followed accordingly. FiftyForward encourages mask wearing in crowded, indoor areas.

## Join your FiftyForward friends to explore and travel!

FiftyForward has partnered with Premier World Discovery and See America Tours to offer travel opportunities for our members. There will be three options to attend our travel preview presentations for air and motorcoach trips in 2022. Members are welcome, bring a friend too! Refreshments provided.

### **Travel Preview Presentation Schedule:**

- Monday, December 6 at 10 am J.L. Turner Center 615-622-4962
- Monday, December 6 at 2:15 p.m. Martin Center 615-376-0102
- Tuesday, December 7 at 10 am at Donelson Station 615-883-8375

**\*Pre-Registration Required, call or sign up in the Membership Portal.**

2022 Travel Preview Flyers are available at all FiftyForward Lifelong Learning Centers.







## *All of Us* Research Program Offerings



### Don't miss these *All of Us* Virtual Events AND In-Person Events Happening in December!

#### *All of Us* Virtual Events for December:

##### Aging Well with Dr. Amy Price-Neff:

Friday, Dec. 3, 1 p.m., Zoom

December can be a time for family and celebration, but for some the holidays can bring on anxiety and depression. Join Dr. Price-Neff this month as she talks about ways to combat the "holiday blues."

Join Zoom Meeting: <https://us06web.zoom.us/j/88583142936>

#### *All of Us* In-Person Events This Month!

##### NEW! Walk with a Doc Nashville Chapter

The FiftyForward *All of Us* team is thrilled to start a local chapter of *Walk with a Doc* with Dr. Amy Price-Neff! These one-hour walks will meet every 2nd Wednesday of the month at 11 a.m. at the Centennial Park Events Shelter. Dr. Price-Neff will begin each walk with a 5-minute "health talk," then we will all walk around Centennial Park together. The trail is a flat, 1.2 mile loop. **Our next walk will take place on Wednesday, Dec. 8, 11 a.m.** No RSVP required (unless you plan to travel with one of our centers and they require an RSVP).

The Centennial Park Events Shelter & parking lot are located on the Park Plaza side of the park and houses ongoing events including the park's Big Band Dances. Look for the *Walk with a Doc* signs! Please check our [Facebook page](#) for up to date inclement weather information. For more information about *Walk with a Doc*, please call (615) 743-3431.

##### *All of Us* Cafes: "Christie Cookie" Caravan in December!

By now you may have heard about the *All of Us* Research Program from the National Institutes of Health. This exciting program seeks to enroll 1,000,000 diverse people living in the U.S. in order to improve the health of future generations. Come find out more information on the program by visiting us in the *All of Us* Café! Once a month, trained staff will visit each center to answer questions, as well as provide tech help for enrollment. Sign up to make a private appointment, or just drop by for a casual conversation. This month, the *All of Us* Café will have free "Christie Cookies" and hot cocoa provided by FiftyForward! For more information on the *All of Us* Research Program, please visit our website at [www.joinallofus.org/fiftyforward](http://www.joinallofus.org/fiftyforward).

##### *All of Us* Cafés Across the Centers in December:

Bordeaux: Dec. 9, 9 - 11 a.m.

College Grove: Dec. 7, 10 a.m. - Noon

Donelson Station: Dec. 21, 9 - 11 a.m.

J. L. Turner Center: Dec. 8, 10 a.m. - Noon

Knowles: Dec. 6, 11 a.m. - 1 p.m.

Madison Station: Dec. 16, 10 a.m. - Noon

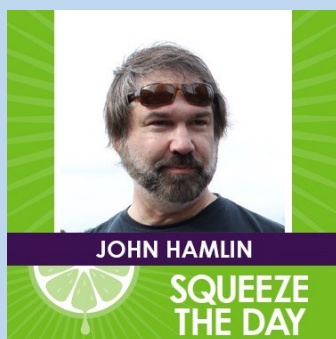
Martin Center: Dec. 15, 10 a.m. - Noon

# FiftyForward Online Offerings

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

## Check out our current *Squeeze the Day* podcast!

**After losing his daughter, Nashville father navigates through devastating depression to find true purpose through video production**



Nashville songwriter turns to film and video after the tragic loss of his daughter. Meet John Hamlin who demonstrates how a real-world tragedy can be the catalyst for positive change and new direction at any age. In this podcast he speaks to the searing loss and how, today, his late daughter leaves “breadcrumbs” to help him navigate a new life of advocacy through visual storytelling.

Watch for other interesting interviews on the horizon for Squeeze the Day including Dr. Paul T. Kwami, musical director of, Fisk Jubilee Singers, and Brenda Lee (recording and release date TBD.)

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!

## *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.

December’s FiftyForward Exchange showcases nutrition and how it impacts our life. FiftyForward Bordeaux Center Director Melvin Fowler will interview Caroline Pullen, Senior Manager, Nutrition & Innovation from Second Harvest to share local resources to counter food isolation as well as to showcase ways we can make safe, healthy, and nutritious decisions now, into the holidays, and throughout the year.

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!



The FiftyForward blog has given us an opportunity to share stories about older adults and to build awareness of what we do and how we serve. Blogs feature interesting themes including health and wellness, hobbies, technology, and self-care, as well as interesting people in our lives.

Find it here: <https://fiftyforward.org/blog/>



# Giving & Volunteer Opportunities

## Donation Drive

FiftyForward's Martin Center will be partnering with GraceWorks Ministries through the month of December to collect critically needed food and toiletry items. Graceworks is a nonprofit that strives to provide food, clothing, household items, and support services for individuals and families experiencing food and housing insecurity. Join us in helping to stock their food pantry and providing special gifts. From December 1-21 the Martin Center will have collection boxes available for you to drop off non-perishable food, toiletry, and baby items. If you would rather supply gifts from the Amazon wish list, follow this link [https://www.amazon.com/hz/wishlist/ls/K9N67GF02TVH?ref=wl\\_share](https://www.amazon.com/hz/wishlist/ls/K9N67GF02TVH?ref=wl_share). You simply click, pay, and have the gift delivered to GraceWorks Ministries. A list of needed food pantry items will be available at the Martin Center desk. Please email Jen Jackson at [jjackson@fiftyforward.org](mailto:jjackson@fiftyforward.org) with any questions.

## FiftyForward Giving Tuesday

In previous years, FiftyForward has hosted a breakfast fundraiser that highlighted one of FiftyForward's many programs and services. Though we couldn't gather in-person, we still created a way for people to experience and support FiftyForward. We featured FiftyForward's Victory Over Crime program, which offers support (resources, safety plans, assistance in court, advocacy, and access to in-home services) to older adults affected by crime. During the pandemic, the program has been more important than ever since isolated individuals are reluctant to report elder abuse, and scams are increasingly targeting seniors. Learn more about Victory Over Crime by viewing a brief video at [www.fiftyforward.org/fallback](http://www.fiftyforward.org/fallback).

Please consider a donation to FiftyForward as we close out this year. Don't forget to support FiftyForward on Giving Tuesday. Donations can be made online at [www.fiftyforward.org/donate](http://www.fiftyforward.org/donate).

## FiftyForward FLIP Tutors & PenPals

FiftyForward Friends Learning in Pairs (FLIP) seeks volunteers to support students

Do you enjoy reading? Working with students? This opportunity may be for you! FiftyForward Friends Learning in Pairs (FLIP) is looking for volunteers age 55+ to work with elementary students in area public and charter schools.

### **FLIP is currently offering two volunteer opportunities:**

- In-person tutors are needed to work with students one-on-one on their reading and/or math skills. FLIP staff will provide training and materials. Volunteers commit to tutoring 1.5 to 2 hours per week from January to April. Prior to serving, volunteers are required to complete an in-person interview, criminal background check and training.
- Still not ready to volunteer in-person? We've got you covered. Williamson County has started a Pen Pal program with several area schools. You can write letters to students from the comfort of your home with support provided by the Williamson County AmeriCorps Seniors Volunteer Coordinator. Volunteers for this program may reside in any location.

For more information about in-person tutoring in Davidson County contact Lisa Hill at [lhill@fiftyforward.org](mailto:lhill@fiftyforward.org). For Williamson County in-person tutoring or participation in the FLIP PenPal program, contact Jen Jackson at [jjackson@fiftyforward.org](mailto:jjackson@fiftyforward.org).

FLIP is part of FiftyForward's AmeriCorps Seniors family of volunteer programs. AmeriCorps Seniors is the federal program that matches adult volunteers age 55+ with community needs. Additional support for FLIP is provided by the Dollar General Literacy Foundation, the Maddox Fund, Ingram Industries and the United Way of Greater Nashville.

## AARP Foundation Tax-Aide 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 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](mailto: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



## 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

### **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.
- Proof of COVID-19 vaccination.

### **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](mailto:rjohnson@fiftyforward.org)

## Belmont Occupational Therapy students need our help!

Students will be conducting a research study to explore planning for driving changes as we get older. To participate, you need to be at least 60 years old and someone who has been or is a licensed driver. If interested, you will be asked to attend a one-time group interview with 2-3 others and complete a short survey. This should take no more than 60 minutes.

Interviews will be done on Wednesdays beginning in November.

If you are interested in participating, please let a FiftyForward staff member know. Be on the lookout for more information about sign-ups coming soon!