



2021

Impact Report

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

Thank You

What an amazing and challenging year! With your support, FiftyForward continued meeting the ongoing challenges of the COVID-19 pandemic by creating innovative ways to expand and deliver existing services while also developing new services and programs. Everything we do is with these goals in mind: help adults 50 and older live longer and more fulfilling lives, support families and the community with innovative programs and services, and combat the isolation faced by so many older adults today.

It is difficult to fully comprehend the challenges COVID-19 created for older adults, especially the impact of extended social isolation. In general, older adults are more susceptible to being isolated from systems of support. For example, in Tennessee, 26% of older adults live alone, which increases the potential for isolation. The ongoing pandemic has compounded this issue. According to a study by the Kaiser Family Foundation, the average number of adults reporting symptoms of a depressive or anxiety disorder has risen by more than 30% in the past year. This is why the communities at our Lifelong Learning Centers are so important. The programs, staff, and services of our seven centers continue to provide active connections for members and an engaged, caring, and reliable support system for isolated individuals.

In addition to the vital work of our Lifelong Learning Centers, your support enabled the continuation of FiftyForward Supportive Care Services and guaranteed that we could meet increased requests for assistance and support. Through the programs and services of FiftyForward Fresh – Meals on Wheels, Adult Day Services, Care Team, Living At Home Care Management, Victory Over Crime, and our conservatorship program, FiftyForward was able to help older adults live more safely and comfortably with access to resources needed to improve their quality of life.

Enclosed is a brief report of the impact made possible through your partnership and support. This amazing and challenging year was met by generous supporters like you. As you read through this report, we hope you feel our appreciation and gratitude.

Supportive Care



646

**Supportive Care Services
clients served**

Did you know? 79% of supportive care clients have incomes at or below 200% of the Federal Poverty Level.

**371 Living At Home Care
Management clients**

who struggle with day-to-day obstacles including limited resources (social and financial), functional limitations, and isolation were served.



24,375 meals

127 FiftyForward Fresh customers received nutritious home-delivered meals Monday - Friday and over 600 meals served on Thanksgiving and Christmas Day.



94% of Living At Home clients

improved their social, emotional, and/or physical health.



94% of Adult Day Services participants

increased or maintained cognitive functioning.



100% of Adult Day Services participants

increased or maintained physical functioning.

“Because I am connected to FiftyForward...

86% I have something to look forward to

74% I am more physically active

84% I learn new things

78% I am happier and more satisfied with my life

Victory Over Crime Stats

50 clients

received Victory Over Crime direct services to overcome the trauma of crimes such as exploitation, financial fraud, physical abuse, and sexual assault.

269 participants

attended Victory Over Crime community education seminars



87%

of Victory Over Crime clients reported an increased sense of safety and security, the ability to plan for safety, and the increased knowledge about victim resources and/or the criminal justice system.



Lifelong Learning Centers



4,542
members



7
centers



12,700
programs



**8,269 Wellness Calls &
114 Front Yard Chats**

were made by FiftyForward center staff to combat social isolation and check on center members.



383
Virtual Programs

32 Friends Learning in Pairs (FLIP) and 51 Foster Grandparents (FGP)

FLIP volunteers worked with 377 elementary students in Williamson and Davidson counties. FGP volunteers worked with at-risk students ranging from 2 years old through 4th grade in Davidson County.

What's New in 2021

FiftyForward Fresh Food Security Program

A new outreach program targeting the underserved areas of North Nashville, Antioch, and Old Hickory communities by providing meals, education, and resource coordination.

356 individuals not previously served were provided food boxes, groceries, and over 600 prepared meals.

Digital Engagement Pilot

Responding to the digital divide confronted by older adults, FiftyForward piloted a program with **30 participants** to equip older adults with safe access to digital technology and internet access. In addition, hosted educational sessions including internet safety and ongoing support



97%
had no device
and were provided an iPad



50%
**lacked access
to internet**

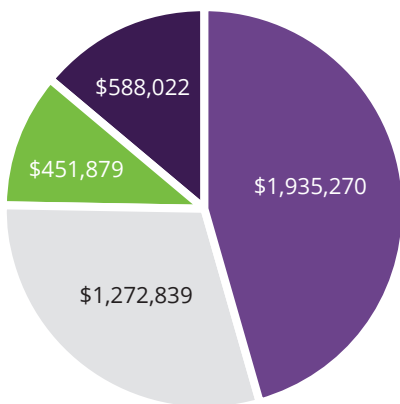
Monthly Podcast

FiftyForward started a monthly podcast with interviews of extraordinary adults living their best life now. Squeeze the Day highlights inspiring stories and experiences from all walks of life by those in their second chapter (50 years old through the Greatest Generation). **Listen online at fiftyforward.org/podcast.**

Financials

Revenues*

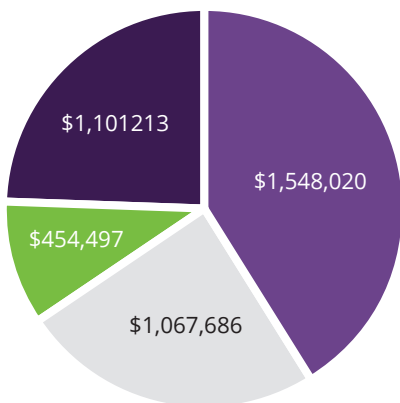
- Contributions & Fundraising
- Government Grants
- Learning & Supportive Programs
- Miscellaneous



Total: \$4,248,010

Expenses

- Lifelong Learning
- Supportive Care
- Volunteer
- Management



Total: \$4,171,416

*Includes \$372,213 received from AmeriCorps Seniors for volunteer programs; \$120,656 of AmeriCorps Seniors program support was provided by non-government sources.

For complete audited financial information including depreciation, visit givingmatters.com

**A special thank you to our
donors and supporters
for making FiftyForward's
impact possible.**

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