

Centered & Connected

FIFTYFORWARD.ORG | AUGUST 2022

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

Adult Day Services Enrolling New Members

With our little learners heading back to the classroom and summertime winding down, consider enrolling another member of your family in a program to help them stay engaged and active. FiftyForward is excited to enroll new participants in our Adult Day Services program. This weekday program is open to adults 50 years and older. We see cognitive and physical changes as part of life's journey and embrace the needs of all older adults who would benefit from a safe and supportive environment in order to thrive.



Our wide array of services is designed to help caregivers, who need to spend time at work or attending to self-care or other family obligations. Our program includes fun activities, delicious meals, exercise, and day trips. ADS is growing, and we are accepting new members. If you are interested in enrolling a loved one in ADS, call 615-742-4690 or visit

<https://fiftyforward.org/supportive-care/adult-day-services/>



Our Centers

BORDEAUX

COLLEGE GROVE

DONELSON STATION

J. L. TURNER CENTER

KNOWLES

MADISON STATION

MARTIN CENTER

Hours:

Monday - Friday
8:30 a.m. - 3:30 p.m.

*Fifty
Forward*
Love life at 50+

Important Center Information

Free Covid Testing and Vaccinations at three FiftyForward locations

Donelson Station: Mondays

Knowles: Tuesdays

Madison Station: Wednesdays

9 am to 1 pm

Testing will be done in the parking lot.

Vaccine and booster shots
will be given inside.

*No appointment necessary,
but bring your vaccination card.*



FiftyForward is partnering with the Metro Nashville Public Health Department to provide free, no-appointment COVID testing and vaccination clinics. You can visit one of our three FiftyForward host sites: FiftyForward Donelson Station, Knowles, and Madison Station.

We are very excited about this partnership as FiftyForward is committed to being part of the effort to keep our community safe and to offering easy access to COVID vaccination and testing. It is important to be up to date with COVID vaccination. Being up to date means that a person has received all doses in their primary vaccine series and at least one booster dose. Second boosters are also available to those 50 and older or those who are immunocompromised. **Learn more below.**

COVID-19 – Staying Safe

We are experiencing an increase in COVID infections due in large part to the “hypercontagious” BA.5 omicron subvariant. COVID vaccination and previously having COVID appear to be less effective in preventing COVID infections with this variant, but COVID vaccination is still the best way to protect ourselves from serious complications due to COVID. In a National Public Radio interview (full interview here: <https://www.npr.org/2022/07/15/1111648759/covid-19-coronavirus-omicron-variant-ba5-cdc-vaccines-masks-mayo-clinic>), Dr. Gregory Poland, head of the Mayo Clinic's Vaccine Research Group, says with vaccination (or possibly protection due to recent previous COVID infection), "You have good protection against dying, being hospitalized or ending up on a ventilator."

Find more information here from the CDC about the importance of being fully vaccinated and staying up-to-date on your COVID-19 vaccination: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

The evidence remains clear that the best way to prevent experiencing serious COVID-19 illness is to be fully vaccinated and up-to-date with your COVID-19 vaccinations. Visit one of the Metro COVID vaccine and testing clinics at a FiftyForward location (see details on this page...) to be sure you are doing all that you can to keep yourself, your loved ones, and our community safe.

Welcome
**MASKS
OPTIONAL**



Please monitor for COVID symptoms
and remain home if you feel ill



As of this time, masks remain optional at FiftyForward locations. Everyone who chooses to wear a mask will be supported completely. We continue to pay close attention to guidance from government and health officials, and our mask policy may change again in the future if the situation with COVID-19 transmission in our community changes. Please speak with staff if you have any questions about our mask policy.

FiftyForward 2022 Member Survey Highlights

Thank you so much to the 492 FiftyForward center members who took the time to provide us with feedback about how our centers are helping to support, champion, and enhance life for you.

Here is some info we wanted to share from the survey:

- We asked about COVID as that is an issue still uppermost in our minds, and we are happy to report that 95+% of members reported being fully vaccinated and 83+% reported being up to date with their boosters. If you are not up to date on your COVID vaccination, visit one of the Metro clinics conveniently located at FiftyForward centers each week to get that taken care of and to be as safe and protected as you can be.
- Feedback from the survey was overwhelmingly positive, and we are so grateful for that. Here are a few examples of how members said that FiftyForward makes a difference in their lives:
 - 97+% said - Because I am connected with FiftyForward, I learn new things.
 - 95+% said - Because I am connected with FiftyForward, I feel better about myself.
 - And 95+% of respondents reported that connection with FiftyForward has a positive effect on their lives.

Many, many of you also took the time to add comments – thank you! Some of the comments were:

- *This is my home away from home. Family. So much love.*
- *The environment is so electric with laughter and great friends.*
- *I have come to know a lot of really nice people my own age that can relate to my time in life and most of all value, respect, and enjoy life as it comes.*

We will continue to dig into the survey responses to keep learning what you value the most about FiftyForward so we can continue to provide you with the highest quality services and programs!

Thank you!!!

**FOR TAKING THE ANNUAL
FIFTYFORWARD MEMBERSHIP SURVEY**



FCC's Affordable Connectivity Program

Did you know that the Federal Trade Commission's Affordable Connectivity Program helps ensure people, including older adults, have access to broadband internet to use for items such as work, school, and healthcare?

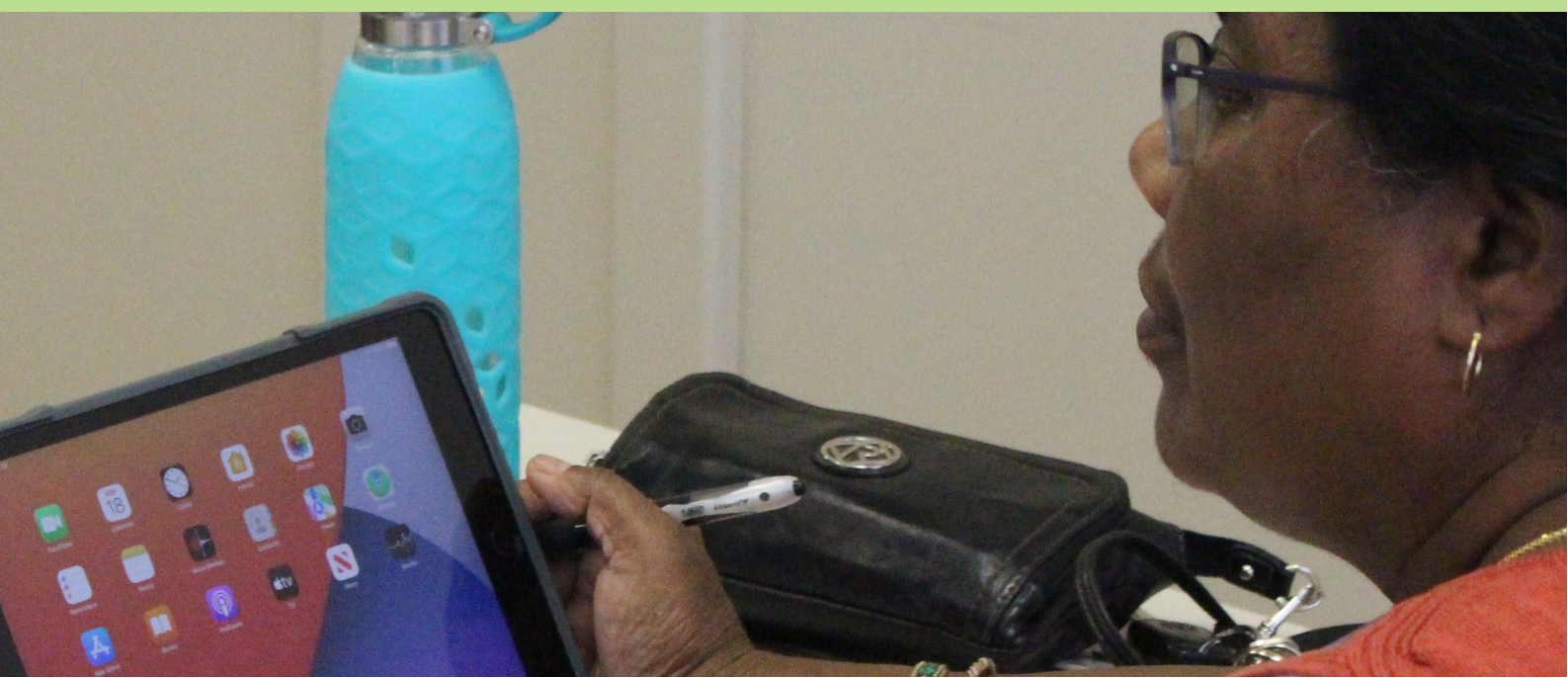
Affordable Connectivity provides those eligible with \$30 per month toward internet service and households on tribal lands can receive \$70 per month. In addition, if eligible, participants can receive a one-time discount of up to \$100 when purchasing a laptop, desktop computer, or tablet as long as they contribute more than \$10 and less than \$50 toward the purchase price.

Who is eligible? - Households at or below 200% of the Federal Poverty Guidelines (<https://www.affordableconnectivity.gov/do-i-qualify/>)


If you are 60 or over and need assistance to enroll in the program, please call the FiftyForward Resource Line at 615-743-3416. We are here to help!


Your household can also be eligible for the program if one member meets the following criteria:


- Received a Federal Pell Grant during the current award year;
- Meets the eligibility criteria for a participating provider's existing low-income internet program;
- Participates in one of these assistance programs:
 - The National School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision
 - SNAP
 - Medicaid
 - Federal Public Housing Assistance
 - Supplemental Security Income (SSI)
 - WIC
 - Veterans Pension or Survivor Benefits
 - or Lifeline;
- Participates in one of these assistance programs and lives on Qualifying Tribal lands:
 - Bureau of Indian Affairs General Assistance
 - Tribal TANF
 - Food Distribution Program on Indian Reservations
 - Tribal Head Start (income based)





To participate and connect to any of the 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 the program is on Zoom).


 **Writers' Group (KNOWLES) Mondays, August 1, 8, 15, 22, and 29 at 1 p.m.** Meet via Zoom or in person at the center to share stories, poems, experiences from your life or from your imagination. You might just make a new friend (or two!). Call Ann at 615-743-3401 for the Zoom link.


 **Dementia Care Education (MARTIN) Monday, August 1, 2:15 p.m.** Every day many people experience a foggy brain, a sluggish brain and poor short-term memory on a regular basis. The immediate concern is whether the symptoms they are experiencing are a result of early Alzheimer's and dementia, or by their medicine. Join us as we discuss medication and your memory and how to get answers to your questions regarding your foggy short-term memory.




 **Bold & Golden Men's Retirement Group (KNOWLES) Tuesdays, August 2, 9, 16, 23, and 30 at 1:30 p.m.** Join this men's group to develop friendships, share experiences, talk about similar interests and simply spend time with other retired men.

 **Virtual See America Tour Trip Presentation (MARTIN, JL TURNER, DONELSON STATION, MADISON STATION) Wednesday, August 3, 1 p.m.** Please join us this month to learn more about the 2022 trips to New England, Christmas in NYC, Ireland and a 2023 preview! Hear all the details and ask any questions that you might have.

 **Bluebird Café Virtual Senior Show (MARTIN) Monday, August 8, 10 a.m.** Join us as we stream the Bluebird Café's monthly senior show featuring a live performance. Watch in the center or call for the link to watch at home.

 **Armchair Travel (MARTIN) Monday, August 8, 2 p.m.** Get those passports ready! Come travel the world with your friends, all from the comfort of the Martin Center. Call the center if you would like to watch from home. This month we will visit Australia!

 **Chat & Chew w/Melvin (BORDEAUX) Thursday, August 25, 12 p.m.** Join Bordeaux Center Director for current events discussions.

 In-person  Zoom
 Conference line

New Additions to the Membership portal Video Library

Your 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 the newly added programs in our video library this month:

- [Balance & Fall Prevention \(H&W\)](#)
- [Walgreens Health Talk: Brain Health \(H&W\)](#)

Access these programs by logging into your account here:

<https://fiftyforward.org/member/#myaccount>



SENIOR PLANET

FROM **AARP**

iPad Basics Classes Have Started!

FiftyForward members are learning the ins and outs of how to use an iPad. This 10-week course is possible through a partnership with Older Adults Technology Services (OATS) from AARP and its flagship program Senior Planet. Many people taking this free course have never used an iPad or have minimal experience.

They aim to learn the basics of operating the Apple iPad and navigating the internet. Participants who complete the course have the chance to win an iPad. Visit our

membership Portal

<https://fiftyforward.org/member> or call your home center.



August Center Day Trips

If you are interested in participating in any of the following 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.

Chair Yoga—Bordeaux

Tuesday, August 2, 16, 23, & 30, 10:00 a.m.
Cost: Free

TN State Library and Archives Tour with Lunch at The Nashville Farmers Market – Donelson Station

Tuesday, Aug 2, 9:30 a.m. - 12:30 p.m.
Cost: \$10 + lunch

Colts Chocolate Factory Store – J.L. Turner

Wednesday, August 3, 9:30 a.m. Cost \$5.00 plus cost of admission \$8

Frist Art Museum Knights in Armor Tour – Bordeaux

Thursday, August 4, 9 a.m. Cost: Free

Jack Daniel's Distillery Day Trip – Martin Center

Thursday, August 4, 9 a.m. Cost: \$45 + lunch

Grocery Shopping at Walmart – Bordeaux

Friday, August 5, 10 a.m. Cost: Free

Nashville Black Market – Donelson Station

Friday, Aug 5, 5:30 - 7:30 p.m. Cost: \$10

Regal Hollywood Movie Theatre: Mrs. Harris Goes to Paris - Knowles

Friday, August 5, 12 p.m. - 3:30 p.m.
(contact the center for exact movie time)
Cost: Approx. \$13

Summer Tribute Series: Motor City Magic Day Trip – Martin Center

Saturday, August 6, 5:00 p.m. Cost: \$30 + dinner

Bluebird Café Senior Show - J.L. Turner

Monday, August 8, 9 a.m. Cost \$5

Bluebird Café Senior Show – Knowles Center

Monday, August 8, 9:15 a.m. - 11:30 a.m. Cost: \$5

Bluebird Café Senior Show and breakfast – Martin Center

Monday, August 8, 7:30 a.m. Cost: \$10+ lunch

Lunch Bunch at Bangkokville – Donelson Station

Tuesday, Aug 9, 10:30 a.m. - 2 p.m. Cost: \$10 + lunch

Walk with a Doc at Centennial Park (Outdoors) - Bordeaux

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

Walk with a Doc at Centennial Park (Outdoors) – J.L. Turner

Wednesday, August 10, 9 a.m. Cost: FREE
Address: 2500 West End Ave. (Meeting at Centennial Park Event Shelter)

Walk with a Doc at Centennial Park (Outdoors) - Knowles

Wednesday, August 10, 8:30 a.m. - 10:30 a.m.
Cost: Free

Cannonsburgh Village Day Trip – College Grove

Friday, August 12, 10 a.m. Cost: \$10 + lunch

Van Gogh Exhibit Nashville Day Trip – Martin Center

Friday, August 12, 11 a.m. Cost: \$55 + lunch

August Center Day Trips *continued*

If you are interested in participating in any of the following 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.

New Member Lunch at German Town Café – Donelson Station

Tuesday, Aug 16, 10:30 a.m. - 1 p.m. Cost: \$10 + lunch

Madame Tussauds Wax Museum – J.L.Turner

Wednesday, August 17, 9:30 a.m. Cost \$5.00 plus admission \$19.99.

Private Culinary Class – Donelson Station

Wednesday, Aug 17, 10:30 a.m. Cost: \$30 and includes transportation, instructor and ingredients

Private Culinary Class – Madison Station

Wednesday, August 17, 10:30 a.m. Cost: \$30.00

Lunch Bunch– Nashville Farmer's Market – Bordeaux

Thursday, August 18, 11 a.m. Cost \$5

Music for Seniors Day Trip – College Grove

Thursday, August 18, 9:15 a.m. Cost: \$5 + lunch

Supper Club at Cherokee Steak House – Donelson Station

Thursday, Aug 18, 5 p.m. Cost: \$10 + dinner

Eating Excursion – College Grove

Friday, August 19, 11 a.m. Cost: \$5 + lunch

Meharry School of Dentistry Adopt-A-Grandparent Day - Bordeaux

Friday, August 19, 8 a.m. Cost: Free

Mystery Lunch – Donelson Station

Friday, Aug 19, 11 a.m. - 1 p.m. Cost: \$10 + lunch

Meet & Eat There Martin BBQ – J.L.Turner

Monday, August 22, 11:30 a.m. Cost: \$5.00 plus Lunch

Shopping at the Factory in Franklin – Donelson Station

Tuesday, August 23, 1 - 3 p.m. Cost: \$10 + lunch

Ollies Bargain Outlet Day Trip – College Grove

Thursday, August 25, 10 a.m. Cost: \$10 + lunch

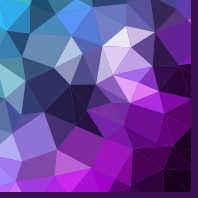
Super Bingo at Donelson Center – Madison Station

Monday, August 29, 11:45 a.m. Cost: free

Brain Nutrition Part 1; The Science of Preventing Disease – Madison Station

Wednesday, August 31, 12:30 p.m. Cost: \$5





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 are numerous air and motorcoach trips that are being planned for 2022/2023.

Destinations include:

- Charleston & Savannah
- Iceland
- Yellowstone
- Grand Canyon
- New England
- Italy
- Hawaii
- New York City Holiday
- Rose Parade New Year's

For more information, you can view the [travel guide here](https://flipbookpdf.net/web/site/9b0bb004140ad2b04463b651b228cbd709134c0f202201.pdf.html):

<https://flipbookpdf.net/web/site/9b0bb004140ad2b04463b651b228cbd709134c0f202201.pdf.html>

The next See America Tour Trip Presentation is scheduled for Wednesday, Aug. 3, 1 p.m. If you are interested in learning more about specific trips to Iceland, The Greenbrier and The Virginias, or Savannah and Charleston, the travel team will be presenting at Donelson Station while all other FiftyForward centers will stream the presentation live. You will be able to ask questions and sign up for any trips you are interested in! If you have any questions, please call 615-883-8375.





FiftyForward Media

We have had a considerable amount of media coverage lately and the interview below with The Tennessean's David Plazas offers such terrific substance about our programs, centers, and services as well as our commitment to honor, serve, and value the gifts of older adults. In this conversation with FiftyForward Chief Program Officer Gretchen Funk, the duo discussed the agency's focus through the years on older adults including preferred terminology, focus on inclusion, and the diverse programs and services we offer. <https://bit.ly/3ofXEi6>

Squeeze the Day Podcast

Brad Schmitt is a well-known member of the media in Middle Tennessee who is lucky to be alive ... and employed. Schmitt speaks candidly in this interview about his life and how owning his decisions have brought him to a new beginning in life. However, he shares, that the day-to-day is not without challenges. This emotional conversation touches on the childhood trauma (bullying and abusive parents) that led to alcohol and drug use and abuse. His redemption came from a support team of friends, 12-step programs, and finding coping mechanisms to positively shape his behavior and life. In this candid conversation, Schmitt shares high points and lows; offers advice for others, and touches on what being a foster parent, and a journalist means to him.



BRAD SCHMITT



LISTEN TO THESE INSPIRING INTERVIEWS HERE:

[FIFTYFORWARD.ORG/PODCAST/](https://www.fiftyforward.org/podcast/)

OR ASK YOUR SMART SPEAKER SYSTEM TO "PLAY THE SQUEEZE THE DAY PODCAST." IT'S THAT SIMPLE!

All of Us

RESEARCH PROGRAM

The
Future of
Health Begins
With You

***Aging Well* with Dr. Amy Price Neff: Friday, August 5, 1 p.m. Topic: Staying Safe in the Summer Sun!** Monthly, FiftyForward and Dr. Price Neff from Mindstream Integrative Medicine present *Aging Well*, an informative virtual health series. Join us live on our [Facebook page](#) to learn about the dangers of the sun and ways to beat the heat!

All of Us Cafes on Summer Break

The FiftyForward *All of Us Café* will be taking a break for August. If you would like to make a private appointment for technical help to join the *All of Us* Research Program, please contact Kelsey Mahaffey at kmahaffey@fiftyforward.org or 615-743-3431.

***All of Us* Nights at The Larry Keeton Theatre!**

Come see the *All of Us* Research Program team at The Larry Keeton Theatre on August 19 for our next “*All of Us* Night!” This month’s production is “*Damn Yankees.*” Dinner and show tickets can be purchased by visiting here:

<https://www.thelarrykeetontheatre.org/tickets>. Hope to see some of you there!



***Walk with a Doc* Nashville Chapter: Wednesday, August 10 at 9 a.m.**

Join us at Centennial Park for *Walk with a Doc* with Dr. Amy Price Neff. These one-hour walks meet every 2nd Wednesday of the month at the Centennial Park Events Shelter. Dr. Price Neff begins each walk with a 5-minute “health talk,” then we all walk around Centennial Park together. The trail is a flat, 1.2 mile loop. Our next walk will take place on Wednesday, August 10, 9 a.m. (Please note the time change for this month) No RSVP required!

The Centennial Park Events Shelter is located on the Park Plaza side of the park and houses ongoing events including the park’s Big Band Dances. There is a parking lot there as well. Look for the FiftyForward vans! Please check our [Facebook page](#) for up-to-date inclement weather information. For more information about *Walk with a Doc*, [visit here](#), or please call 615-743-3431.

**Lecture & Learn Features National Immunization Awareness Month:
Thursday, August 25, 1 p.m.**

Join the FiftyForward All of Us team in our virtual “Lecture and Learn” classroom this month to learn more about the immunization process for National Immunization Awareness Month. Our guest lecturer will be Dr. Spyros Kalams from the Vanderbilt HIV Vaccine Trials Program. Dr. Kalams will present on how immunizations work in the body and the importance of the immortal HeLa cell line.

Please register in advance for this meeting:

<https://us06web.zoom.us/meeting/register/tZlPfuUqrj0pG9cw641UySjZHEZTDXVzvpo5>

Free Summer Movie and Conversation for National Immunization Awareness Month!

Beat the heat and join the FiftyForward *All of Us* Research Program team this month for a free movie screening of *The Immortal Life of Henrietta Lacks*. Based on the book by Rebecca Skloot, *The Immortal Life of Henrietta Lacks* stars Oprah Winfrey, and tells the story of an African-American woman whose cells were used to create the first immortal human cell line, which were also used to create the Polio vaccine. Free popcorn bar and lemonade provided by FiftyForward! A casual conversation will be held after the movie as well. To learn more about the movie, [please click here](#).

August 8, 1 p.m.- 3 p.m.- FiftyForward Donelson Station

August 10, 1 p.m.-3 p.m.- FiftyForward J.L. Turner

August 11, 10:30 a.m.-12:30 p.m.- FiftyForward College Grove

August 15, 1 p.m.- 3 p.m.- FiftyForward Madison Station

August 22, 10 a.m.- 12 p.m.- FiftyForward Bordeaux

August 24, 1 p.m.- 3 p.m.- FiftyForward Martin Center



Volunteer Opportunities

Get Involved as a Volunteer at FiftyForward!

Center Volunteers

Each of FiftyForward's lifelong learning centers engages volunteers in activities that support center operations and programming: from greeting visitors at a front desk, to setting up for events, to supporting landscaping and beautification projects. Center staff at your home location can help you find a way to get involved.

Advisory Council

Centers are seeking members interested in serving on our Advisory Councils. Councils include center members (new and longtime), community members, and center staff. Council members also serve on one or more of the following Committees: Activities, Membership, and/or Outreach. If you are interested in supporting your center and staff by sharing ideas, concerns, and solutions to make it the best it can be, please let us know!

Contact your home center or email
membership@fiftyforward.org

Be on the LOOKOUT for...

Center-based group volunteer opportunities coordinated by our AmeriCorps Seniors Volunteer Coordinators!

Remember that members are invited to participate in activities and projects at any FiftyForward center and this includes volunteer projects!



All of Us Peer Ambassador

Join FiftyForward by spreading the word about the importance of enrolling a diverse group of participants in this innovative medical research program.

Contact Kelsey Mahaffey at
kmahaffey@fiftyforward.org

FiftyForward Fresh

FiftyForward's meal delivery service is in need of kitchen assistants and delivery drivers; based out of the Patricia Hart Building/Knowles Center

Contact Jen Jackson
jjackson@fiftyforward.org

Photo: Do you have a passion for healthy food, serving others, and working with a team to get things done? We currently have openings for volunteers in the FiftyForward Fresh kitchen to help prep meals for delivery and lunch in our Adult Day Services (ADS) program. Volunteers are needed on weekday mornings from 9: – 11:30 am at the FiftyForward Patricia Hart Building at 174 Rains Ave. This opportunity requires volunteers to be on their feet for approximately 2 hours and be able to safely use common kitchen implements. A regular commitment to service is preferred as this opportunity requires training on basic kitchen safety and procedures. If you are interested in learning more about this meaningful volunteer activity please contact Jen Jackson at jjackson@fiftyforward.org.

Volunteer Opportunities

FiftyForward FLIP Recruiting Tutors for 2022/23 School Year

FiftyForward's popular Friends Learning in Pairs (FLIP) tutoring program is seeking volunteers age 55+ to serve as literacy and math tutors for elementary school students in Davidson and Williamson counties. FLIP volunteers serve approximately 2 hours, once or twice a week throughout the school year as one-on-one tutors to assist students who need extra help with their studies. Tutor/student pairs are matched for the entire school which allows for the development of a strong relationship. FLIP program coordinators provide training, support, and high quality learning materials to help ensure program success. Training will take place in late summer/early fall with school placements in September and October.

FLIP's program design has earned rave reviews from participating teachers and learning specialists. The individual attention that FLIP tutors provide is invaluable, particularly as we come off of years of COVID related disruptions. "The tutor was able to spot the needs of the individual child. The child felt seen and heard," reported an enthusiastic teacher. We hear over and over again that FLIP tutors help to build confidence, and strengthen basic literacy and math skills.

FLIP is also appreciated by our participating tutors, who enjoy the support of FLIP coordinators who help to bridge the relationship to our school partners. "FLIP is an extremely important part of the education process, and the successes and positive outcomes the tutors experience every year validates the importance of the program," said one long-time volunteer.

FLIP volunteers must complete an in-person interview, pass an on-line criminal history check, and attend an in-person training session prior to school placement.

If you are interested in learning more about
FiftyForward FLIP please contact:

Davidson County – Traci Bennett-Hobek at
thobek@fiftyforward.org

Williamson County – Jen Jackson at
jjackson@fiftyforward.org

FiftyForward FLIP is an AmeriCorps Seniors affiliated program and receives additional financial support from the Dollar General Literacy Foundation, United Way of Greater Nashville, Ingram Industries, and Publix Super Markets Charities.



Photo: FLIP tutor Ed Jackson works with a student to increase his math skills

Foster Grandparents

FiftyForward is excited to welcome 10 new Foster Grandparent volunteers for the 2022/23 school year. Our new class of "grannies" will be joining our existing volunteer corps as they begin school service in early August. Last year our incredible FGP volunteers served approximately 20,000 hours in area schools and child learning centers to help children academically and with social-emotional skills.

"Knowing that you can make a difference in the life of a child is so rewarding and the hugs and 'I love you Granny' make every day worth getting up for," said a FGP volunteer when reflecting on service.

FGP is an AmeriCorps Seniors affiliated program with additional financial support from the Dollar General Literacy Foundation and the United Way of Greater Nashville.

Program Manager

Christie Bearden can be reached at

615-743-3420.



BARRY COGGINS GOLF TOURNAMENT



Join Us “FORE” a Great Time!

Once again FiftyForward is teaming up with singer, songwriter Barry Coggins to raise money for FiftyForward Fresh. Barry has volunteered for more than 20 years with FiftyForward, delivering meals to older adults in our community. We are grateful for his dedication and excited to be hosting a golf tournament with him again this fall!

Barry Coggins FiftyForward Fresh Golf Tournament

Nashboro Golf Club

Saturday, Sept. 24, 2022

12 p.m.

Find out more at www.fiftyforward.org/barry

Save the Date: Martin Masters has Moved to the Fall

Martin Master, the fine art show hosted by FiftyForward Martin Center, will be back this fall.

The show will exhibit the work of many local artists, including this year's featured artist, Michelle Reeves. Stay tuned for more details.

FiftyForward's mission is to support, champion, and enhance life for adults 50 and older. To support our efforts, visit www.fiftyforward.org/donate.

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 to learn more:

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



FiftyForward Supportive Care Services

FiftyForward Adult Day Services
This social model licensed day program assists those with health and/or memory issues to participate in structured activities in a supportive and enriching environment. Subsidized and sliding fee scale plans are available.
615-463-2266

FiftyForward Care Team
This service supports older adults and caregivers by assessing needs, helping select and purchase services such as in-home or residential care, monitoring care, accompanying customers to appointments, visits and other individualized tasks. Sliding fee scale and payment plans are available.
615-743-3436

FiftyForward Conservatorship
Called the "gold standard" by a local attorney, this program makes decisions when an older adult can no longer do so and has no one to help. Through court appointment, FiftyForward can serve as conservator of person and/or finances.
615-743-3436

FiftyForward Fresh/Meals on Wheels
This program provides individuals in need with nutrient dense home-delivered meals and daily visits from caring volunteers in specific areas in Davidson County. Meals may be provided at no cost to individuals with qualifying low incomes or can be purchased (\$5 per meal).
615-463-2264

FiftyForward Victory Over Crime
This service helps victims become survivors by offering support (resources, safety plans, assistance in the courts, advocacy) to victims of crime 50+ in Davidson County.
615-743-3417

FiftyForward Living at Home Care Management
This no-cost program for low income older adults offers in-home assessments to connect them with services that meet their specific needs (food, housing, transportation, health care, counseling, etc.).
Davidson County: 615-743-3416
Williamson County: 615-376-4334

Please call – we are here to help!

FiftyForward Supportive Care is part of the comprehensive programs, lifelong learning centers, and services offered by FiftyForward. Learn more about other opportunities and resources at www.FiftyForward.org

Connect with us!

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

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, you may reach out to the contact provided.

"Bold and Golden" retired men's group

Dan Surface 615-476-6364 dan@dansurface.me

LGBTQ+ Peer Group

Ashley Hunter 615-622-4154

Center Member/Client Virtual Support Group

Kristen Maloney 615-743-3436

**FREE
Technology
Devices**



The Tennessee Commission on Aging & Disability has funding available to purchase technology equipment for Tennessee adults with disabilities (age 18+) and seniors (age 60+) in need, including items such as smartphones, computers, screen reader software, etc.

Applications will be approved on a first come first serve basis until the end of the program on June 30, 2022 or until funds are gone. Please note this is one-time assistance.

Ways to apply:

Text STRENGTH to 72690

Apply Online:

<https://form.jotform.com/221285370224045>

Call: 615-383-9442



What is Home Uplift? Home Uplift is a TVA EnergyRight® program offering no-cost energy upgrades to eligible participants.

What are eligible energy upgrades? Upgrades may include: HVAC system, duct system or repair, wall/attic insulation, air sealing, heat pump, lighting, windows/doors, and/or refrigerator. Approximately \$10,000 is spent on each home

What is participant eligibility? The applicant must:

- Be an electric (or gas, if applicable) customer of a local power company participating in the program
- Complete an application and provide supporting documentation
- Be at or below the 200% of the Federal Poverty Level
- And
 - Own/occupy a single-family home, duplex, townhome; or
 - Own/occupy a manufactured home (on permanent foundation and built after 1976); or
 - Rent a single-family home or manufactured home (local power company renter participation and landlord agreement required)

How do customers apply? Customers can receive an application by calling 1-888-986-7262 or emailing support@mytva.com