

Centered & Connected

FIFTYFORWARD.ORG | DECEMBER 2022

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

Give the Gifts of Good Humor, Gratitude, and Perspective this Holiday Season

Let's give ourselves and those we love the gifts of good humor, gratitude, and perspective this holiday season. Did you know that caring for others and ourselves increases our sense of happiness and well-being?

The holidays are the perfect time to focus on gratitude by thinking of and helping others - through toy and food drives, Angel Trees, caroling with friends, and donating to our favorite charities.

Helping others boosts our "eudaimonic" well-being, the kind of well-being and happiness that comes from having a sense of purpose and meaning. However, while thinking of others, we can forget that caring for ourselves is essential, too.

The holidays can be joyful, but they can also be hectic times where feelings of loss and sadness are hard to avoid. Some of us don't celebrate the holidays at all, which can feel uncomfortable and isolating as we're surrounded by holiday cheer. Be kind to yourself over the holidays and take time for the things **you** enjoy – wearing your coziest clothes, having a soothing cup of hot cocoa or tea, reading a fun book or favorite magazine, or carving out quiet moments to recharge your batteries. Studies show that focusing on ourselves brings us feelings of happiness called "hedonic" well-being.

Let's give ourselves space for all we're feeling and be intentional about doing things proven to improve our chances of having good holidays. We'll feel better if we try to connect with others where possible, look for the positive, find humor to lighten the mood and avoid being critical. A gift of getting older is perspective. We know that a delayed dinner or giving a gift that is a little off base is not the end of the world.

Sometimes the things that don't go exactly as planned make the best memories (like that weird cranberry relish or those crazy matching hats, which we're all still laughing about years later). It's the intention and the connections that matter. Here's to the best holidays possible for all of us. Happy Holiday Season from your friends at FiftyForward!

Our Centers

BORDEAUX



COLLEGE GROVE

DONELSON STATION

J. L. TURNER CENTER

KNOWLES

MADISON STATION

MARTIN CENTER

FiftyForward
centers and offices
are closed on
the week of
December 26 in
observance of
Christmas

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

*Fifty
Forward*
Love life at 50+

A Message From Our CEO



Dear Friends,
As we all know, so much has changed over the last few years. We've seen many changes in our community, including tremendous growth. Corporate headquarters, tech companies, start-ups, and real estate are thriving and growing here. The current U.S. Census numbers show our region expanding, including the number of older adults. The percentage of adults over 60 in Davidson and Williamson Counties will increase by approximately 17% by 2030. Like all Middle Tennessee, FiftyForward has adapted as our region is adapting and changing.

"Approximately 45% of Americans over 65, including some Middle Tennessee older adults, struggle to meet their basic needs."



While considered to be areas where the economy is booming, some older adults who live and call these counties home are not necessarily prospering in these counties. Approximately 45% of Americans over 65, including some Middle Tennessee older adults, struggle to meet their basic needs. Housing costs burden almost 24% of these individuals, and one in ten older adults in our community lives below the poverty line. The percentage of U.S. seniors living in poverty rose in 2021 to 10.3% from the previous year of 8.9%. In addition, the average cost of home health services or adult day programs far exceeds social security income. According to the State of Tennessee, more than 80% of Davidson County seniors who are 65+ receive Social Security income benefits and 40% of this population will experience a decline in health post-retirement. Only half of Nashville seniors nearing retirement age have retirement savings (the national average is \$92,000) providing far less than they'll need should a crisis arise.

A Message From Our CEO



For over 66 years, FiftyForward has been working to counter these issues. The Essential Nutrition Partnership Program, an initiative with Second Harvest Food Bank, addresses food insecurity for older adults who do not live near one of our Lifelong Learning Centers. Our Senior Planet project, a partnership with AARP, teaches older adults everything from organizing their iPad home screen to navigating telephone apps and social media basics. In early 2023, we are expanding our adult day service program to support caregivers and families. We have learned firsthand that older adults who may have cognitive and/or physical challenges benefit from engaging in activities and day programs.

"We are watching and learning from one another, and we will continue to grow and adapt with you. I am grateful for your inspiration every day. "



We value you, our members, and all you bring to our community. Today, we continue to expand our programs to meet your varied interests and needs.

We learn so much from our center and program members and from older adults who reach out to us to connect to resources. From creatives and adventure seekers to those who exercise and family members who need respite and support, you are models for us.


We are watching and learning from one another, and we will continue to grow and adapt with you. I am grateful for your inspiration every day. See you soon at a center.


Sincerely,
Sallie

A white rectangular box containing the handwritten signature 'Sallie' in black ink.


December Virtual Programming

To participate and connect to 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 (unless the program is only on Zoom).


 **Writers Group (Knowles) Mondays in December (not 12/26), 1 p.m. on Zoom.**


 Join the FiftyForward Knowles Writers group, a meeting where writers share stories, poems, and experiences from your life or from your imagination.


 **Bold & Golden Men's Retirement Group (Knowles) Tuesdays in December (not 12/27), 1:30 p.m. on Zoom.**

 Join this men's group to develop friendships, share experiences, talk about similar interests, and simply spend time with other retired men.


 **Meditation with Kelly (Donelson Station) Wednesdays in December (not 12/28), 10 a.m.**


 Please join us for a 45-minute class focused on slowing our minds, becoming aware of our bodies, and allowing ourselves to cultivate relaxation. All levels are welcome!


 **Internet Safety Presentation with Megan (Turner) Monday, Dec. 5, 11:30 a.m. on Zoom.**


 Come and join FiftyForward's social work intern, Megan, for a presentation on Internet Safety.


 **Chat & Chew (Bordeaux) Monday, Dec. 5, 12 p.m. on Zoom.**


 Join Bordeaux Center Director Melvin Fowler for a current events discussion.

 **Victory Over Crime Presentation on Scams (Madison Station) Tuesday, Dec. 6, 10:30 a.m. on Zoom.**

 Stephanie Whittin from FiftyForward's Victory Over Crime program will be educating us about different scams that are targeted at older adults, including romance scams, grandparent scams, scams that might be prevalent during the holidays, and several others. She will provide ways you can keep yourself safe and prevent yourself from becoming a victim.

 **Armchair Travel (Martin Center) Monday, Dec. 12, 1 p.m.**

 Get those passports ready! Travel the world with your friends, all from the comfort of the Martin Center. Call the Martin Center if you would like to watch from home. This month we will learn about the legends of Santa around the world!

 **Armchair Travel (College Grove) Wednesday, Dec. 14, 1 p.m.**

 Get those passports ready! Come travel the world with your friends, all from the comfort of the College Grove center. Call the center if you would like to watch from home. This month we will explore the Bahamas!



In-person



Zoom

Free Tech Learning Opportunities

ONE-ON-ONE TECH ASSISTANCE

Knowles: Wednesday, Dec. 14, 3 to 4 pm
174 Rains Ave., Nashville, TN 37203

Participants must bring their own devices/chargers and tell in advance what questions they have.

SMARTPHONES

College Grove: Thursday, Dec 15, 1 to 2 pm
8607 Horton Hwy., College Grove, TN 37046

Join this lecture to learn about smartphones and some of their pros and cons. We'll also compare two of the most popular types: Android and Apple.

Attend a lecture or workshop and be entered in a drawing in June to win a free iPad or Chromebook!

Coming in January:

CHROME BASICS

Madison Station: Mondays and Wednesdays, Jan. 23 to Mar. 29
530 Madison Station Blvd, Madison, TN 37115

Learn to use a Chromebook laptop for email, web research, and more. Also learn other useful tools and apps, including Google Maps and online health resources!

This is a 10-week class, meeting twice a week. Participants will receive a free Chromebook laptop upon successful completion of the course.

Open to anyone age 60+.

Registration is required.

Members can register via MembershipWorks or in person at their center.

Non-members can call Steve at 615-242-3659.

*Fifty
Forward*
Love life at 50+

SENIOR PLANET
FROM AARP

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

December 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.

Lunch at Local Joe's and Shopping at The Incredible Christmas Place – Madison Station

Thursday, Dec. 1, 10:15 a.m., Cost: \$10 + lunch and any purchases

“White Christmas” at Larry Keeton Theatre – Martin Center

Thursday, Dec. 1, 4:45 p.m., Cost: \$40

Christmas Shopping Extravaganza – Bordeaux

Friday, Dec. 2, 10 a.m., Cost: \$10

Lunch at Paula Deen's Family Kitchen Restaurant – Turner Center

Friday, Dec. 2, 10 a.m., Cost: \$10 + lunch cost

Governor's Mansion Christmas Tour – College Grove

Friday, Dec. 2, 10:30 a.m., Cost: \$10 + lunch cost

Frist Art Museum and Lunch at Brown's Diner - Knowles

Friday, Dec. 2, 11 a.m., Cost: \$10 + lunch cost

Tour of Opryland – Donelson Station

Friday, Dec. 2, 1 p.m., Cost: \$10

Meet and Eat Monday – Meeting at Edley's in Donelson – Donelson Station

Monday, Dec. 5, 12 p.m., Cost: lunch cost

Bingo & Live Doo Wop

Entertainment at Madison Station – Turner Center

Monday, Dec. 5, 12:15 p.m., Cost: \$10

Holiday Card Delivery to AHC Cumberland - Bordeaux

Monday, Dec. 5, 1 p.m., Cost: Free

Chair Yoga at Bordeaux Library - Bordeaux

Tuesdays in December (except 12/27), 10:30 a.m., Cost: Free

Shopping at Opry Mills Mall – Turner Center

Wednesday, Dec. 7, 9:15 a.m., Cost: \$10

Lunch at Graze – Madison Station

Wednesday, Dec. 7, 10:30 a.m., Cost: \$10 + lunch cost

The Well Outreach Volunteering – College Grove

Thursday, Dec. 8, 10 a.m., Cost: Free + lunch cost

Lunch Bunch – Donelson Station

Thursday, Dec. 8, 10:30 a.m., Cost: \$10 + lunch cost

Immersive Nutcracker – Martin Center

Thursday, Dec. 8, 10:45 a.m., Cost: \$35

Wildhorse Saloon – Martin Center

Friday, Dec. 9, 11:30 a.m., Cost: \$10 + lunch cost (optional)

Bluebird Café Senior Show – Turner Center

Monday, Dec. 12, 9 a.m., Cost: \$10

Volunteering at Cockrill Elementary - Bordeaux

Monday, Dec. 12, 10 a.m., Cost: Free

December 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.

Holiday Shopping on Fatherland - Donelson Station

Monday, Dec. 12, 10:30 a.m., Cost: \$10 + lunch cost

Tuba Christmas – Donelson Station

Tuesday, Dec. 13, 10 a.m., Cost: \$10

Walk with a Doc and All of Us

Research Program – Bordeaux, Knowles

Wednesday, Dec. 14, Cost is FREE at all centers

Bordeaux: Departs 9:30 a.m.

Knowles: Departs 9:30 a.m.

New Member Brunch – Martin Center

Thursday, Dec. 15, 9:45 a.m., Cost: \$10 + lunch cost

“White Christmas” at Larry Keeton Theatre – Madison Station

Thursday, Dec. 15, 5:30 p.m., Cost: \$45 (includes dinner)

Music for Seniors Holiday Songs & Carols at Frist Art Museum – Madison Station

Monday, Dec. 19, 9:30 a.m., Cost: \$10

Mystery Lunch – Donelson Station

Monday, Dec. 19, 10:30 a.m., Cost: \$10 + lunch cost

Cumberland County Playhouse – College Grove

Tuesday, Dec. 20, 9 a.m., Cost: \$15 + \$27 admission at door + lunch cost

New Member Lunch – Donelson Station

Tuesday, Dec. 20, 10:30 a.m., Cost: \$10 + lunch cost

ShinnDig at Lipscomb University's Allen Arena – All Centers

Wednesday, Dec. 21, Cost: \$10

Bordeaux: Departs at 10 a.m.

College Grove: Departs at 10 a.m.

Donelson Station: Departs at 10 a.m.

J. L. Turner Center: Departs at 10:15 a.m.

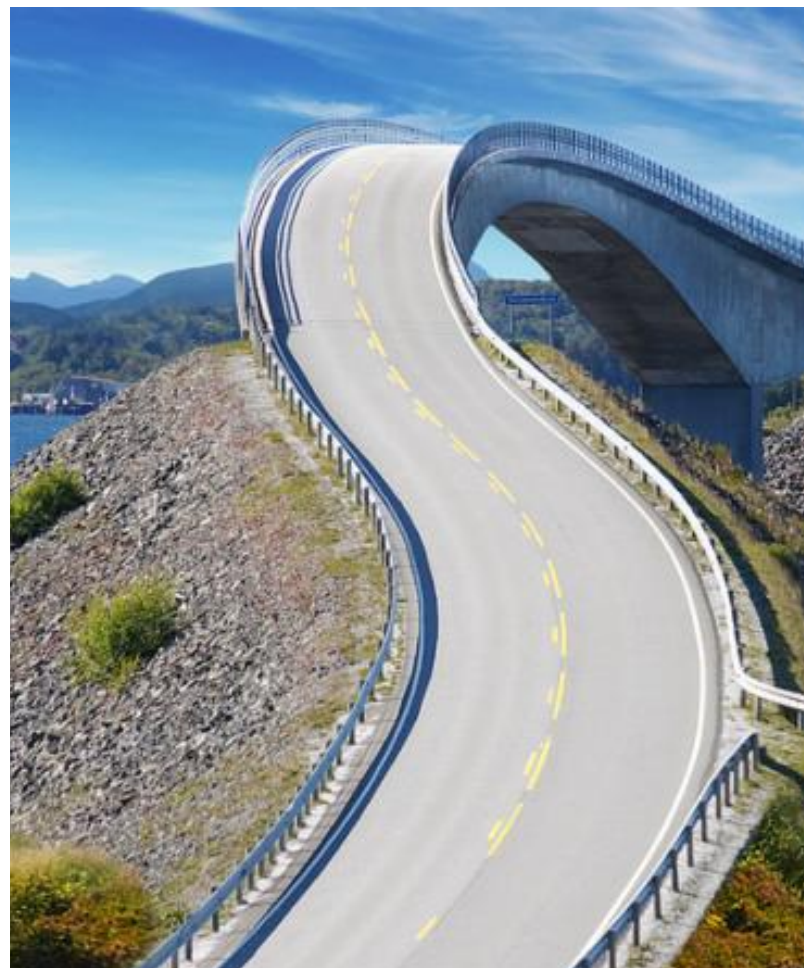
Knowles: Departs at 10:15 a.m.

Madison Station: Departs at 10:15 a.m.

Martin Center: Departs at 10:30 a.m.

Rummikub with J. L. Turner members - Bordeaux

Thursday, Dec. 22, 12 p.m., Cost: Free



Season of Caring



The more the merrier

At FiftyForward, we believe more is merrier, both in the holiday season and beyond. That's why we work to ensure our seven lifelong learning centers are MORE than just gathering places – that they are spaces of community, learning, wellness, and friendship for our members. To continue providing programs and services that support, champion, and enhance life for adults 50 and older, we are inviting center members and others in the community to consider making a donation to FiftyForward this holiday season.

Because of generosity of people like you, FiftyForward will be able to continue as the premier provider of services for older adults in Middle Tennessee.

Please consider a gift today. fiftyforward.org/donate

Caregiver Information



Resource Guide For Caregivers



This guide shares resources for caregivers to support their health and wellbeing. Caregiving is an often overlooked but critical public health issue that affects many peoples' quality of life. To learn more about caregiving:

Listen to a conversation focused on the health of the caregiver, resources, and how data and experience can help drive needed research.

[YouTube Recording](#)

Check out the NNLM Reading Club's selections on this topic. You can find related books, free downloadable discussion guides, customizable promotional materials, and more.

[NNLM Reading Club Resources](#)



Scan QR code to download or view these resources on your device.

General
An overview of caregiving and available resources for caregivers.

MedlinePlus

[Multilingual Support](#)

AARP

[Support Resource](#)

Centers for Disease Control and Prevention

[Care Plans](#)

Caregiver Support Services

[Support Resource](#)

Community

Connect with other caregivers and supporting organizations.

Caregiving Action Network

[Support Resource](#)

US Department of Health and Human Services

[Support Resource](#)

Family Caregiver Alliance

[Multilingual Support Resource](#)

National Hispanic Council on Aging (NHCOA)

[Multilingual Support](#)

Mental Health

Information about managing mental

Caregiver Mental HealthMental Health America (Anxiety & Depression Association of America)

[Multilingual Support Group](#)

[Mental Health Resources](#)

Substance Abuse and Mental Health Caregiver Stress

Services Administration

(US Office on Women's Health) [FAQ](#)

[Multilingual Support](#)

Hotlines

Health information hotlines in English and Spanish.

Su Familia: National Hispanic

Health Info Lines

Family Health Hotline

(National Institutes of Health)

[Multilingual Helpline](#)

[Multilingual Helpline](#)

A Better Balance (Nonprofit Legal

Advocacy Organization)

[Multilingual Legal Advice](#)

Caregiver Assessments

Assessments to get a read on how you're doing.

Help for Caregivers

Caregiver Support Services

[Caregiver Assessments](#)

[Caregiver Assessment](#)

Improve the Health of Caregivers

More data about caregivers can lead to the development of a more robust and connected caregiving network. The NIH *All of Us* Research Program invites more than one million participants to share health data to improve healthcare and research. Learn more about the *All of Us* Research Program and the importance of participating in biomedical research at JoinAllOfUs.org/nlm.

@nnlmAOU | allofus.nlm.gov

Who We Are

The NNLM *All of Us* Program Center (NAPC) promotes health, digital, and research literacy in communities who are underrepresented in biomedical research through programs, funding, and resources. Learn more at allofus.nlm.gov.

This resource guide is funded by the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Cooperative Agreement Number U24LM014070 with the University of Iowa, Hardin Library for the Health Sciences, and the University of Pittsburgh, Health Sciences Library System.

Free COVID Testing and Vaccinations at FiftyForward Locations for December

except for week of Dec.26.

FiftyForward Donelson Station - 108 Donelson Pike: Mondays

FiftyForward Knowles - 174 Rains Ave.: Tuesdays

FiftyForward Madison Station - 530 Madison Station Blvd.: Wednesdays

Times: 9 a.m. to 1 p.m.

- Testing will be done in the parking lot.
- Vaccine and booster shots will be given inside.
- No appointment necessary, bring your vaccination card.



Metro Public Health Dept
Nashville / Davidson County



FiftyForward Media

Squeeze the Day Podcast

In this podcast, where we showcase the stories of older adults living their best life now, Tina Chilton demonstrates her zest for life at the age of 85. She can out-plank people half her age, including a young intern who was blown away by Tina's drive for fitness and to excel. Born in Texas to parents who were originally from Mexico, Tina has lived all over the United States and the world thanks to military service including the Air National Guard. A member of FiftyForward Donelson Station, learn about Tina's zest for life and how she stays young in heart, body, and mind. Squeeze the Day takes us into her childhood to learn how diversity, family roots, and travel defined her thirst for knowledge and underscored her desire to seek independence and new opportunities along life's highway.

Don't miss our next Squeeze the Day podcast in mid-December with the one and only Mario Andretti!



LISTEN TO OUR SQUEEZE THE DAY PODCAST HERE:
[FIFTYFORWARD.ORG/PODCAST/](https://fiftyforward.org/podcast/)
 OR ON YOUR FAVORITE PODCAST PLATFORM.

FiftyForward Exchange



In this special video series journalist Mary Hance (aka Ms. Cheap) chats with FiftyForward Friend Vanessa Hickman to share tips on stretching the dollar, frugal finds, and low-cost or no-cost events in our community.

From groceries to medications and gift giving, we are certain this is an interview that will pay you dividends in the future. Watch the video here:

<https://fiftyforward.org/videos/>

All of Us

RESEARCH PROGRAM

The
Future of
Health Begins
With You

Aging Well with Dr. Amy Price Neff:

Friday, Dec. 2, 1 p.m. Topic: "Walking in a Winter Wonderland"

Monthly, FiftyForward and Dr. Price Neff from Mindstream Integrative Medicine present *Aging Well*, an informative virtual health series. This month, join us live on our [Facebook page](#) to hear how research shows walking can help decrease mortality rates.

Lecture & Learn with *All of Us*:

"Give the Gift That Keeps on Giving This Season: Better Health!"



Lecture & Learn
Gift the Gift That Keeps on Giving This Season: Better Health!

Date
December 7th

Time
12 p.m.

Bring your lunch and learn with *All of Us*!

Facebook.com/Fiftyforward

Speakers: *All of Us* Project Director Kelsey Mahaffey & *All of Us* Outreach Coordinator Keith Richardson

Join the FiftyForward *All of Us* team in our virtual "Zoom Room" to learn more about how the *All of Us* Research Program works to improve health for all of us! Our guest presenters this month will be Kelsey Mahaffey, FiftyForward *All of Us* Project Director and Keith Richardson, *All of Us* Outreach Coordinator. Bring your "brown bag" lunch and come learn with *All of Us*! Wednesday, Dec. 7, 12 p.m. to 1 p.m. Join Zoom Meeting

<https://us02web.zoom.us/j/82967085758>.



FiftyForward *All of Us* Peer Ambassador Spotlight

All of Us Peer Ambassador and FiftyForward Madison Station member Lanet Gregory continues to share her story as she encourages other members to join the *All of Us* Research Program. Lanet is a retired middle school science teacher and breast cancer survivor, and knows she would not be alive today if it wasn't for medical research and the treatments that helped save her life. Learn more about the program she's so passionate about by visiting www.joinallofus.org/fiftyforward.

Be “One in a Million” with *All of Us*!

Visit the FiftyForward *All of Us* team to learn more 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. Find out how you can join by visiting us at FiftyForward! Sign up in MembershipWorks to make a private appointment to enroll, or just drop by our centers on the dates below for a casual conversation. For more information on the *All of Us* Research Program, please visit our website at www.joinallofus.org/fiftyforward.

“One in a Million” with *All of Us* dates and locations:

Dec. 6, 9:30 a.m. to 11 a.m. FiftyForward Donelson

Dec. 8, 10 a.m. to 12 p.m. FiftyForward Bordeaux

Dec. 9, 9 a.m. to 11 a.m. FiftyForward J. L. Turner

Dec. 13, 11 a.m. to 1 p.m. FiftyForward Martin

Dec. 20, 11 a.m. to 1 p.m. FiftyForward Madison Station

All of Us FAQ: How does the *All of Us* Research Program Protect my Information?

Check out this 3-minute video which explains some of the ways *All of Us* protects participants including data encryption and de-identification. Click here to watch: <https://www.youtube.com/watch?v=ghQ8oqJbulQ&t=1s>

Walk with a Doc Nashville Chapter: Wednesday, Dec. 14, 10 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, December 14, 10 a.m. 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.

All of Us
RESEARCH PROGRAM

Medical research
hasn't always seen you.
We're changing that.



Learn more at
joinallofus.org/fiftyforward
615-743-3431

Fifty
Forward
Love life at 50.

Volunteer Opportunities

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 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

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.

Be on the LOOKOUT for...

Center-based group volunteer opportunities!

Members are invited to participate in activities and projects at any FiftyForward center, including volunteer projects!



PHOTO: If you plan on attending the popular Cheekwood holiday lights display, it is fun to know that FiftyForward's AmeriCorps Seniors volunteers played an important role in this year's display. Our volunteers traveled to Cheekwood this summer and prepared the lights so the installation team could easily wrap all those beautiful trees! FiftyForward loves supporting other nonprofits and providing fun and meaningful volunteer opportunities for older adults. To learn more about Cheekwood Lights visit their website:

<https://cheekwood.org/calendar/holiday-lights-2022/>

FiftyForward Fresh/Meals on Wheels

FiftyForward's meal delivery service is recruiting volunteers to help prep meals for delivery. Volunteers are needed in our Patricia Hart Building kitchen Monday – Thursday from 9:30 – 11:30 a.m. To learn more about how you can help FiftyForward Fresh contact Jen Jackson jjackson@fiftyforward.org

Volunteering

Amazon Smiles Holiday Wish List

Provides Opportunity for Holiday Giving

FiftyForward is a participant in the Amazon Smiles Wish List program. FiftyForward's Amazon Wish List provides donors with the opportunity to purchase items that support our centers and programs. FiftyForward center staff identify items that are needed to support their membership and programming.

Items ordered from the list are delivered directly to FiftyForward and distributed to the center or program that made the request. You may view the center or program that requested the item by clicking on each photo.

To view FiftyForward's Amazon Wish List click here:

<https://smile.amazon.com/hz/charitylist/ls/UOO1VYX5KJVM>



FiftyForward Friends Adult Day Service Activities Coordinator Daniel Christian is delighted to receive art supplies requested through the Amazon Smiles Wish List.



The students and families of Oak Hill School once again helped make the holidays brighter for FiftyForward members as they created and delivered Thanksgiving-themed gift bags full of holiday treats and handmade cards. A tradition running for more than 35 years, the Oak Hill gifts never fail to bring a smile to the face of members attending holiday events and to supportive care clients who have gift bags personally delivered to their homes by Oak Hill families.

Thank you to Oak Hill School for their ongoing support of FiftyForward!

Resources and Support Groups

FiftyForward Resources

[FiftyForward Supportive Care Services](#)

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

- FiftyForward Friends 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 Friends Adult Day Services is enrolling new members

We are enrolling individuals 50 and over who may have cognitive and/or physical challenges and would benefit from support and engaging activities. If you are interested in a nurturing place for your older family member or friend, where they will enjoy conversation, meals, exercise, day trips, and so much more in a safe and supportive setting, please contact us. Your loved one will have fun and be cared for all day long so that you can have time for work, family obligations, and yourself.

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



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!
Facebook, Twitter, Instagram, LinkedIn

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



We Have Respite Funding Available!

Are you caring for an aging family member who lives in your home? We have respite funding available immediately!

Call 615-269-8687 or e-mail respite@tnrespite.org to schedule an intake.



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

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