# Centered & Connected

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

FIFTYFORWARD.ORG | JANUARY 2023

# Join FiftyForward, Become a Member





Daytrips? Fun activities? Exercise? These are just a few of the items that FiftyForward offers its members. FiftyForward provides a beautiful way for you to expand your circle of friends through membership at our lifelong learning centers.

There are always fun groups to join, like the Wine Sippers at Martin Center, the Voices Forward Choir at Knowles, and lapidary arts classes at Donelson Station.

And remember the fun trips! Last month, members visited Gov. Bill Lee's mansion, Gaylord Opryland Resort & Convention Center, Wildhorse Saloon, and The Larry Keeton Theatre.

Every center offers something different: the Janet Jernigan Wellness Center at Madison Station, the Card Crusaders at Martin Center, a wide range of older adult-friendly exercise classes at Donelson Station, and bridge and line dancing at J.L. Turner.

FiftyForward members enjoy exercise, including yoga, Tai Chi, aerobics, and strength training and fine arts like watercolor painting. Don't miss out - sign up now to become a FiftyForward member https://fiftyforward.org/join/apply/#join





### Our Centers BORDEAUX COLLEGE GROVE DONELSON STATION J. L. TURNER CENTER KNOWLES MADISON STATION MARTIN CENTER FiftyForward centers and offices are closed on Jan. 2 in observance of New

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

Year's Day



## **FiftyForward Friends Expansion**

### FiftyForward Friends Adult Day Services is Expanding to Brentwood!

In February of 2023, FiftyForward plans to open an additional branch of our FiftyForward Friends Adult Day Services program to serve older adults and caregivers in the Brentwood area. If you are looking for a nurturing daytime program for your family member or friends and respite for yourself as a caregiver, call 615-742-4693 or email labernathy@fiftyforward.org to learn more!



Looking for a nurturing daytime program for your older family member or friend? FiftyForward Friends will offer art, activities, meals, music, exercise, fun, friendship, and so much more.

We know that cognitive, memory or physical challenges can be part of life's journey. Our team embraces the needs of all adults 50 and over who would benefit from a safe, supportive environment in order to thrive.

### FiftyForward Friends Adult Day Services is coming to Brentwood!





- A welcome from friendly staff followed by a nutritious and delicious breakfast, lunch, and snack;
- Lively conversation with laughter and sharing.
- Top-notch programming throughout the day;
- Exercise for the body (stretching, seated dance, games);
- Enrichment for the soul (music, arts & crafts, armchair travel); and
- Fun, connection, and socialization!

All FiftyForward activities are conducted with safety first and in accordance with CDC guidelines.

Contact us! Email Labernathy@fiftyforward.org or oall 615-742-4693 to enroll in a bright new future for yourself and your loved one.

For more information, visit: https://fiftyforward.org/supportive-care/adult-day-services/

ftyForward supports, champions, and enhances life for those 50 and older. At FiftyForward, we see and celebrate the differences in every person. Together we are creating a responsive community that is open, engaged and accepting of all.



# Masking at FiftyForward

As of this time, masks remain optional at FiftyForward locations. Everyone who chooses to wear a mask will be supported entirely. 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. Remember that during the winter months, when germs spread more easily, masks can be an added layer of prevention against a number of airborne illnesses.



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 at Bordeaux Library -Bordeaux Tuesdays in January, 10:30 a.m. Cost: Free Lagniappe Bayou Kitchen – Martin Center Thursday, Jan. 5, 10:15 a.m. Cost: \$10 + lunch cost Grocery Shopping at Walmart -Bordeaux Friday, Jan. 6, 10 a.m., Cost: \$5 The Crossings of Spring Hill -**College Grove** Wednesday, Jan. 11, 9 a.m. Cost: \$10 + lunch cost Walk with a Doc and All of Us **Research Program – Bordeaux, Knowles** Wednesday, Jan. 11, 10 a.m. Cost is FREE Bordeaux: Departs 9:30 a.m. Knowles: Departs 9:30 a.m. Breakfast at Loveless Café -**Madison Station** Thursday, Jan. 12, 9:45 a.m. Cost: \$10 + breakfast cost **Eastside Bowl - Donelson Station** Thursday, Jan. 12, 1:30 p.m. Cost: \$10 + cost of lane NPL Civil Rights Room & Lunch at **Elliston Place Soda Shop - Knowles** Friday, Jan. 13, 10 a.m. Cost: \$10 + lunch cost.

**Brentwood Police Department – Martin Center** Friday, Jan. 13, 10:30 a.m. Cost: \$5 + lunch cost Lunch & Chinese New Year Presentation at Knowles – Donelson Station, Madison Station, Martin Center, and J.L. Turner Center Wednesday, Jan. 18 Donelson Station: Departs 11:30 a.m. Cost: \$5 Madison Station: Departs 11:30 a.m. Cost: \$5 Martin Center: Departs 11:30 a.m. Cost: \$5 J.L. Turner: Departs 11 a.m., Cost: \$5 Shopping at Green Hills Mall -Madison Station Thursday, Jan. 19, 10:30 a.m. Cost: \$10 + any purchases Lunch, Eye Care Presentation, and **Fire Safety Presentation at Knowles** - Madison Station Friday, Jan. 20, 9:45 a.m., Cost: \$5 Lunch at Uncle Buds - Bordeaux Friday, Jan. 20, 10 a.m. Cost: \$5 + lunch Chauvet Arts Gallery – J.L. Turner Center Monday, Jan. 23, 9:30 a.m. Cost: \$10 **Mystery Lunch – Donelson Station** Thursday, Jan. 24, 10:30 a.m. Cost: \$10 + lunch cost



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.

# **Turner Center**

Wednesday, Jan. 25, 8 a.m. Cost: \$10 + breakfast cost Lunch Bunch – Donelson Station Wednesday, Jan. 25, 10:30 a.m. Cost: \$10 + lunch cost Lunch at Hunters Station Food Hall – College Grove: Departs at 10:15 a.m. **Madison Station** Thursday, Jan. 26, 10:45 a.m. Cost: \$10 + lunch cost Supper Club Thursday, Jan. 26, 5 p.m. Cost: \$10 + dinner cost Mint Gaming Hall – College Grove & Martin Center Friday, Jan. 27 *College Grove:* Departs at 9 a.m. Cost: \$20 + cost of gaming & lunch Martin Center: Departs at 9:30 a.m. Cost: \$20 + cost of gaming & lunch Breakfast & Fashion Show-Off at J.L. **Turner - Bordeaux** Friday, Jan. 27, 10 a.m.

Cost: Free

Breakfast at Big Bad Breakfast – J.L. Lunch at The Café at Thistle Farms & **Shopping at Thistle Farms - Knowles** Friday, Jan. 27, 10:30 a.m. Cost: \$10 + lunch and purchases **Oaklands Mansion Tour – College** Grove & Martin Center Monday, Jan. 30 Cost: \$20 + lunch cost Martin Center: Departs at 9:30 a.m. Cost: \$20 + lunch cost New Member Lunch – Donelson Station Thursday, Jan. 31, 10:30 a.m.

Cost: \$10 + lunch cost





### January is Poverty in America Awareness Month

The United States is seen as a country of plenty, and, by most measures,

Americans are better off than many others around the globe. However, wealth is not equally distributed in the U.S. In 2020, according to the Census Bureau, more than 37.2 million people had incomes below the poverty level, the first increase in the rates of Americans living in poverty in five years.

In 2021, a higher percentage of Tennesseans lived in poverty (13.7% - 934,000 people) than the rate of Americans, in general, living in poverty (12.8%). In Davidson County, 100,000+ people (15%) live in poverty, higher than the poverty rate in the nation and Tennessee. At the same time, Williamson County has a low 4% poverty rate.

Poverty disproportionally affects people of color, with Black Americans experiencing the highest rates of poverty in the U.S. (19.5%) and 17% of Hispanic Americans living in poverty.

One in 10 Nashvillians over age 65 live below the poverty level. The cost of healthcare is a particular burden for older adults, with 1 in 4 scrimping on food, utilities, clothing, or medication due to healthcare costs.

Poverty is linked to inequality and discrimination. FiftyForward's Diversity, Opportunity, Vision, and Equity (DOVE) committee seeks to raise awareness of issues that affect older adults such as poverty so that we can work together to create a responsive community that is open, engaged and accepting of all.

Did you know that many of the older adults who receive meals through FiftyForward Fresh/Meals on Wheels have incomes below \$1,000/month and struggle to access food to help them to stay healthy?

You can help our neighbors in need by donating items like these:

- Soups & canned meals Chunky Soups, Chicken Noodle or Beef Vegetable Soups and Raviolis are favorites
- Cans of Tuna or Chicken
- Peanut Butter Regular size Jars
- Crackers Peanut Butter and Cheese Crackers, Saltines or Ritz
- Fruit Cups- Individual Fruit Cups
- Granola Bars Soft Fruit or Granola Bars
- Oatmeal Packets Individual Sizes in Different Flavors

You can bring your food donations to your FiftyForward center during the month of January.

# **January Virtual Programming**

To participate and connect to any of these virtual programs below, please sign up in advance via the <u>Membership Portal</u> 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).



# Bold & Golden Men's Retirement Group (Knowles) Tuesdays in January, 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.

### <u>Gentle Yoga with Jan (Donelson Station) Mondays &</u> <u>Wednesdays in January, 9 a.m.</u>

This 30-45 minute Gentle Yoga class is led by certified registered yoga instructor, Jan Cronin. You must be able to get on the ground and be able to get back up.



Bluebird Café Senior Show (Knowles, Martin Center) Monday, Jan. 9, 10 a.m. We'll stream a virtual performance of the monthly Bluebird Café Senior Show!



<u>Chat & Chew (Bordeaux) Monday, Jan. 9, 12 p.m. on Zoom.</u> Join Bordeaux Center Director, Melvin Fowler, for a current events discussion.

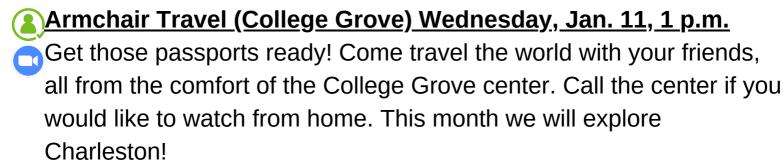
Writers Group (Knowles) Mondays, Jan. 9, 23, 30, 1 p.m. on Zoom. Join the FiftyForward Knowles Writers group, a meeting where writers share stories, poems, and experiences from your life or from your imagination.

### 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 To participate and connect to any of these virtual programs below, please sign up in advance via the <u>Membership Portal</u> 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).

### Poverty in America Awareness Presentation (J.L. Turner) Wednesday, Jan. 11, 11:30 a.m. on Zoom.

Join Matt Creekmore from Edward Jones for a conversation about poverty in America, including the history and current state, and what solutions are being discussed by our political leaders and in the communities across the country.



### UT Extension Master Gardeners Beginners Guide to Growing & Enjoying Herbs (Madison Station) Thursday, Jan. 12, 1:30 p.m. on Zoom.

Join Joan Clayton-Davis from Master Gardeners of Davidson County and learn herb classification, how and where to grow herbs successfully, and ways to enjoy your herbs throughout the year.

### <u>Armchair Travel (Martin Center) Monday, Jan. 30, 1 p.m.</u>

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 learn about the Chinese New Year. The Chinese Spring Festival - also known as the Chinese New Year, is the most important holiday in China, where people get together to celebrate the start of a new Lunar year and honor ancient traditions to bring about good luck.





**Free Tech Learning Opportunities** 

#### **ONE-ON-ONE TECH ASSISTANCE**

**Knowles:** Wednesdays Jan. 11 to Feb. 22 from 3 to 4 pm 174 Rains Avenue, Nashville, TN 37203

#### Donelson Station / Madison Station:

Wednesdays Jan. 18 to May 15 (not on March 15) from 12:30 to 2:30 pm Donelson Station: 108 Donelson Pike, Nashville, TN 37214 Madison Station: 530 Madison Station Blvd, Madison, TN 37115 Participants must bring their own devices/chargers and tell in advance what questions they have.

#### ZOOM INSTRUCTION FOR BEGINNERS\*

Martin Center: Thursday, Feb. 23 from 11 am to 2 pm 960 Heritage Way, Brentwood, TN 37027 11 am to noon: All Things Zoom Lecture\* Noon to 1 pm: Lunch provided by FiftyForward 1 pm to 2 pm: Video Chat with Zoom Workshop\* Register by Friday, Feb. 17 by emailing Lee at Labernathy@fiftyforward.org.

#### CHROME ESSENTIALS (a 5-week course)

**College Grove:** Tuesdays and Thursdays, Jan. 10 - Feb. 16 from 1 to 2 pm 8607 Horton Highv**e**y **Colleg**e Grove, TN 37046

Learn to use a Chromebook laptop for email, web research, and more so you can stay connected online! **Prerequisite:** A Gmail address. This course is best suited for people who have had some experience using the internet on any device.

Upon successful completion of the course, participants will receive a Chromebook laptop.

#### CHROME BASICS (a 10-week course)

Madison Station: Mondays and Wednesdays, Jan. 23 - Mar. 29 from 1 to 2 pm 530 Madison Station Blvd, Madison, TN 37115
Learn to use a Chromebook for email, web research, and more. You will also learn other useful tools and apps, including Google Maps and online health resources.
Prerequisites: None. This course is designed for people who have never used a computer or have very little experience and want a solid introduction.
Upon successful completion of the course, participants will receive a Chromebook laptop.

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

### Open to anyone age 60+.

### Pre-registration is required.

Members can register via MembershipWorks or in person at their center. (See above for Zoom registration.) Non-members can call Steve at 615-242-3659.







# **FiftyForward Members:**

# **Opportunity for a Free Device**





FiftyForward, with a grant from the West End Home Foundation, is improving access to technology.

Are you 60 or older? Is your income at or below 200% of the Federal Poverty Line? (yearly income \$27,180 or less for 1 person household) Do you have home internet? Do you need a device?

If you said **YES** to all of these, then you might be eligible to receive either a chromebook or an ipad from FiftyForward.

Contact Lee Abernathy for eligibility and requirements: 615-742-4693 or labernathy@fiftyforward.org





### Support FiftyForward this Holiday Season

to another great year ahead

FiftyForward is celebrating another year serving adults 50 and older in Middle Tennessee. Our seven Lifelong Learning Centers offered thousands of members a place to learn, engage, and enjoy time with friends this year. Our Supportive Care Services provide support to local older adults who are navigating the challenges of aging. And FiftyForward Fresh/Meals on Wheels delivered hundreds of fresh and nutritious meals every week and served 600 meals this Thanksgiving and Christmas.

To continue supporting, championing, and enhancing the lives of adults 50 and older, we depend on the support of friends like you. As we look forward to another great year ahead, please consider donating to support FiftyForward by visiting www.fiftyforward.org/donate or sending a check to:

- FiftyForward
- 174 Rains Ave
- Nashville, TN 37203

We are grateful for your support!

### Save the Date: Whistlestop 2023

The FiftyForward Madison Station Whistlestop train is headed to the big apple this year. Mark your calendars for Thursday, March 16, and join us for an evening in New York City!



## **FiftyForward Media**

### **Squeeze the Day Podcast**

Mario Andretti shares his story of resilience -- from childhood in Italy and a refugee camp to life in America, he's passionate about winning on and off the racetrack.

In this podcast, where we showcase inspiring stories of older adults living their best life now, Mario Andretti demonstrates how he squeezes the day. Mario Andretti is a legend and is considered one of the most successful racers in history. His roots and early life in a refugee camp likely contributed to his strength and determination. Today, the Andretti brand extends well beyond racing. Mario has a winery, a petroleum business, and it's no surprise, a growing global motorsports presence. Let's learn about his intense drive to be victorious in life and on the racetrack and why resilience is key to keeping his motor finetuned and his brand vibrant.

Please share this incredible story with others, too! These podcasts showcase inspiring stories and the gifts that older adults bring to us that keep on giving in so many ways.







LISTEN TO OUR SQUEEZE THE DAY PODCAST HERE: FIFTYFORWARD.ORG/PODCAST/ OR ON YOUR FAVORITE PODCAST PLATFORM.



### FiftyForward Welcomes New FiftyForward Madison Station Director

### FiftyForward is happy to welcome Kelly McCambridge (formerly Donovan) as the new Madison Station Director as of January 1.



After working at the Margaret Maddox Family YMCA for eight years in positions including Development Director/Membership Team, Membership Coordinator and Family Services Coordinator, Kelly joined FiftyForward in 2018 as the Donelson Station Office and Volunteer Manager. In 2021, she moved into the Program Coordinator position there. Donelson is our center with the highest number of members (over 800), and Kelly has been a key member of the FiftyForward Donelson team providing high quality, engaging programming for older adults.

While Donelson Station will miss having Kelly there every day, we are so excited that she will join FiftyForward's leadership team now as Madison Station Director and bring her energy, enthusiasm and many talents to FiftyForward Madison. She is looking forward to getting to know the members and reaching out to the Madison community, where she also lives, to continue to spread the word about all the wonderful programs and opportunities that are available to support, champion and enhance the lives of older adults in Madison and surrounding areas.

Please say hello to Kelly the next time you are at FiftyForward Madison Station!

### **FiftyForward Travel**

Hello, future travelers! Join us to hear more about the 2023 tour schedule for FiftyForward at our travel interest meetings. You'll learn about international tours, including Ireland, Egypt, Greece, Switzerland, and much more. Talks on domestic tours include Key West, Colorado, Mackinac Island, the Pacific Northwest, Utah, and Alaska. If you want more travel information, ask your local FiftyForward for free literature on all future tours, or join us at a travel interest meeting. So don't delay; travel today!



Come 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 1,000,0000 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 Membership Works to make a private appointment to enroll, or just drop by 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:

Jan. 10, 11 a.m. - 1 p.m. - FiftyForward College Grove Jan. 12, 10 a.m. - 12 p.m. - FiftyForward Bordeaux Jan. 12, 11 a.m. - 1 p.m. - FiftyForward Martin Jan. 13, 9 a.m. - 11 a.m. - FiftyForward J.L. Turner Jan. 17, 11 a.m. - 1 p.m. - FiftyForward Madison Jan. 20, 11 a.m. - 1 p.m. - FiftyForward Donelson Jan. 24, 1 p.m. - 2 p.m.—FiftyForward Knowles Bingo

Walk with a Doc Nashville Chapter: Wednesday, Jan. 11, 10 a.m. Join us at Centennial Park for *Walk with a Doc* with Dr. Amy Price Neff. These onehour 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, January 11, 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.** 

#### Lecture & Learn with *All of Us*: "A Beginner's Look at Pharmacoinfomatics: How data works to create better treatments for *All of Us*!

Come learn something new in the new year and join the FiftyForward *All of Us* team in our virtual "Zoom Room" to hear about the new field of Pharmacoinformatics! Our guest lecturer will be Dr. Anthony Blash, Associate Professor for the College of Pharmacy at Belmont University. Bring your "brown bag" lunch and come learn with *All of Us*! Friday, Jan. 27, 11 am. Please register in advance for this meeting:

https://us06web.zoom.us/meeting/register/tZYqde6qpzkvHNFEMVtco7GIpU9\_qukGUh3t

### Volunteering

### **Gift Donors Make Holidays Bright for Older Adults**



Generous businesses, churches, and individuals helped ensure the holidays were bright for FiftyForward older adult members and clients.

From donors who provided individual gifts in response to personalized holiday wish lists, to those who provided gift stockings for our Christmas Day meal delivery, to donors who provided gift bags for Center events we are incredibly grateful for the generosity of the Nashville community.

Thank you to the following donors for their support of our holiday activities:

- Barge Design
- Bellevue Presbyterian Church
- Ann Black
- CBIZ
- CGS
- Citizens Savings Bank & Trust Company
- Dollar General
- Federal Defenders Office of Middle Tennessee
- Greater Nashville Apartment Association
- Holy Rosary Church
- Janet Jernigan
- Dimeta S. Knight
- Law Office of Jennifer McCoy
- Middle Tennessee School of Anesthesia (MTSA)
- Regions Bank
- St. Henry's Catholic Church
- Tivity
- Trinity Presbyterian Church



### **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

### **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/

#### 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 <u>dan@dansurface.me</u>

> LGBTQ+ Peer Group Ashley Hunter 615-622-4154

Center Member/Client Virtual Support Group Kristen Maloney 615-743-3436

### Drward. FiftyForward Supportive Care Services

#### FiftyForward Adult Day Services

This social model incensed 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

Inis program provides individuals in need with nutrient dense homedelivered 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 inhome 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 to resources and essential services for older adults in Davidson and Williamson counties by calling the FiftyForward Resource Line at 615-743-3416