



IN THIS ISSUE

FIFTYFORWARD
SUCCESSFULLY EXPANDS TO
LA VERGNE SENIOR CENTER

ADDRESSING FOOD
INSECURITY AMONG OLDER
ADULTS

FIFTYFORWARD CARE TEAM:
A LIFELINE FOR FAMILIES IN
CRISIS

FIFTYFORWARD BORDEAUX
HOSTS 15TH ANNIVERSARY
HATS OFF TO BORDEAUX
FUNDRAISER & FASHION
SHOW

FiftyForward Successfully Expands to La Vergne Senior Center

In just three months, word has spread about all the great things happening at FiftyForward La Vergne Senior Center, and membership has increased by 50%. In early 2025, the center will be open five days a week and expand its programs and classes to include art, improv and theater, cooking and nutrition, and even technology classes. "FiftyForward staff in La Vergne are eager to bring our experience and passion to older adults in Rutherford County and expand our partnerships," said Regional Center Director, Lisa Maddox.

The Mid-Cumberland Meals program provides a daily nutritious lunch, and more evidence-based programs focusing on helping older adults stay active and engaged will be introduced in the coming months.



CEO Corner

Dear Friends,

We start this new fiscal year with a genuine and heartfelt thank you to each of you. Your gifts and support enabled the expansion of our lifelong centers and the growth of our supportive care programs last year. Your support helps FiftyForward extend its reach



across Middle Tennessee as the over-60 segment of the population continues to grow and needs continue to rise. Read on to see specifically what a difference your gifts made this year and how FiftyForward programs and centers support older adults, decrease isolation, and provide opportunities for social interaction and lifelong learning. Please join us and be a part of it.

As we look to the future, we're excited to embark on a new strategic planning process that will shape our direction for the coming years. Our previous plan resulted in the successful launch of a new adult day program in Williamson County and significantly streamlined our internal operations. With a continued commitment to improvement and innovation, I'm eager to see where our new plan will take us.

I hope to see you soon at a Center,

Dassie

Greetings from Our New Board Chair



August 20, 2024, marked my first day as Board Chair for FiftyForward. I began the day celebrating our dedicated staff and CEO for their unwavering commitment to FiftyForward and the community we serve. I then had the privilege of co-facilitating the onboarding of our new Board members, who each bring a deep personal connection to the 50+ community and a shared excitement to contribute to FiftyForward's

mission. Lastly, we concluded the day with our first Board meeting. I am honored to serve alongside such passionate individuals aligned around a common goal. I look forward to an exciting year ahead!

Addressing Food Insecurity Among Older Adults: FiftyForward's Mission to Nourish and Support Seniors

By: Rebecca Erwin, Meals and Outreach Manager

Food insecurity among older adults is a critical issue that often goes unnoticed. This problem, defined as the lack of consistent access to enough nutritious food, affects millions of older adults in the United States. As the population ages, the number of food-insecure seniors is expected to rise, posing significant public health challenges. Fixed incomes, high medical costs, and rising living expenses can make it difficult for seniors to afford healthy food. Many older adults are also more likely to experience



mobility issues, making it harder to access grocery stores or food pantries. FiftyForward is actively addressing food insecurity among older adults through strategic partnerships and targeted programs. Our home-delivered meal program, FiftyForward Fresh Meals on Wheels, plays a crucial role in ensuring that nutritious food reaches those who need it most. This program is made possible through our collaboration with The Nashville Food Project, which provides healthy meals, and AmeriCorps Seniors, whose volunteers deliver them. Thanks to the support of DoorDash and Second Harvest Food Bank of Middle Tennessee, we have expanded our food delivery services to less urban areas with greater need.

To increase awareness of our services, FiftyForward partners with local resident service coordinators to bring a taste of our offerings to low-income senior apartments. During these events, we host engaging activities followed by a hot meal and provide participants with four frozen meals and a bag of groceries to take home.

Looking ahead, we plan to expand these initiatives into the Antioch area and provide access with other nonprofit partners. As the population of older adults continues to grow, addressing food insecurity is vital for ensuring their health, well-being, and dignity. This issue requires coordinated efforts from government agencies, non-profits, and communities to create a robust safety net for our aging population.

FiftyForward Care Team: A Lifeline for Families in Crisis

By: Kristen Maloney, Care Management Director



Jacob, a retired bank president, participated in the FiftyForward Friends Adult Day Program. At 79, his mind was growing foggier by the day, but even after his diagnosis of dementia, Martha, his loving wife of 50 years, cared for him. Now, Martha lay in the hospital, her health failing after suffering a fall in their home. Their daughters Sarah and Emily rushed into town from out of state when they got the call, temporarily uprooting their own families to care for their father. It was clear Jacob could no longer live alone, but where would he go? As Sarah and Emily struggled with heavy hearts to make the best choice, they reached out for help.

FiftyForward's Care Team coordinator, Kate, explained that options exist even in incredibly difficult situations. She connected Sarah and Emily with in-home

caregivers who could temporarily look after Jacob. She also provided a list of quality memory care facilities and explained what each offered. Kate also directed them to an attorney specializing in elder law who understood the legal and emotional complexity of their situation and could guide them in their next steps. Within weeks, the attorney helped establish an emergency conservatorship so Sarah and Emily could legally make decisions on Jacob's behalf until Martha recovered.

Sarah and Emily appreciated Kate's compassion and were relieved that one weight had been lifted. Now, they could focus on Martha's health and ensure Jacob transitioned smoothly to his new home. Though the future remained uncertain, Jacob's family found comfort in knowing FiftyForward's Care Team would continue walking beside them every step of the way.

The FiftyForward Care Team primarily provides care management services on a consultation basis. Care managers meet with clients and family members to discuss specific needs or learn the current situation and challenges to help develop a plan of action. These areas include financial and legal considerations, medical care, home environment, social support, preferences for care and more. **To learn more about the FiftyForward Care Team, our fee-for-service program, please contact a Care Team member at 615-743-3436.**

FiftyForward Bordeaux Hosts 15th Anniversary Hats off to Bordeaux Fundraiser & Fashion Show

By: Melvin Fowler, FiftyForward Bordeaux Center Director

FiftyForward Bordeaux celebrated the 15th anniversary of the beloved Hats Off to Bordeaux event this year. Over the past decade and a half, this annual fundraiser and fashion show has become a cornerstone of North Nashville's community life, uniting people of all ages to honor older adults' spirit, resilience, and creativity.



Held virtually on July 26, Hats Off to Bordeaux continued its tradition of showcasing phenomenal “hattitude,” as attendees donned their most stylish and imaginative hats.



This year’s event featured notable speakers, including Former Tennessee State Senator Brenda Gilmore, one of the founders of Hats Off to Bordeaux; members of the FiftyForward Bordeaux Advisory Council; Center Director Melvin Fowler; and Emmy-award-winning Lelan Statom, a meteorologist from Nashville’s #1 rated morning newscast, NewsChannel 5 and co-host of *Talk of the Town*. Dr. Melva Black, Deputy Director of the Metro Public Health Department for Nashville and Davidson County, returned as emcee for the fifth consecutive year. Local musician Geary Moore provided musical entertainment.



FiftyForward Bordeaux has had a profound impact on the North Nashville community. Over the years, the center has provided countless programs and services designed to enrich the lives of older adults, from wellness classes to social activities and volunteer opportunities. This year’s event underscored the importance of continued community support, with funds raised through ticket sales and sponsorships directly sustaining and expanding these vital programs.

We wish to thank our community sponsors for supporting this year’s event: Tennessee Titans’ ONE Foundation, Vulcan Materials, The AF Foundation, Janet Jernigan, Piedmont Natural Gas, Megan Barry for Congress, Richard Wall, CGS Administrators, Metro Nashville Metropolitan Trustees, and Jigsaw TN.

2024 Fiscal Year in Review



What We Achieved

Supportive Care



- FiftyForward Fresh delivered over 27,000 meals and shelf stable grocery bags
- Living at Home Care Management served **450 clients** last year and assessed **60 new older adults** who received services from Senior Ride Nashville
- FiftyForward Friends Adult Day Services celebrated first anniversary in Brentwood
- Conservatorship and Care Team served over **30 clients** last year

FiftyForward Friends Adult Day Program in Brentwood became the *only program in TN* awarded the **Excellence in Care Dementia Care Program of Distinction** from the Alzheimer's Foundation of America.

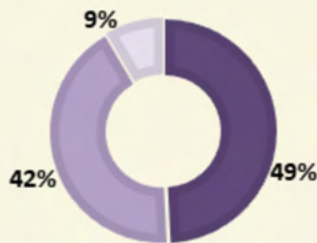
In May of 2024, FiftyForward took over management of our first active aging center in Rutherford Co. **FiftyForward La Vergne Senior Center!**

- 1,020 NEW Members joined a lifelong learning center last year
- Center volunteers served 18,484 total hours in FY2024 - the equivalent of \$155,740
- 1,190 members participated in 39,921 hours of fitness classes or events across all 7 centers
- 38 Foster Grandparents worked with 174 students this year in early learning centers and elementary schools

Active Aging and Volunteers



Fundraising
\$2,185,195 including government grants



■ Grants ■ Other Giving ■ Events



174 Rains Avenue
Nashville, TN 37203

FiftyForward Board of Directors

Cynthia Whitfield-Story, Chair
President & CEO, INSPIRE1, LLC

Fatima Karwandyar, Vice Chair
Founder, Manana

Penny Grogan, Treasurer
VP, Client Engagement
Trinisys

Dr. Manju Kandula, Secretary
Community Volunteer

Lynn Winans, Past Chair
AVP, Division Strategy and Support, DEI
HCA Healthcare

Rick Ewing
Customer Success Director
Oracle Corporation

Donald Frost
Senior Project Manager
Bridgestone Americas

Dave Horrell
Commercial Banking Relationship
Manager, Sr. VP
Studio Bank

Felicia Johnson
Sr Consultant, Regulatory Compliance Support
HCA Healthcare

Shannon Lashlee
Paralegal
Schell & Oglesby

Dawn Mason
Sr. AVP Procurement, Supplier Diversity
Revantage

Christopher McClintock
Owner, Comfort Keepers

Garrett Miller
VP, Enterprise Applications & IT Governance
Tivity Health

Ashley Pope
Jackson's Corporate
Communications & Responsibility Team

Suzanne Sawyers
Manager, Training &
Development
Dollar General

In Memoriam
Patricia Hart
Community Volunteer

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

