

Cigna Foundation Supports Social Connectivity through \$150,000 Grant to FiftyForward

BLOOMFIELD, Conn., 04 June, 2019 - The Cigna Foundation announced a \$150,000 grant over three years to FiftyForward in Nashville to provide day services for adults aged 50 and older who are experiencing cognitive or physical health challenges. The program offers social, mental and physical learning opportunities in a safe environment, and is the first organization to offer this type of social model day program in the Middle Tennessee community.

“We share FiftyForward’s goal to help people overcome significant health challenges to live independent, engaged and healthy lives,” said Susan Stith, executive director, Cigna Foundation. “FiftyForward has a long history of championing and enhancing life for older adults and their caregivers, and we are proud to support their important work.”

“The Cigna Foundation shares our deep understanding of the individuals we serve, along with genuine desire to make a difference in our local community,” said Sallie Hussey, executive director, FiftyForward. “This grant is a true partnership, and with Cigna’s help, we will be able to serve more people and their families.”

The FiftyForward Adult Day Services program serves community-dwelling older adults in need of care. Services include individual and group activities, volunteering, exercise, nutritious meals, transportation and peer engagement. The program enables participants to remain living at home in the community, and also provides valuable education and support to participants' family caregivers.

“Helping people live independently while maintaining a social support structure is critical to keeping your body and mind healthy,” said Brian Evanko, president of Cigna-HealthSpring. “We are happy to help FiftyForward serve more individuals and families.”

About the Cigna Foundation

The Cigna Foundation, founded in 1962, is a private foundation funded by contributions from Cigna Corporation (NYSE:CI) and its subsidiaries. The Cigna Foundation supports organizations sharing its commitment to enhancing the health of individuals and families, and the well-being of their communities, with a special focus on those communities where Cigna employees live and work.

About FiftyForward

Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older. As a nonprofit operating seven lifelong learning centers — two in Williamson and five in Davidson County — FiftyForward offers educational, health and wellness, arts and volunteer programs to engage older adults. Five of the FiftyForward centers are among the elite one percent of centers accredited in the U.S. by the National Institute of Senior Centers. FiftyForward also provides access to resources and comprehensive supportive services including FiftyForward Adult Day Services, FiftyForward Fresh/Meals on Wheels as well as the FiftyForward Care Team that provides care assessment and services for older adults. FiftyForward Travel offers adventures (regional and international) and the Senior Center for the Arts and The Larry Keeton Theatre, a subsidiary of FiftyForward, feature performing arts for all ages. Learn more about FiftyForward resources, programs and opportunities at: www.fiftyforward.org.