

The Spotlight

July 6, 2017

Summer, 2017

August 10, 2017

The Summer Ask!

Ah, summer....slower days, trips and fun, sun and sea! I was thinking about how nice it is to have a slightly quieter, calmer time of year. And as I thought about that, it seemed like this is a good time to reach out to all of you who care about Lifespan and give you a nudge!

Lifespan is 36 years old! Can you believe that? And the only reason we continue to build communities and provide programs and services is through the support of that community. But there are many, many ways that you all can support us—not just with financial donations. So I decided this is a good time to give you a list....of 36 ways to build Lifespan!!

ACADEMY

1. Tell everyone you meet about Lifespan Academy.
2. Bring a friend to Lifespan Academy
3. Try Tai Chi—Tell Tai Chi. Pass along the zen.
4. Introduce your friends to line dancing.
5. Experience the amazing movement of Ageless Grace!
6. Describe the comradery at lunch—and our foolish fun.
7. Show a friend what you learned to do with your iPhone, iPad.
8. Take photos at Academy and show them to people—with your phone.
9. Tell someone one thing you learned at Academy.
10. Talk about how inexpensive the Academy is for great classes.
11. Brag about our instructors.
12. INVITE US TO YOUR CONGREGATION FOR THE LIFESPAN ACADEMY SUMMER TOUR! (see page six)

Medical Escort Transportation

13. Drive an elder to the doctor—IT'S ONLY 4 HOURS A MONTH FOR GOSH SAKES.
14. Make some new friend—our elders enjoy the company.
15. Stop worrying about insurance—yours, ours & Good Samaritan Act are all on your side.
16. Imagine what you would feel if we took away YOUR keys.
17. Call Zandra and create an MET Neighborhood in your community.
18. Imagine an elder sitting in their living room needing a ride. Yes, driving in Atlanta is a real PAIN. But they are hoping you might be inconvenienced for just four hours.
19. Help us find community contacts to speak to about MET.
20. Connect us to your community group and invite us to a meeting.
21. Tell your friends that we need drivers and our elders are counting on them.
22. Recommend a friend to be a driver.
23. Sign up to be an MET rider—you never know when you might need it yourself.
24. Make an MET Angel Donation.

Continued on the next page....

MAKE A GIFT TO LIFESPAN

So here is the last 12—and it's about more than just writing a check!

25. Donate an item for our Fall Silent Auction—it's going to be great. Just call the office.
26. Host a Lifespan Fundraiser. We will be happy to help you host an event for Lifespan.
27. Make a legacy gift to Lifespan through a deferred giving option.
28. Give a gift of stocks—we love stocks and bonds—no kidding.
29. Tell your children about us and make sure they know you've made a gift to Lifespan.
30. Make us a beneficiary of your life insurance policy (just a tiny one).
31. Think about us when you are looking at your taxes—we are a great deduction.
32. Meet with your financial advisor and tell him or her about Lifespan.
33. Donate a teacher's lunch at academy.
34. Sponsor a morning snack.
35. Put us in your will.
36. And of course, if you are willing and able, write a check or donate online.

So, as you review these 36 ways to build and promote Lifespan, all I ask is that you consider what's possible for you. If everyone who supports Lifespan just did 3 or 4 of these things, we could take off in new and exciting directions. I hope you will give all 36 ways some thought and bring us your ideas for more.

Thanks for all you do for Lifespan.

Peggy Palmiter

Thank you donors - Through May 2017

Lida Askew
 Bettie Banks
 Miriam Hamilton Bellis
 Lori Benis
 Clare Berry
 Richard Botters
 Bernie Bridges
 Marilyn Cates
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 Beth Stedman
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How your support helps Lifespan

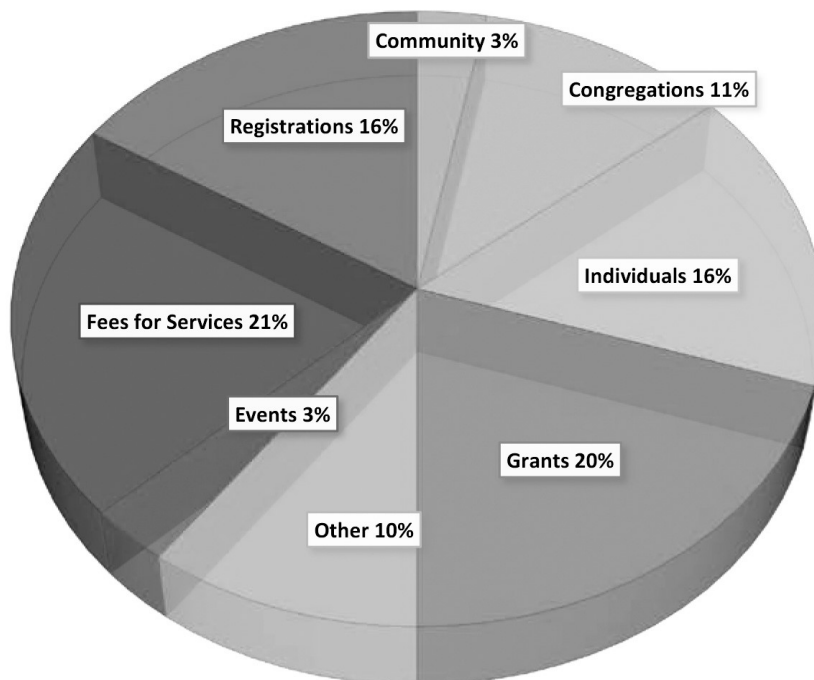
We truly appreciate your contributions and support and we are always looking for ways to tell you how important you are to our mission. So we are offering a snapshot of where Lifespan's revenue comes from. Here on our donation appreciation page seemed like a good place to give you a snapshot of exactly how important *ALL* of our supporters are to the mission of our organization.

The pie chart below reflects the percentage of our *budget* represented by each of these revenue sources. The "fees for services" item reflects income for lunches and classes where we pay instructors, so it comes in and goes right back out. A couple of other things to remember:

First, a budget is only our best plan, and much can change during the course of the year. While we have made our best estimates, reality can change in either a positive or negative direction.

Second, our revenue is balanced across our revenue sources, making each of them dependent on the others for us to sustain our programs. By the same token, if one income stream improves, it takes pressure off the others. An increase in registrations means we need less additional grant funding. An increase in donations strengthens our ability to secure other major donors. Increases in congregational support means that we can provide even more classes and rides.

SOURCES OF REVENUE - 2017 BUDGET



But the most important take away from this pie chart, should be how much Lifespan relies on all of you and your support. Donations, encouraging others to come to Academy, inviting us to talk with your community groups—all of those activities keep Lifespan alive and thriving. **THANK YOU.**

July 6, 2017 through August 10, 2017
Trinity Presbyterian Church
3003 Howell Mill Rd., NW
Atlanta, GA 30327

FUN IN THE SUMMER

We are trying some different things this summer, making our session a little lighter, without sacrificing fun. Since many of you travel during the summer and our session is often just a little smaller, we decided to try a new approach. We are offering three classes at each time slot instead of our regular four. Each of these options are a series of classes taught by different instructors. Our history and author series, for instance includes both great historical presentations and talking to fun authors. And our Fun in the Summer will be a mix of lots of different activities. We thought this chance to mix and match would be fun for the summer.

10:00 am to 11:00 am:

History and Authors Series:

We have three marvelous history classes planned for this session, with Frances Harrold, Brandt Ross and Richard Botter each joining us for a session. Danielle Grabol will be having a session about her newly released book, *Fear No Distance: A Journey to Life without Limits*. And the Book Club has a couple of other author surprises for us.

Travelling Georgia:

AAA will return for another travel series, but this time they will offer presentations and information about shorter trips in Georgia. They are looking at Savannah, Jekyll Island, Macon, Athens, and maybe even Cartersville. Trip tiks (the old paper GPS) will be involved!

Tai Chi:

Tina Rasheed will join us again this summer for her wonderful Tai Chi classes.

11:15 am to 12:15 pm:

Older But Still Getting Wiser:

We have a great series lined up for this session. Amy Henschel, from Senior Provisions has an Atlanta Senior Living Puzzle Presentation, Triff Cook from Home Care Assistance will offer a fun and entertaining discussion about the transportation challenges we face as we age in Atlanta called "Crying and Driving." Brian Becker, our Lifespan Treasurer will be presenting on financial issues we all need to think about as we age, and Jill Powell from Kadan Home Care will help us figure out how to have a great life as we age! We think it will be a great series.

Fun in the Summer:

During this session, we are going to enjoy a variety of fun activities. We will bring the bingo set out again for a fun game or two (with prizes), do some photography sessions, use our Photo Booth again, and Mimi will lead us in creating a Lifespan Academy mural.

We also hope to have someone from Trees Atlanta come and present about their wonderful program. And we will have a tomato grower extraordinaire come and give us tips on growing amazing tomatoes. It will truly be fun.

Line Dancing:

Rose Haven will be back with line dancing for our amazing line dancers. You know we couldn't make it an entire summer without line dancing.

1:30 to 2:30 PM

Mahjong:

Come and join the group and play along. Don't know how? Want to learn? Folks are more than willing to teach.

iPad and iPhone Class :

Peggy Palmiter will again return to all things Apple!! Back by popular demand, this class will also be open to the folks at Trinity Presbyterian Church who are looking for a hands on technology class!

TRY US OUT

- If you would like to attend just one session of our classes, feel free to drop by.
- A single session is \$10. Your first visit is on us!
- If you drop by, you can also pay \$9.50 for lunch if we have lunches available.
- Come on out and give us a try! We look forward to seeing you.



TRINITY PRESBYTERIAN CHURCH

*Are you a member at
Trinity Presbyterian?
First time at Lifespan?*

*\$10 off your full session
Registration of \$59.*

Thank you to our Affiliates and Congregations for your Support

Financial Contributions:

- DeKalb Senior Provider Network
- Home Care Assistance
- Northside Womens Club
- Northside Drive Baptist Church
- Northside United Methodist Church
- Peachtree Road United Methodist Church
- Personal Care
- St. Anne's Episcopal Church
- St. Anne's Terrace
- St Martins in the Fields Episcopal Church
- Trinity Presbyterian Church
- The Cathedral of Saint Philip
- Yellowlees Foundation—Community Fnd

In-Kind Contributions:

- Belmont Village Buckhead
- Brannon and Black, LLC
- Cathedral of Saint Philip
- DeKalb Senior Provider Network
- Home Care Assistance
- Kadan Home Care
- Peachtree Road United Methodist Church
- Peachtree Presbyterian Church
- Personal Care
- Renaissance at Peachtree
- Second Ponce Baptist Church
- Trinity Presbyterian Church

LIFESPAN ACADEMY SUMMER TOUR

In keeping with our discussion about summer being a calmer time of year, we decided it's also a good chance for us take Lifespan Academy on tour. This tour includes information about academy, examples of our classes, FOOD, and a chance to take away one tip. What more could you ask for and it's all on us. We will have some of our instructors joining us to talk about their class and to give a small snapshot of what they offer. Several of our congregations are interested in having us come and visit this summer and we hope you will spread the word and get us even more dates!

This is an example of what you might take away.....

- What exactly is "aging in place?"
- The answer to the two most frustrating things about your phone or tablet.
- Why line dancing is good for you?
- There is a Smithsonian Museum in Georgia!
- Meet the author.

Here are some of the places we hope to be this summer.

Wieuca Road Baptist Church
 Peachtree Road United Methodist Church
 2nd Ponce Baptist
 Trinity Presbyterian
 Agape

Want us to come to your congregation or group? Just give us a call at 404-237-7307

BOOK CLUB 2017

Meets at 12:00 noon, last Monday of the month
 Trinity Presbyterian Church
 D130—Next to Lifespan Offices
 3003 Howell Mill Rd, NW Atlanta, GA 30327



June 26, 2017 - *Remarkable Creatures* by Tracy Chevalier—Sandy Myers, Reviewer

July 31, 2017 - *The Nest* by Cynthia Sweeney—Mimi Roberts, Reviewer

August 28, 2017- *Cathedral in the Wind* by Boyd Varty —Meg Taylor, Reviewer



AARP Smart Driver™ August 9, 2017

Attend the AARP Smart Driver™ Course to learn about normal age-related physical changes and how to adjust your driving to compensate, as well as how to reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.

This class will be offered at Trinity Presbyterian Church and taught by Stratton Leedy, our AARP Smart Driver instructor. The class is from 9 am to 4 pm and the cost is \$15 for AARP members and \$20 for non-members. To register, call the Lifespan office at 404-237-7307.

LIFESPAN Academy Registration -Summer Session - July 6 through August 10, 2017

Send all registrations & checks to: LIFESPAN 3003 Howell Mill Rd. NW, Atlanta, GA 30327 - 404-237-7307

Name _____ Phone _____ - _____

Address _____ City _____ Zip _____

Email: _____ Congregation _____

First-time participant? Yes No

PLEASE SELECT YOUR CLASSES:

10:00 am to 11:00 am	
History and Author Series	
Travelling Georgia—AAA	
Tai Chi—Tina Rasheed	

11:15 am to 12:15 pm	
Older But Still Getting Wiser Series	
Fun in the Summer Series	
Line Dancing—Rose Haven	

1:30 to 2:30 pm	
iPad and iPhone Class—Peggy Palmiter	
Mahjong	

PAYMENT—Please check all that apply:

CLASSES:		
Full day of classes for all 6 weeks	\$59.00	
Full day of classes AND any 1 or 2 of the activity classes: Line dancing, Tai Chi, or Ageless Grace—TOTAL	\$84.00	
Any ONE CLASS for 6 weeks	\$50.00	
Pay per week—first payment for July 6th	\$10.00	

LUNCH:		
Lunch for all 6 weeks	\$57.00	
Lunch for first class and weekly there after	\$ 9.50	
Teacher Lunch Donation	\$ 9.50	

DONATION		
Donation to Lifespan		
MET Angel Donation	\$50.00	

Total—Please add up all the items checked above.		
TOTAL		



**3003 Howell Mill Rd., NW
Atlanta, GA 30327
(404) 237-7307**

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Congregational Affiliates

Ahavath Achim Synagogue
Cathedral of St. Philip
Cathedral of Christ the King
First Presbyterian Church
Holy Spirit Catholic Church
Northside Dr. Baptist Church
Northside United Methodist Church
Peachtree Presbyterian Church
Peachtree Road United Methodist Church
Second Ponce de Leon Methodist Church
St. Anne's Episcopal Church
St. Dunstan's Episcopal Church
St. James United Methodist Church
St. Luke Lutheran Church
St. Martin in the Fields Episcopal Church
Temple Sinai
Trinity Presbyterian Church
The Temple
Wieuca Road Baptist Church

How to find us.

Website: www.lifespanatlanta.com
Or www.lifespanatlanta.org

Emails: zandra@lifespanatlanta.com
peggy@lifespanatlanta.com
tonja@lifespanatlanta.com

(phone) 404-237-7307

Program Days and Hours

Office Hours: 9:30 AM to 4 PM, M-Thurs
Medical Escort Rides: Tues and Wed
Adult Education: Thursdays