

The Spotlight

January 14, 2016

Winter, 2016

March 10, 2016

From the Director

Give a Little Love!

When I started as your Executive Director in April of 2015 I borrowed from Dr. Seuss and reminded us that there was no limit to the places we could go.

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one(s) who'll decide where to go..." — Dr. Seuss, *Oh, The Places You'll Go!*

Many of you ask me why I do this, or how I do this, or if I sleep. I am going to tell you the answer right now. YOU are the wind beneath my wings. OK, it sounds melodramatic, but the reality is it's all about you. You, the Lifespan family. Without you, there is no Lifespan, there is no family, there is no joywithout you.

As 2015 comes to a close, we are asking each of you to "Give a Little Love to the Bottom Line." You may think the bottom line refers to the bottom line of a financial statement, and it does. But that's not all the bottom line means to Lifespan. Here's how we define the bottom line!

- 90 folks registered for Summer Session and 100 for Fall.
- Our MET volunteers escorting 50 elders on 350 trips to Dr appointments.
- Having 30 people hang around for the afternoon classes.
- 65 people at lunch almost every week during the fall session.
- Full technology classes in winter, spring, summer and fall.
- Older but Still Getting Wiser classes with new content and presenters.
- A vibrant new website to encourage more people to participate in our programs.
- A revitalized spirituality series gradually increasing interest & connections to our congregations.
- An amazing energy we see in the photos, feel each week, & experience every time we are together.
- And yes, going from a negative bottom line to a positive one.

The journey is underway. The ship is righted, the sails are set—and all of you are the wind. Please turn to page 3, fill out the annual appeal form and give a little love to the bottom line. Thank you.

Love, Peggy Palmiter

Look in your email inbox in December and get your Lifespan Charm Bracelet!
And here are some examples of your Lifespan Charms.....



Thank you to our supporters

INDIVIDUAL DONORS THROUGH OCTOBER, 2015

Lida Askew
Bettie Banks
Jim Barnwell
Clare Berry
Caryl Black
Rae Bleier
Gene & Charlesey Brown
Lilia Chopra
Rachel Cohanim
Minnie Cool
Nancy Davis
John DeMicco
Rosaura Dominguez
Helen Faser
John Gamwell
Frank Gleason
Rosemary Glenn
Sydonia Green
Marion Groover
Nathalie Halpern
Betty Hanzlick
Frances Harrold

Leslie Herman
Douglas Ikelman
Margaret Jackson
Sharlene Jacobi
John Jenkins
Alicia Johnson
Pauline Kaplan
Judy Kiely
George. Kirkland
Roslyn Krengel
Tony Lazzaro
Janet Leininger
Bobbie Limardo
Helen Loyless
Katrina Mabon
Dell McCrea
Jeanne Merritt
Minnette Meyer
Sarah Miller
Jane Mitchell
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Jan Riser
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Fred Scheer
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Gary Secor
Doris Shelton
Florence Siflinger
Anne Slaughter
Judith Smith
Judy Squires
Roslyn Stephenson
Fay Tenenbaum
Dorothy Tracy
Nancy Wages
Helen Walker
Jean Williams

In Honor of:

Melinda McCrea:
Dell K. McCrea

Jim & Mary Dalton:
Bill Schotanus

Peggy Palmiter:
Fred Scheer

In Memory of

Jim Barnwell:
Lida Askew
Marie Davis
Bill & Linda Easterlin
Sally Miller

Judy Kiely
Carolyn Gold

In Memory

JIM BARNWELL

Jim Barnwell was 93 when he died. He had four children and eight grandchildren, a family that is now a great support to his wife of 68 years (together for 74). Jim and Ruth met on a double date—but not with each other. James surprised Ruth when he called her several days later to invite her to a fraternity dance. Their courtship continued through the war and his military service. After graduating from Georgia Tech in 1947, he married Ruth on September 10th.

There is another whole story about Jim and Ruth's relationship with Lifespan. They have been part of our Lifespan family for many, many years, and many memories were shared by other members of our family. Here are some of the thoughts shared. See more on our website "In Memory".

*Ruth, your Jim was a fabulous human being!
We miss him very much.
Know he will be missed.
We will miss his wonderful smile.
He was a strong silent man of character.
I found a new "Old Atlanta Native" in Jim with his
devilish Oakdale Road stories.*

JUDY KIELY

Judy Kiely was 87 when she died. She is survived by five children, nine in-laws, ten grandchildren and seven great grandchildren. In addition to this wonderful family, Judy was also an educator and the Director of Religious Education in Catholic Parishes in Massachusetts, Connecticut and the Atlanta area.

She was an advocate for families facing adolescent drug abuse and was the founding member of Unified Parents of America, Inc. and was recognized by Nancy Reagan at the Whitehouse for her achievements.

She was an Amazing Toastmaster, a consummate bridge player and a former president of Lifespan. And to us, she was a member of the family. Judy was a steady, supportive presence at Lifespan, always ready with a word of encouragement or an inquiry about what we needed. There will be a space at Lifespan Academy without her there and we will all feel the sadness when we start to turn around and ask "Where is Judy today?"

Please take a moment and go to our 'In Memory' page on the website and add your memories of Judy.

LIFESPAN ANNUAL APPEAL

Give a Little Love to the Bottom Line



We have come a long way in 2015, but we aren't there yet.

*The ship has been righted
and
the sails are set.*

But you all are the wind.

*Please give whatever love you can
or*

*Pass this on to someone who loves you
and
have them give a little love
In your honor.*

The Lifespan family thanks you.



Give a Little Love to the Bottom Line Lifespan Annual Appeal - 2015

Name _____

Address _____

Phone: _____ Email: _____

\$25 _____ \$50 _____ \$100 _____ \$200 _____ \$300 _____ Other _____

I make this donation in honor of: _____

I make this donation in memory of: _____

Make check out to Lifespan Resources and send to 3003 Howell Mill Rd., NW, Atlanta, GA 30327

Jan. 14 through March 10, 2015
(NO CLASSES ON JAN 21st)
Peachtree Road United Methodist Church
3180 Peachtree Rd NW, Atlanta, GA 30305



MORNING GLORY
10:00 to 12:15 pm

10:00 to 11:00 AM

Current Economics in Everyday Life - Ferd Levy

Dr. Ferd Levy returns to lead a lively discussion on economic problems and solutions, as well as other topics that impact our bottom line.

I Remember – Rosemary Glenn and Jerry Sawyer

The always popular I Remember Class returns. Bring your memories and experiences, paper and pen to write the stories you want your children and grandchildren to know about and enjoy. We spend class time sharing what we write. Rosemary and Jerry will show you how to bring your stories to life.

Tales from Southern Humorists – Camilla Cruikshank

Listen, Laugh and Learn - Listen to stories by some of the South's funniest writers. We will hear about literary icon, Flannery O'Connor and her beloved peacocks, and journalist Molly Ivin's outrageous stories about carousing with members of the Texas State Legislature. **Laugh** out loud at the bad boys of journalism such as Dave Barry, Lewis Grizzard, Roy Blount, and Rick Bragg. They never grew up and always loved writing about their "wild" days. **Learn** how these masters of storytelling use wit and descriptive language to shock, inform, and entertain the reader. They all have strong opinions on everything from making cornbread to surviving their teenage years in the South.

Spirituality Series

This series is appreciated and enjoyed by all our participants. It is wonderful to hear from different faith leaders from so many traditions. This session will again host several faith leaders from different traditions within the Lifespan family. We will have some of our favorites returning, as well as some new faces. Here is the list so far—and check the website for updates prior to the beginning of the session.

Rev. Simpkins from Lutheran Church of the Redeemer, Dr. King from Holy Spirit Catholic Church and Rabbi Rosenthal from the Ahavath Achim Synagogue will be returning. Among the new guests will be Rev. Graham from St. Martins in the Fields who will tell us about his Circus Ministry experiences. We hope to welcome other traditions as well. It will be an inspirational and enjoyable spiritual journey.

Tai Chi

Tai Chi, an ancient mind-body practice, is brought to us by Dawud Rasheed. Join us for gentle stretching and strengthening exercises that will help improve balance and energy flow. There is a fee of \$25 with registration, or \$50 for Tai Chi only.

11:15 AM to 12:15 PM

It Seemed Like a Good Idea at the Time – Richard Botters

A look at some of history's worst decisions, the decision makers and the consequences.

Great Decisions – Ray Nixon and Dusty Miller

Join Ray and Dusty as they lead a discussion of Great Decisions 2016, published by the Foreign Policy Association. Topics will include The Middle East, The Rise of Isis, and Migration – to name just a few.

The book is \$22. **PLEASE LET US KNOW ON THE REGISTRATION FORM IF YOU ARE PURCHASING THE BOOK SO WE HAVE THE CORRECT NUMBER AVAILABLE.**

Art History: Early Renaissance in Italy – Marilyn Morton

We will examine 15th century art in Italy and its stylistic development influenced by 1.) the spread of Humanism with its emphasis on knowledge and individual achievement, and concurrently, 2) the constantly shifting power relations among the numerous city-states and their powerful rulers, who were also art patrons, princes, popes, *condottieri*, and despots. Some of the most treasured works of western art are products of this century that witnessed an unprecedented abundance of talented artists coupled with an unusual amount of high-level patronage. Ultimately, the resulting works forever changed the direction of art.

iPad and iPhone Class – Peggy Palmiter

Bring your iPad or your iPhone or both to this class and learn everything you need to make it do what you want to do! Some of the topics include: - get that apple id and remember it or how to find it -what are multi touch gestures -closing apps for sure -you can find those smiley faces -learn some email tricks and even more! We start wherever you are. You will have fun – guaranteed.

Line Dancing

Join the fun as Rose Haven leads low risk, low impact line dancing to get both your mind and body active. There is a fee of \$25 with registration, or \$50 for Line Dancing only.



**Afternoon
Delight
1:30 to 3:00 pm**



Bridge for Fun

Enjoy playing bridge? Bring three friends or be a fourth! Come on in and join.

Bridge free with full Session Registration of \$59.

Mahjong

Want to play Mahjong? Want to learn Mahjong? Come on in one afternoon and see what it's about.

Mahjong free with full Session Registration of \$59.



Calling all Fancy Workers



Attention all knitters, would-be knitters, and other handwork enthusiasts! Join us for a post-lunch session of handwork and sociability. If you don't know how to knit, instructors will be available. Bring your own materials. If you have none, we will have a limited amount of yarn, needles, patterns, etc. for beginners.

Knitting workshop is free with full Session Registration of \$59.

Art Studio – Norma Pitzer and Mimi Roberts

The art students wanted to continue so we decided to offer an afternoon art studio this session. Bring your favorite medium (no oil paint please) and we will continue to increase your skills to manage your media!

This session is free with full registration or \$50 for this session only.



OLDER BUT STILL GETTING WISER

Our Older but Still Getting Wiser Series is all about living life your way! You may not have a choice about growing older, but this series proves you have a choice about *how* you do it. We are working on all of the details for our Winter Series. Here is a sample of what will be included.

- The Hospice Atlanta Speakers Bureau will help you *Get Your Laugh On!*
- AG Rhodes music and horticulture therapists will talk about the power of music and horticulture in rehabilitation.
- “Make Plans to Stay Home” offered by the National Aging in Place Council.
- The Elephant in the Room: Discussion and approaches to have with your children to ensure your wishes are honored, Jill Powell, LMSW, Kaden Home Care.

- What is *Normal Aging*? Lois Ricci, .
- Master the Practice of Staying in the Moment.
- Learn more about the Beltline.

It will be awesome! Sign up for this series as part of your full day registration of \$59. Or sign up for this series only for \$50 for the afternoon.

Tuesdays



**ANDROID FOR HUMANS
1:30 to 3:00 pm**

**Peachtree Road United
Methodist Church**

Join us for our Android Class. Bring your phone or tablet to our Android for Humans class. Learn to tame your android device so it does what you want rather than having a mind of its own. Make friends with Google, learn about apps, apps and more apps, and make use of those great cameras.

This class is offered in partnership with Peachtree Road United Methodist Church at 3180 Peachtree Rd., NW, Atlanta, GA 30305, on TUESDAYS from 1:30 to 3:00. The class runs for 6 weeks from **February 2nd through March 8th**.

Fill out the form below and send it to Lifespan Resources, 3003 Howell Mill Rd., NW, Atlanta, GA 30327 with your check for \$50. Or call the office at 404-237-7307. We look forward to seeing you there.

Name _____ Phone _____ - _____

Address _____ City _____ Zip _____

Email: _____ Congregation _____

First-time participant? ☐ Yes ☐ No

_____ Registering for Android for Humans—the cost for the 6 week session is \$50

Send with your check of \$50 to Lifespan Resources, 3003 Howell Mill Rd., NW, Atlanta, Ga 30327

LIFESPAN Academy Registration -Winter Session - January 14th through March 10th, 2016 (no class Jan 21st)
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

	Yes	Cost
Are you registering for the full day session?		
Yes for all 8 sessions		59
I prefer to pay the weekly rate at \$10 per week		10

Morning Glory: Classes 10:00 - 11:00 AM - Select ONE

Current Economics - Ferd Levy	
I Remember - Rosemary Glenn and Jerry Sawyer	
Southern Humorists - Camilla Cruikshank	
Spirituality Series - Speakers from a variety of Faith Traditions	
Tai Chi - Dawud Rasheed -	

Are you registering for Tai Chi?		
Yes with Full Day Registration		25
I prefer to register only for Tai Chi		50

Classes 11:15 AM - 12:15 PM - Select ONE

Art History - Marilyn Morton			
It seemed like a Good Idea at the Time - Richard Botters			
Great Decisions - Dusty Miller & Ray Nixon			
I WANT THE BOOK! HERE IS MY \$22.			22
iPad and iPhone - Peggy Palmiter			
Line Dancing - Rose Haven			

Are you registering for Line Dancing?		
Yes with Full Day Registration		25
I prefer to register only for Line Dancing		50

LUNCHES

Are you paying for your lunches in advance?			1 = 9.50
Yes with Full Day Registration		76	2 = 19.00
I prefer to pay weekly for my lunches - Paying for January 14 th lunch Please remember to make your reservation by the prior Monday at 4 pm		9.50	3 = 28.50 4 = 38.00 5 = 47.50
Are you paying for lunch for a teacher?			6 = 57.00
Yes - and Thank You		9.50	7 = 66.50

Afternoon Delight: 1:30 to 3:00 pm

I am ONLY attending the afternoon session		50
Bridge For Fun		
Mahjong		
Calling all Fancy Workers and Knitters		
Art Studio - Mimi Roberts and Norma Pitzer		
Older but Still Getting Wiser		

Do You wish to give a little love to the bottom line? - THANK YOU		
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Add up all of the costs checked - TOTAL		
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**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 Baptist 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
info@lifespanatlanta.com

(phone) 404-237-7307 (fax) 404-237-6080

Program Days and Hours

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