

The Spotlight

April 14, 2016

Spring, 2016

June 2, 2016

From the Director

Sail Away With Lifespan

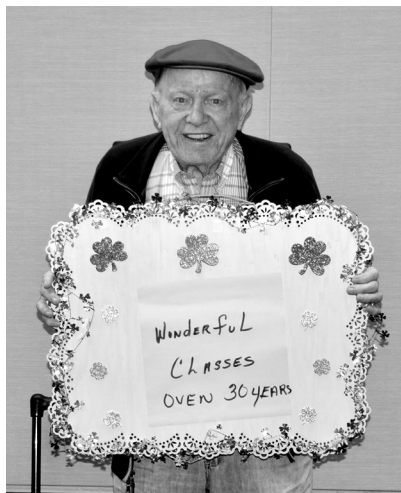
We told you during the annual appeal that the ship is righted and the sails are set—and you all are the wind. Well you truly were the wind and your contributions got our Lifespan ship on course. Because of all of you we are now set for some really good sailing.

OK, you may be tired of the analogy, but I am reminded of a song I loved during the 80s. Christopher Cross sang a song called “Sailing.” You can find it on YouTube for those of you who are two *young* to remember it. It was always lyrical to me and made me feel I could do anything and go anywhere.

That’s how I feel about Lifespan today. We are adding more and more wonderful content to our Lifespan Academy and we are working hard to expand our Medical Escort Transportation program. So who knows what other exciting adventures are before us?

And most importantly, we are enjoying each other and caring for each other. We have lost several of our Lifespan friends and family over the last several weeks. This has taught us all just how short life can be, and how important it is to squeeze every ounce of joy out of every moment we have. Like the blessing says, “life is short, and we do not have much time to gladden the hearts of those who make the journey with us. So...be swift to love, and make haste to be kind. And the blessing of God, who made us, who loves us, and who travels with us, be with you now and forever.”

With that thought in mind, I wanted to share a few of the photos from our Winter Session. These folks were finishing this sentence. “I may not be Irish (or I may), but I am lucky to be part of Lifespan because...” See more on our Facebook page and our website.—Love you all, Peggy Palmiter



THANK YOU

To all of you who gave a little love in 2015

Tom & Anita Adams
Lee Allen
Lu Allgood
Lida Askew
Rosalind Aussenberg
Bettie Banks
Jim Barnwell
Clare Berry
Caryl Black
Rae Bleier
Gene & Charlesey Brown
Lilia Chopra
Rachel Cohanin
Minnie Cool
Beth Cooper
Cele Covatta
Marie Davis
Nancy Davis
John DeMicco
Rosaura Dominguez
Bill and Linda Easterlin
Mary Ellen
Helen Faser

In Honor Of:
Melinda McCrea:
Dell K. McCrea
Jim & Mary Dalton:
Bill Schotanus
Peggy Palmiter:
Fred Scheer

John Gamwell
Judy Glauner
Frank Gleason
Rosemary Glenn
Carolyn Gold
Bernie Goldstein
Sydonia Green
Marion Groover
Bruce Hall
Nathalie Halpern
Betty Hanzlick
Frances Harrold
Leslie Herman
Douglas Ikelman
Margaret Jackson
Sharlene Jacobi
John Jenkins
Alicia Johnson
Donnell Johnson
Wilma Johnson
Pauline Kaplan
Judy Kiely
George Kirkland

Sr. Kathleen Purser
Lu Allgood
Helen Walker:
Jane Mojica
Paul Richter's 80th Birthday
Bobbie Limbardo

Roslyn Krengel
Tony Lazzaro
Janet Leiningner
Bobbie Limardo
Jim Link
Helen Loyless
Katrina Mabon
Dell McCrea
Faye McKay-Clegg
Jeanne Merritt
Minnette Meyer
Sarah Miller
Jane Mitchell
Jane Mojica
Frieda Neulinger
Lynne Paley
Peggy Palmiter
Jackie Pirkle
Norma Pitzer
Lucia Pulgram
Helen Ribak
Paul Richter

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

Jan Riser
Larry Rubin
Renee Rux
Patricia Sailors
Thu Nguyen Saunders
Jerry Sawyer
Fred Scheer
Bill Schotanus
Doris Shelton
Florence Siflinger
Anne Slaughter
Judith Smith
Judy Squires
Roslyn Stephenson
Nina Tally
Fay Tenenbaum
Diana Tollerson
Dorothy Tracy
Dolores Tugwell
Nancy Wages
Helen Walker
Jean Williams

Judy Kiely
Carolyn Gold
Betty Hanzlick
Mary Ellen Howley
Northside Woman's Club
Logan Nelson
Donnell Johnson

And to our affiliates - thank you for 2015 and on into 2016



BRANNON + BLACK, LLC
Elder Law • Estate Planning • Special Needs Planning



Dekalb Senior
Provider Network



PERSONAL CARE

And you've already started 2016!

Madeline & Howell Adams, Jr.
Lida Askew
Carol Jane Boyd
Mildred Cherry
Rosaura Dominguez
John Gamwell
Sydonia Green
Nathalie Halpern
Leslie Herman
Linda Hill
Margaret Jackson
Alicia Johnson
George Kirkland
Roslyn Krengel

Janet Leininger
Bobbie Limardo
Katrina Mabon
Minnette Meyer
Sarah Miller
Harriette Nelson
Helen Ribak
Mimi Roberts
Hennie Rodts

Thu Nguyen Saunders
Judith Smith
Beth Stedman
Anne Walton
Northside Woman's Club

IN HONOR OF:
Carolyn Gold
Harriet Nelson

IN MEMORY OF:
Judy Kiely
Harriet Nelson
Loyce Sandifer
Linda Hill
Rosie Clark
George Kirkland

BOOK CLUB 2016

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



3/21 Spool of Blue Thread—Anne Tyler
Reviewer: Mimi Roberts

4/25 - The Storied Life of A.J. Fikry by Gabrielle Zevin
Reviewer: Cele Covatta

5/23 - My Year in Harper by Malcolm L. Wilkinson
Reviewer: Malcolm L. Wilkinson

See More books on the website!

AARP Smart Driver™ May 18, 2016

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 new 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.

Medical Escort Transportation It's more than a ride—it's a relationship!

**WATCH FOR OUR MET VIDEOS COMING SOON TO OUR FACEBOOK PAGE AND WEBSITE.
YOU WILL LEARN FIRST HAND THE TRANSFORMATIVE POWER OF MET FOR THE RIDER
AND THE DRIVER. MET IS REALLY ABOUT A RELATIONSHIP!**

Great Things in Spring

Spring Session of Lifespan Academy
Teaching and Learning Together
April 14, through June 2, 2016

Peachtree Presbyterian Church
3434 Roswell Road, NW
Atlanta, GA 30305

10:00 to 11:00 am

Current Economics

Dr. Ferd Levy returns with his class on Current Economics. Class discussions revolve around daily economic issues mentioned in the Wall Street Journal, the New York Times, the New Yorker and other applicable publications.

Listen to a Life

Cele Covatta, our interviewer extraordinaire and Secretary of the Board of Directors, will once again interview more of our Lifespan family members. It's amazing what you will learn about the people you know and love.

Spring into Gardening



We have a wonderful series with Mitch Ford, a gardener for over 25 years. Mitch has his own business where he uses his knowledge of Georgia's plants and climate to help his clients in have their dream garden, including design, ponds and stone work. Suggestions for topics are welcome. Come ask the "plant whisperer."

Spirituality Series

We will welcome speakers from the Islamic Speakers Bureau and the Shambhala Center. We are looking forward to this interfaith approach to our spirituality series this session.

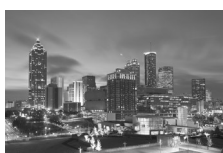
Tai Chi

Tai Chi helps improve balance because it targets all the physical components needed to stay upright. Gayle Christian is our new Tai Chi instructor. Gayle is a certified instructor in Tai Chi for arthritis and fall prevention. We welcome her to Lifespan. There is a fee of \$25 with registration, or \$50 for Tai Chi only.

11:15 to 12:15 pm

Ageless Grace:

Continue with the wonderful program provided by Lori Trachtenberg. Join Lori for movement with meaning to find comfort and ease in your body. Aerobics, strength training, flexibility, & balance all while *Movin' & Groovin'* to the hits of the 40's, 50's, and 60's through today. Perfect for all ages and fitness abilities, standing or seated. There is a fee of \$25 with registration, or \$50 for Ageless Grace only.



Amazing Atlanta:

We have a number of folks coming to talk about all of the interesting things going on in our city. Craig Dominey from the Georgia Film Office will tell us about all of the filming going on all around the city and the state. The folks from the Fox Theater Foundation are bringing their Fox in a Box, a photographic display of the history of the Fox Theater. Then we will hear about the great work of the Carter Center from one of their speakers. And there is more coming after that!

Digital Photography

Peggy Palmiter will offer a class on how to take great photos, edit your photos, save your photos, send your photos and print your photos. We will spend time on basic photography skills using digital equipment and then help you figure out how to manage all those photos once you take them.

Art History—High Renaissance in Italy

Marilyn Morton will continue the journey through the Renaissance in Italy. We will be discussing how all the innovations of the 15th century start to flower into a mature style that will spread all over Europe.

I Remember

It's Your Life! 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 Glenn and Jerry Sawyer will show you how to bring your stories to life.

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.



The fee for any of the three activity sessions (Tai Chi, Ageless Grace and Line Dancing) is \$25 for any one or two in addition to the full registration of \$59
OR \$50 for any one class without registration.



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.



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.

This is the theme of our Older but Still Getting Wiser series and it is getting rave reviews!! Our line up for the Spring Session is no exception.

April 14th: Title: When did Noah build the Ark? Before the Rain

You love your home and all of your things. Your dining room table belonged to your grandparents and you curated your art collection over years of international travel. Don't let your treasures stress you out. In this interactive session, learn ways to prepare to transition from your current home to a smaller, safer residence. Bret Rachlin and Jacki Jones, Caring Transitions - caringtransitionsnorthmetroatl.com.

April 21st: Investing and finance

Charlie Rea, Lifespan Resources Board Member and Finance Committee Chair, and Financial Advisor with Edward Jones Investments, will host a brief presentation on the current markets and be available to answer your questions about investment products and strategies that are particularly important to retirees living on a fixed income and those planning their estate or inheritance.

April 28th: Levels of Care

Ever wonder what all of those "levels of care" really mean to you. Join Jeannie Christian from Senior Provisions as she explains all and helps you navigate your choices.

May 5th: Hospice Care and why you should care

Anne Serrie, the Volunteer Coordinator from Hospice Atlanta will come and tell us about Hospice, what it is really about, and how it provides us all with the ability to choose our end of life quality of life. And we will even have a good time.

May 12th: "Everything you always wanted to know about wills, trusts, and estates" (*But were afraid to ask). Let Brian Becker, Treasurer of Lifespan's Board of Directors, Attorney and Certified Financial Planner (CFP®), give you the highlights about how to manage your money, your estate and all of the other things that matter most to you.

May 19th We will have a program on family mediation. More to come.

May 26th - What's in a photograph? Where are your memories? In your pictures! And where exactly are your pictures? Hummmm. Peggy Palmiter will lead a panel discussion about the power of the photograph, why photos elicit memories and how to make sure yours are preserved.

June 2nd The DeKalb Senior Provider Network will help us with an exhibit event—starting during lunch and then continuing through the afternoon. Learn about Senior Living Communities, Senior Centers, and Home Care service agencies in our area...and pick up a few goodies as well.

More coming on our website—lifespanatlanta.org. Or call us at 404-237-7307.



50% off—LUNCH AND A PROGRAM!

Join us for lunch and stay for our Older But Still Getting Wiser (OBSGW) Program from 1:30 to 3:00. The price is normally \$20, but we are have a super, duper offer of 50% off—Lunch & OBSGW for \$10.



LIFESPAN Academy Registration -Spring Session - April 14th through June 2nd 2016

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

CLASS SELECTION**Morning Glory: Classes 10:00 - 11:00 AM - Select ONE** Check

Current Economics - Ferd Levy	
Listen to a Life: Legacy Interviews - Cele Covatta	
Spring Into Gardening - Mitch Ford	
Spirituality Series	
Tai Chi - Gayle Christian	

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

Amazing Atlanta Series	
Art History - Marilyn Morton	
I Remember - Jerry Sawyer and Rosemary Glenn	
Digital Photography - Peggy Palmiter	
Line Dancing - Rose Haven	
Ageless Grace - Lori Trachtenberg	

Are you registering for Tai Chi, Ageless Grace or Line Dancing or any two?	YES	
Yes with Full Day Registration		25
I will register for only one of those classes without the full day registration.		50

Afternoon Delight: 1:30 to 3:00 - Select one

Older But Still Getting Wiser	
Mahjong	
Bridge	
Fancy Workers	

LUNCHES

Are you paying for your lunches in advance?	YES	
Yes with Full Day Registration - all 8 lunches		76
I prefer to pay weekly for my lunches - Paying for April 14th lunch Please remember to make your reservation by the prior Monday at 4 pm		9.50
Are you paying for lunch for a teacher?		
Yes - and Thank You		9.50

FINAL TOTAL

Do You wish to give a little love to the bottom line? - THANK YOU		
DONATION TO LIFESPAN		
Add up all of the costs - TOTAL		



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

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Atlanta, GA
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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

* A Special Thank you to our congregations who support us financially or with in-kind support.

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 4:00 PM, Monday through Thursday

Medical Escort Rides: Tuesdays and Wednesdays

Adult Education: Thursdays