

The Spotlight

September 15, 2016

Fall, 2016

November 3, 2016

MET Pilot Project Begins NOW!!

The Medical Escort Transportation Pilot Project begins NOW. The impact this program will have on Lifespan goes far beyond just MET. This is a significant moment in the future of Lifespan Resources. Let me tell you ALL about it!!

You know we have been working to recruit drivers for our MET Program—for two equally important reasons.

- ⇒ First, we continue to receive requests for services (we have 19 new applications right now)
- ⇒ Second, everyone in the community has consistently identified *transportation* as one of the most significant needs of older adults in the Atlanta area.

You may also know that we have been working hard to secure grant funding for our program. While those efforts did not result in increased funding, they did result in increased clarity. That clarity is the impetus behind the MET Angel Fund Raising Campaign and the MET Pilot Project.

You might be asking, if the community sees transportation as one of the most important needs of older adults in Atlanta, why were we not successful in securing additional funding. There are two important reasons.

- ⇒ First, we are a small nonprofit who has been serving a small group of elders and we have no track record with applying for and securing grants.
- ⇒ Second, we think our program is a unique volunteer, escorted, transportation program. We believe the key to our ability to grow this program is a focused, targeted volunteer recruitment effort. Funders are waiting for us to demonstrate that our model can be effective.

So, staff proposed the MET Pilot Project and the Board of Directors agreed to move forward!

You can see the full PowerPoint of the presentation on our website under MET if you would like the details. The bottom line is that we will be adding an additional part time staff member and Zandra, who all of you know, will be assuming the responsibilities for Volunteer Coordination. This effort will allow us to grow our MET program by recruiting more drivers, which allows us to serve more riders, which in turn expands our service areas, rides and days we drive. **It is a vision we believe in and we are now taking the leap to test it.**

Lifespan is way too small to think about one element of our work in isolation of the other. Things will be changing in the next few weeks. We will have a new face joining us, as our Program Coordinator and Zandra, the Volunteer Coordinator, will be out in the community recruiting, building and working for Lifespan. But know that all of these efforts are about the totality of Lifespan Resources. Zandra will be talking about all of Lifespan when she is out in the community. And our new Program Coordinator will be working with the MET riders as well as working on Lifespan Academy.

SO BE A PART OF THIS EXCITING VENTURE. Take a look at page 3 think about scheduling an MET Neighborhood meeting or making a donation to become an MET Angel. You will be helping to grow **ALL** of Lifespan. The Only Constant is Change..... Please help us take the next steps in Lifespan's future.

*Fondly,
Peggy*

Donations Through July, 2016

Thank you to our Individual donors!

Madeline & Howell Adams, Jr.	John Gamwell	George Kirkland	Hennie Rodts
Lida Askew	Frank Gleason	Roslyn Krengel	Martha Rogers
Ed Beard	Rosemary Glenn	Tony Lazzaro	Renee Rux
Clare Berry	Danielle Grabol	Janet Leininger	Patricia Sailors
Caryl Black	Sydonia Green	Bobbie Limardo	Thu Nguyen Saunders
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Lilia Chopra	Frances Harrold	Minnette Meyer	Bill Schotanus
Gayle Christian	Leslie Herman	Sarah Miller	Gary Secor
James Clegg	Linda Hill	Jane Mitchell	Vera Sepe
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Marie Davis	John Jenkins	M.T. Patchel	Rosslyn Stephenson
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Rosaura Dominguez	Alicia Johnson	Helen Ribak	
Iris Eichler	Pauline Kaplan	Paul and Stella Richter	
Wyn Engle	Jane Kilgore	Mimi Roberts	

Thank you to our Congregational and Affiliate Partners

Financial Contributions:

Peachtree Road United Methodist Church
 Northside United Methodist Church
 St. Anne's Episcopal Church
 St. Anne's Terrace
 St Martins in the Fields Episcopal Church
 Northside Womens Club
 Community Foundation—Yellowlees Foundation
 Trinity Presbyterian Church
 The Cathedral of Saint Philip

In-Kind Contributions

Peachtree Road United Methodist Church
 Peachtree Presbyterian Church
 Second Ponce Baptist Church
 Trinity Presbyterian Church
 Cathedral of Saint Philip
 DeKalb Senior Provider Network
 Renaissance at Peachtree
 Belmont Village Buckhead

Thank you MET Angels

Contributions

Ed Beard
 Carly Black
 Gayle Christian
 Frances Harrold
 Donnell Johnson
 Ursula Johnson
 Jane Kilgore
 Paul Richter
 Renee Rux
 Pat Sailors
 Jerry Sawyer

MET Drivers and Coordinators

Stuart Arey
 Olivia Armsby
 Judy Blauner
 Barbara Bour
 Nancy Bour
 Patty Brooker
 Kendle Campbell
 Marlette Carlson
 Beth Cooper
 Mike Cifelli
 Bill Easterlin

Tim Exley
 Lynne Fuqua
 Judy Glauner
 Linda Hill
 Rob Howe
 Betty Jeter
 Joan Keller
 Camille Lefkowitz
 Jim Link
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John McIntosh
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 Laurie Sedicino
 Helen Sherman
 Ann Spann
 Diana Tollerson
 Amy TROPfenbaum
 Sandra W. Valentine
 Lesley Wheeler



Be an MET Angel!

Our Medical Escort Transportation (MET) Program
Needs MORE Angels!

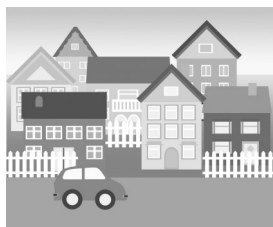
We have talked about our MET program in many of our newsletters. On our website you can learn all about the program and hear from both our volunteers and our drivers. We launched our MET Angel campaign this summer because we need more MET Angels. So how do you become an MET Angel? Here's how.

- Become a volunteer driver!!!!
- Refer a friend who becomes a volunteer driver!!!
- Donate \$50 to the MET program

You can see the list of MET Angels on our donation page.

Now we are taking things to a new level with our MET Pilot Project

BUILD AN MET NEIGHBORHOOD



Along with the belief that volunteer recruitment is key to the success of our MET program, we also believe that volunteers are more likely to help the folks closest to them. With that in mind, we are starting to create MET Neighborhoods. If you belong to various groups in your community who would like to form a Medical Escort Transportation Neighborhood—give us a call. How do you create an MET Neighborhood?

1. Have Zandra come and talk to a group in your community about our MET program.
2. Help us recruit volunteer drivers (or become one yourself) all around your neighborhood—talk it up.
3. Once we have screened drivers, help us get the word out that now we can take applications from riders.

VOILA! An MET Neighborhood is born!

If you want to help create the Atlanta you wish to grow old in and you know a group that would be interested in starting an MET neighborhood—call us at 404-237-7307!! We will be happy to come out and talk with your group and together we can determine how to build an MET neighborhood in your area. Or complete the form below, mail it in to us, and we will contact you.

Please come and speak to my group about MET

My Name _____ My Phone Number _____

My Email Address _____

The Group You Wish us to Speak To _____

Send this form to Lifespan Resources, 3003 Howell Mill Rd., NW, Atlanta, GA 30327 or call 404-237-7307. Or Connect with us by email at Zandra@lifespanatlanta.com

Sep. 15 through Nov. 3, 2016
Second Ponce de Leon Baptist Church
2715 Peachtree Road, Atlanta, GA 30305



MORNING GLORY
10:00 to 12:15 pm

10:00 AM 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.

Older But Still Getting Wiser

We are trying something new with our OBSGW series this session. Rather than having it in the afternoon, we decided to make it part of our morning series of classes. We have a great line up of speakers planned, starting off with Charles Josey who will be talking about "Capturing Your Story." We will learn about brain food, get a visit from our downsizing folks and maybe have some get to hear some more Southern Humorists. We promise to keep you interested and entertained. Look on the website for details on the speakers.

Spirituality Series- Women in the Bible

There are some truly amazing women in the Bible. This group of speakers, from a variety of faith traditions, will give us some insights into the women in the Bible. You may be surprised at what you will learn.

Art Studio—Norma Pitzer and Mimi Roberts—Part One

Here is your chance to really dig into your artistic talents with Norma and Mimi. They thought all of you artists might appreciate a little more time to really get going on your various projects. So they decided to offer their Art Studio session for both the 10 and the 11:15 class times. You can come for one, or just stay for the morning.

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 trained under Dr. Paul Lam, is a premier instructor and is certified in Tai Chi for arthritis and fall prevention. There is a fee of \$25 with registration, or \$50 for Tai Chi only.

11:15 AM to 12:15 PM

More Treasures from the Smithsonian – Richard Botters

Richard Botters, a Lifespan favorite, will be joining us again this session. Come join us as we continue the Smithsonian tour through American history that we began several years ago at Lifespan. Our country's story through the Smithsonian's collection of iconic and symbolic American Artifacts.

Town Hall Meeting – Dusty Miller and Ray Nixon

Ray and Dusty will lead a discussion of current events, using a town hall format. These two are Lifespan favorites and we are sure to have a lively discussion, particularly considering this most interesting election season.

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.

11:15 to 12:15 Con't**Art Studio—Norma Pitzer and Mimi Roberts—Part Two**

Here is your chance to really dig into your artistic talents with Norma and Mimi. They thought all of you artists might appreciate a little more time to really get going on your various projects. So they decided to offer their Art Studio session for both the 10 and the 11:15 class times. You can come for one, or just stay for the morning.

Ageless Grace—Lori Trachtenberg

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 perfect for all ages and fitness abilities, standing or seated. There is a fee of \$25 with registration, or \$50 for Ageless Grace only.

Line Dancing—Rose Haven

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

1:30 to 2:30 PM AFTERNOON DELIGHT!!!**Talking Pictures—Alexa Foreman**

Alexa is joining us again and will take us on another cinematic journey through history!! Wait until you see what she has in store for us this time. And if you want to make some suggestions, just call us and let us know what you think would be interesting.

Technology Learning Center—All Things Apple—Peggy Palmiter

This session we will be talking about all things Apple, or all thing "i." That includes the iPad, the iPhone, the iPad mini, the iPad Air—all mobile Apple devices. We will discuss all the tips and tricks for your device, as well as how to sync and organize your information.

**Mahjong**

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

Mahjong free with Fall Session Registration or \$50 for Mahjong Only!

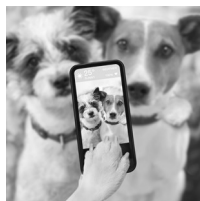
**Other Things to Remember!****Blood Pressure Checks and Flu Shots:**

We will have blood pressure checks and flu shots provided by Trimark. A specific date for flu shots will be announced during the session.

Magazine/Book Exchange:

Bring magazines or books for others to enjoy. Help yourself to what others have brought and return the book when you have finished.

PHOTO DAY



October 20th is going to be Photo Day at Lifespan this Fall Session. We try to have photos from each session of the academy so we can share with others the fun we have together. Make sure you think about your hats, your outfits, and your poses for our fall photo day. We will have the photo booth, posed photos and selfies, all day long.

HAPPY HALLOWEEN

We will have our Halloween celebration at lunch on Thursday, October 27th. Start thinking about your costume for the contest, your table decorations and what games you would like to play. We will have some new entertainment for the day as well. You may not want to bob for apples, but we promise to have some activities that will be fun for all.



FALL GATHERING



Our traditional fall gathering will be held on Thursday, November 10th, details to follow on the place, location and time. This is the next Thursday following the completion of our Fall Session of Lifespan Academy.

We will come together to celebrate the holidays, enjoy turkey and fixings and have a little fun entertainment. We may even be able to add a little holiday shopping fair into the mix. Please put it on your calendars.

AARP Smart Driver™

August 31, 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.

BOOK CLUB 2016

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

9/26 Lamb: The Gospel According to Biff, Christ's Childhood Pal by Christopher Moore—Reviewer: Meg Taylor

10/31 The Hundred Year Old Man Who Climbed Out of a Window and Disappeared by Jonas Jonasson—Reviewer: Mimi Roberts

11/28 Neverhome by Laird Hunt—Reviewer: Renee Rux



LIFESPAN Academy Registration -Fall Session - Sept 15th thru November 3rd, 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

PLEASE SELECT YOUR CLASSES:

10:00 am to 11:00 am	
Current Economics—Ferd Levy	
Older But Still Getting Wiser Series	
Spirituality Series—Women in the Bible	
Art Studio—Session I—Norma Pitzer and Mimi Roberts	
Tai Chi—Gayle Christian	

11:15 am to 12:15 pm	
Items in the Smithsonian—Richard Botters	
Town Hall Meeting—Ray Nixon and Dusty Miller	
I Remember—Rosemary Glenn and Jerry Sawyer	
Art Studio—Session II—Norma Pitzer and Mimi Roberts	
Line Dancing—Rose Haven	
Ageless Grace—Lori Trachtenberg	

1:30 to 2:30 pm	
Talking Pictures—Alexa Foreman	
Technology Learning Center—Peggy Palmiter	
Mahjong	

PAYMENT—Please check all that apply:

CLASSES:		
Full day of classes for all 8 weeks	\$59.00	
Full day of classes AND any 1 or 2 of the activity classes: Line dancing, Tai Chi, or Ageless Grace	\$84.00	
Any ONE CLASS for 8 weeks	\$50.00	
Pay per week—first payment for Sept 15th	\$10.00	

LUNCH:		
Lunch for all 8 weeks	\$76.00	
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 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