

The Spotlight

April 13, 2017

Spring, 2017

June 1, 2017

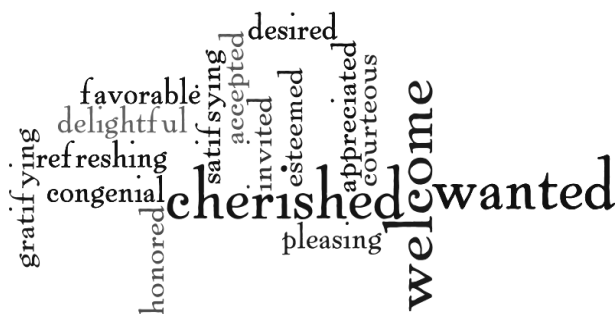
The Spirit of Welcoming

Winter 2017 was a time of challenge and opportunity. While we enjoyed time together, took trips and visited family around the country, we also spent time holding up members who were ill and standing with the families of members who left us. I have watched over the last few weeks and I have seen the connections within the Lifespan Community strengthen. We had standing room only last Thursday at our Lifespan Leprechaun Luncheon, and all the members of our family were engaged in celebrating our community. It was a heart warming sight.

The Winter newsletter talked about our new mission statement—Building Communities That Welcome Us As We Age. In thinking about all the things that happened this quarter, it brought me to thinking about welcoming. One definition of welcoming is “made to feel at home.” I believe that is what Lifespan is about—a community that makes each of us feel at home. But sometimes, when we are having such a good time being together and celebrating our community, we can forget the folks who are sitting just outside that celebration. There is a natural reaction to hold on to what is dearest to us. To relish it, celebrate it and stay close to it. Sometimes we end up doing that at the expense of opening our arms to new people, new experiences, new ideas, and most importantly, new potential family members. And everyone we care about *now* was a new family member once.

Can any of you remember walking into a room full of people you don’t know and you get that sinking feeling in the pit of your stomach? Obviously I’m not talking to our super extraverts here, but some of us can remember the feeling when we walked into that room. Where will I sit? Who do I know? Who will welcome me? Whether this happened to you last week, last year or when you were in the 3rd grade, you remember how it felt.

For me, the spirit of welcoming at Lifespan is the goal of making sure that no one ever has to feel those feelings when they walk into one of our gatherings. Every time someone comes to Lifespan, either for the first time or after an absence, we want them to feel surrounded by a spirit of welcoming. We have been working hard to bring more people to our Lifespan community and this spirit will be critical to our success.



So this is a challenge to all of us. How can we make Lifespan more welcoming? Do we have a “new member” place card at our table? Do we walk up to new people and introduce ourselves? Let’s put on the spirit of welcoming during our spring session. You never know the wonderful people we might meet and the interesting things we might learn.

Thanks, Peggy

Thank you to all our 2016 Donors!

You gave us a record year!

Madeline & Howell Adams, Jr.
Lu Allgood
Lorraine Andrews
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Charles & Nancy Bedford
Anne Beebe
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Norma Pike
Jackie Pirkle
Frances Pughsley
Charles Rea
Helen Ribak

Paul Richter
Mimi Roberts
Hennie Rodts
Martha B. Rogers
Renee Rux
Patricia Sailors
Thu Nguyen Saunders
Jerry Sawyer
Leonard Schechter
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Fay Tenenbaum
Dolores Tugwell
Anne Walton
Jean Williams

2016 Donations Given in Memory

In Memory of Judy Kiely:
Given by Harriett Nelson
In Memory of Rosie Clark:
Given by George Kirkland
In Memory of Barbara Goldsmith,
George Mathews, Durand Jones,
Hunter Bell and Boyce Ansley:
Given by Lida Askew
In Memory of Loyce Sandifer:
Given by Linda Hill
In Memory of Carol Burnsworth
Given by Ann McCormick
Given by Zandra Matthews
Arleen Schotanus
Given by Bill Schotanus
In Memory of Josephine Nader
Given by Rob Howe

2016 Donations Given in Honor

In Honor of Stuart Arey:
Given by Fay Tennebaum
In Honor of Book Club:
Given by Margaret Taylor
In Honor of Nancy Davis
Given by Kay and Richard Botters
In Honor of Rita Engelhardt
Given by Dolores Tugwell
In Honor of Carolyn Gold:
Given by Harriet Nelson
In Honor of the Lifespan Staff and Board
Given by Kay and Richard Botters
In Honor of Douglas J. McCrea
Given by Dell K. McCrea
In Honor of my Godmother Jeanne Merritt:
Given by M. T. Patchel
In Honor of Jeanne Merritt
Given by Kay and Richard Botters
In Honor of Sally Miller
Given by the Dekalb Senior Provider Network
In Honor of Harriet Nelson:
Given by Carolyn Gold
In Honor of M.T. Patchel
Given by Jeanne Merritt

Check out the Memory and Honor page
on the website!
www.lifespanatlanta.org/memory-honor

Thank you to our Affiliates and Congregations for your 2016 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



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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
Trimark
Trinity Presbyterian Church

Leprechaun Luncheon

Our fundraising luncheon was a hugely fun, which you can tell just by looking at the photos below. The dancers were wonderful, the lunch was great, the raffle was exciting and Lifespan made money. Details on how much to follow. What a day!!



And a **great big thank you** to the organizations whose contributions made success possible. Thank you Personal Care, Home Care Assistance, the DeKalb Senior Provider Network, and Northside Women's Club. You Made it all possible!!

April 13, 2017 through June 1, 2017
Peachtree Presbyterian Church
3434 Roswell Rd, NW, Atlanta, GA 30305



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

Our OBSGW series this session a very interesting combination of things. First up we have Brandt Ross, referred to us by Eleni from the Renaissance. He will talk about SID - Seniors in Denial. We will have several sessions of gardening from Pike's Nursery, and we are working on some bird watching as well. In addition, Martha Glisson will be re-turning with some additional sessions on Music History. It's going to be fun.

Spirituality Series – Rev. Scott Tucker, Pastor for Grand Adults at Peachtree Presbyterian

We are pleased to welcome Rev. Tucker to our spirituality series this session. He has agreed to stay with us for 7 weeks, talking about the history of the Bible and several other inspiring topics.

Listen to a Life – Cele Covatta, Interviewer

Cele is returning with another set of interviews with our Lifespan Family. We know how much you all enjoy hearing more about our folks. This session Cele is focusing on our Lifespan Academy Instructors. Come and learn about our teachers.

Tai Chi – Tina Rasheed

We know all of you enjoy Tina's Tai Chi class this session. Luckily she is coming back this spring. We are thrilled to have Tina as a regular member of our Lifespan family. If this class is included in the registration, an additional \$25 fee will be added. The fee to register for ONLY this class is \$50.

Art Studio – Mimi Roberts

Mimi and her budding artists are very interested in continuing their artistic endeavors. Calling all artists. We will have an art show at the end of the session so all the artists can show off their wonderful work.

11:15 AM to 12:15 PM

Android for Humans – Peggy Palmiter

In response to those Android folks we are offering an Android class during this session. We will talk about Android phones and tablets, and give time for you to practice what we learn. Android? That's like Samsung and LG. You know.

Classic Movies – Alexa Foreman

Everything you've always wanted to know about RKO Radio Pictures but were afraid to ask. The studio that brought us Astaire and Rogers, Citizen Kane, and the antics of Howard Hughes.

11:15 AM to 12:15 PM Con't**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. Word has it that Rosemary will be returning for the Spring Session and I know we will all be glad to see her.

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. If this class is included in the registration, an additional \$25 fee will be added. The fee to register for ONLY this class is \$50.

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. If this class is included in the registration, an additional \$25 fee will be added. The fee to register for ONLY this class is \$50.

Art Studio Part II – Mimi Roberts

Some of our artists think one hour isn't quite enough. Mimi has agreed to be available for both hours in the morning. Don't forget about the art show at the end of the session!

1:30 PM to 2:30 PM**Mahjong**

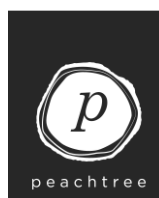
Come and join the group and play along. Don't know how? Want to learn? Folks are more than willing to teach.

iPad and iPhone Class - Peggy Palmiter

The technology Learning Center will again return to all things Apple!! Back by popular demand, this class will also be open to the folks at Peachtree Road United Methodist 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.



*Are you a member
at
Peachtree Pres?*

*Is this your first time at
Lifespan?
\$10 off your full session
Registration of \$59.*



Synergy HomeCare of MetroAtlanta owned by Nancy and Barbara Bour

Synergy HomeCare in Decatur plays a very important role in our MET (Medical Escort Transportation) program. We want to celebrate Synergy HomeCare as a business that gives back and acts as a responsible corporate citizen. So we are shining a **SPOTLIGHT** on how they have made a tremendous difference in the lives of our elders.

Since November 2015 once every week, Synergy has transported elders to their doctors' appointment and stayed with them at the appointment and driven them back home.

Kudos to Synergy and a reach out to all our other affiliates to join them.

Call Peggy or Zandra (404-237-7307) if you want to join us building communities that welcome us as we age.



Spring into Shoebbox Project!

Shoebbox Project is back and we are participating this year! From March 1 to May 1, individuals and organizations throughout Greater Atlanta donate shoeboxes filled with toiletries, including toothbrushes, toothpaste, lotion, deodorant and lip balm, which are distributed to underserved men, women and children throughout the 13-county region United Way serves.

So on the first day of the session bring your shoeboxes with lids so we can decorate them and fill them up with needed items. The list will be available on the 13th and we will spend all of April filling boxes. Boxes are delivered on Mother's Day



AARP Smart Driver™ May 10, 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 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 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



March 27, 2017 - *Brooklyn* by Colm Toibin—Hennie Rodts, Reviewer

April 24, 2017 - *Year of Wonders* by Geraldine Brooks—Vera Sepe, Reviewer

May 22, 2017 - *Thomas Jefferson and the Tripoli Pirates*
by Brian Kilmeade and Dan Yaeger—Susie Poole, Reviewer

LIFESPAN Academy Registration -Spring Session - April 13, thru June 1, 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	
Current Economics—Ferd Levy	
Older But Still Getting Wiser Series—Gardening, History of Music and More	
Spirituality Series—Rev Scott Tucker from Peachtree Presbyterian	
Listen to a Life—Cele Covatta	
Art Studio—Session I—Mimi Roberts and friends	
Tai Chi—Tina Rasheed	

11:15 am to 12:15 pm	
Android for Humans—Peggy Palmiter	
Classic Movies— RKO Radio Pictures—Alexa Foreman	
I Remember—Rosemary Glenn and Jerry Sawyer	
Art Studio—Session II—Mimi Roberts and friends	
Line Dancing—Rose Haven	
Ageless Grace—Lori Trachtenberg	

1:30 pm to 2:30 pm	
iPad and iPhone Class—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—TOTAL	\$84.00	
Any ONE CLASS for 8 weeks	\$50.00	
Pay per week—first payment for April 13th	\$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