



SPOTLIGHT on LIFESPAN

Winter
2018

Families and Friendlies

This time of year we spend a great deal of time with “family.” We hear a lot about the changes in family throughout our culture and our nation. Each of us experiences these changes personally. They are bound by our particular histories, but overlaid with the realities of our society. Wow, we are carrying a lot of “stuff” into our family gatherings these days!

We used to think of family as only those related to us by blood or marriage, and we spent all our holidays with them. The length of the visit, the conversation, and the presence or lack of arguing varied year to year. We continue to be steadfast in the tradition regardless.

I personally have had the joy and privilege of experiencing holidays with my “friendly” as opposed to family. The urban dictionary defines it this way. “A friend or a bunch of friends who have become more like family to you. They are the people who you can call in the middle of the night and they won't get mad and the people who know your whole story, past, present, and what you want for the future. If you have a friendly, consider yourself lucky because not everybody does.”

When we lived in DC we didn't travel to biological family for some holidays, and we would host a menagerie of friends and neighbors who were also in town and looking for a joyful place to spend a few hours. It has stayed with me and reminded me each year that family has less to do with blood and more to do with the heart of it.

Families today take different forms and different names. Some of us look to our spiritual community as family. Our faith community becomes our family supporting us as we make our way through the challenges of life. Others refer to our “village,” and the same faces that are there to support us in times of trouble, talk us through times of confusion, or rejoice with us in times of joy, these are the faces we call family.

For some of us family means history. Stories that we have told since the first family dinner come out again each year. And each year new ones are added, when each of us does something, says something, or achieves something that is shared in a way that becomes etched in our collective memories.

The first important lesson I learned about Lifespan in my work here is that Lifespan is itself a family. It isn't just classes, it isn't just rides to the doctor, it isn't just celebrations and auctions. It's a group of people who have chosen to call themselves family. And we look out for each other. That is a rare and true gift. Thank you for letting me be a part of the family.

In that spirit, the drawings in the headline of the Spotlight this season come from the talented hands of Steve Walton. Some of you saw his caricatures of high school teachers on his Facebook page (yes some of us are on Facebook). I asked him if he would grace us with some that we could use to represent the Lifespan family. It is still a work in progress, but we thought his drawings were awesome. Don't get excited and try to figure out who it is. These don't represent any specific person in our family. Steve used some regular people's photos for his models. They are none of us, and yet all of us. So smile and enjoy and be grateful that Steve is in our family.

Happy Holidays with your families and friendlies.
Peggy Palmiter

Donations Through October, 2017

Annonymous	Rosaura Dominguez	John Jenkins	Paul and Stella Richter
Maxine Alexis Parker	Bill and Linda Easterlin	Marina Johnson	Martha Rogers
Connie Anderson	Wyn Engle	Pauline Kaplan	Helen Ross
Lorraine Andrews	Beulah Eubanks	Timothy Keiley	Jan Russell Benefield
Lida Askew	Helen Faser	George Kirkland	Thu Nguyen Saunders
Beverly Ball	Rush Forquer	Roslyn Krengel	Jerry Sawyer
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Lori Benis	Frank Gleason	Janet Leininger	Bill Schotanus
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Richard Botters	Carolyn Gold	Helen Loyless	Florence Siflinger
Marilyn Cates	Sydonia Green	Katrina Mabon	Barbara Silverman
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Jeanie Christian	Nathalie Halpern	Jeanne McKown	Judith Smith
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Susan Deaver	Rebecca Hunter	Jackie Pirkle	Diana Tollerson
John DeMicco	Douglas Ikelman	Norma Pitzer	R. Wayne Wilson
Grover Dobbins	Margaret Jackson	Charles Rea	Annie Jean Woods

2017 Donations Given in Memory

In Memory of Fred Scheer:

Given by George Kirkland

Given by Marion Groover

In Memory of Robert Rosenthal:

Given by Lida Askew

In Memory of Catherine Austin

Given by Lida Askew

In Memory of Eleanor Strain:

Given by Janet Leininger

In Memory of Henry Grady

Given by Lida Askew

2017 Donations Given in Honor

In Honor of Beth Cooper:

Given by Grover Dobbins

In Honor of Jeanne Merritt:

Given by M. T. Patchel

Given by Miriam Hamilton Bellis

Given by Richard and Kay Botter

In Honor of Patrick Golan:

Given by Joanna Holleman

In Honor of Nancy Davis:

Given by Richard and Kay Botter

In Honor of Peggy Palmiter:

Given by Richard and Kay Botter

Thank you to our Congregational and Affiliate Partners

Financial Contributions:

DeKalb Senior Provider Network

Northside Womens Club

Northside United Methodist Church

Peachtree Road United Methodist Church

St. Anne's Episcopal Church

St. Anne's Terrace

St Martins in the Fields Episcopal Church

Trinity Presbyterian Church

Yellowlees Foundation—Community Fnd

In-Kind Contributions

Belmont Village Buckhead

Peachtree Road United Methodist Church

Peachtree Presbyterian Church

Renaissance at Peachtree

Second Ponce Baptist Church

Trinity Presbyterian Church

The 2017 Annual Appeal for the Family and Friendly

We are tremendously grateful for all of the donations you have made over the course of 2017! You have been amazingly generous and it is this generosity that has enabled us to keep teaching, driving and serving older adults.

Because of you we continue to provide rides to older adults who can't get to their doctor appointments.

Because of you, our teachers continue to teach great classes and our academy participants experience this community of learning.

Because of you we are able to look out for each other, care for each other and support each other.

At the end of each year, we reach out and ask that you consider an end of the year gift. Many of you offer gifts in honor or memory of someone to acknowledge your family/ village. Others of you have been able to consider Lifespan as you talk with your financial advisor about the required minimum withdrawal or your own deferred giving plan.

No matter the level of your wealth or the amount of your donation, each and every one of your donations adds a building block to the community we are working to create. It would not be possible without you—seriously.

So as the year comes to a close, we are asking you to remember your Lifespan Family and Friendly in your year end donation list. We cannot express how much we appreciate your support.

Lifespan Resources Annual Appeal 2017

Name _____

Address: _____

Phone: _____ Email Address: _____

Donation Amount: ____\$25 ____ \$50 ____\$100 ____ \$250 ____ \$500 ____ Other

In Honor Of: _____

In Memory Of: _____

**Make check to Lifespan Resources and mail to 3003 Howell Mill Rd, NW, Atlanta, GA 30327.
Or Donate online at LifespanAtlanta.org—and click donate.**

January 11, 2018 through March 1, 2018
Peachtree United Methodist Church
3180 Peachtree Rd., NW, Atlanta, GA 30305

WINTER 2018 CLASSES

10:00 AM to 11:00 AM

Older But Still Getting Wiser

Older But Still Getting Wiser has been a hit this session and we plan to keep right on going into the Winter. We are thrilled to have Brandt Ross returning to offer four classes in February. He will discuss "The Erie Canal, Kit Carson, The Dust Bowl and Andrew Jackson, bringing his very own style to a discussion of history, including contemporaneous folk music. Dr. Lois Ricci will be with us this session, talking about issues of aging and Lifelong Communities. We will have a session to provide more information about aging in place and plan to have representatives from the Aging in Place Council. It's going to be awesome.

The Classics

We will tackle literature, art history and spirituality in the combination series. Camilla Cruikshank will present the first four weeks, with a class on Women Writers. This class will focus on the work of four 20th century women writers, and how their work explores culture, ethnicity, and American identity. Also, we will discuss in what ways their characters reflect the author's personal issues and social environment. Authors might be Flannery O'Connor, Zora Neale Hurston, Leslie Marmon Silko, and Eudora Welty. In addition to Camilla, Marilyn Morton is returning to offer a discussion of classical and neo-classical art, in the spirit of The Classics.

The Power of Movement—Tina Rasheed and Lori Trachtenberg

Lori and Tina will combine their talents to offer an 8-week session on the importance of movement as we age. Tai Chi and Ageless Grace are both tremendous tools for healthy aging. 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.

11:15 AM to 12:15 PM

More Words the Moved a Nation Part 2 – Richard Botter

We have all enjoyed Richard Botters' discussions about our country's history and all of the historical figures that influenced the direction of our country. There is so much more to talk about and he has agreed to return to do just that. He will be using some video material to enhance the discussion. Plan to join this great class.

Great Decisions – Dusty Miller and Ray Nixon

Join Ray and Dusty as they lead a discussion of Great Decisions 2018, 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 add the cost of the book on your registration form under payment.**

I Remember – Rosemary Glenn and Jerry Sawyer

The group for I Remember has gotten smaller, but their support of each other's writing never fails. Feel free to join any week you wish to get support for your writing and telling your story.

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. There is a fee of \$25 with registration, or \$50 for Line Dancing only.

1:30 PM to 2:30 PM

iPhone and iPad Class—Peggy Palmiter

Our own Peggy Palmiter will be teaching about both the iPhone and the iPad. Bring your device and learn how to tame the beast. Several of our students from this session want to return and we welcome any additional folks who want to join in .

Mahjong

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

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

Just a taste of the fun we have at Lifespan!



Thank you MET Drivers
Volunteer Recognition Luncheon
December 9, 2016



Thank you Lifespan Academy Instructors
Volunteer Recognition Luncheon



Thank you MET Drivers
Volunteer Recognition Luncheon

Lifespan Love Stories—February 15th, 2018

For Valentines day we have two things planned. First, we would love to really have some decorations going this year. So pick up some hearts and kisses and plan to decorate your table on the 15th of February.

In addition, the I Remember class is going to highlight *Love Stories* that day. So take a minute and think about your favorite love story or Valentines story and join the I Remember Class to write it and share it. Most of us have some tender—or absolutely hilarious—"love story" we would be willing to share. Maybe we can share some of the best ones during lunch!!

Lifespan Leprechaun Luncheon

WE ARE DOING IT AGAIN!! The Lifespan Leprechaun Luncheon was such a success that we decided to **have the 2nd Annual Leprechaun Luncheon.**

This year's luncheon will be on March 8th, at Peachtree Road United Methodist Church, from 11:30 am to 1:30 pm. You just never know how we will come together this year to share lucky times! More details to follow on the website and the Weekly Reader.

**AARP Smart Driver™
February 7, 2018**

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 2018

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



January 29th, 2018—Lilac Girls, by Martha Hall Kelly—Reviewer: Maria Roberts

February 26, 2018—A Gentleman for Moscow, by Amor Towles—Review—Meg Taylor

March 26, 2018—How It All Began, by Penelope Lively—Reviewer: Judy Davidson

LIFESPAN Academy Registration –Winter Session – January 11th thru March 1st 2018**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	
Older But Still Getting Wiser Series	
The Classics Series	
Movement Class—Tina Rasheed and Lori Tractenberg	

11:15 am to 12:15 pm	
More Words that Moved a Nation—Richard Botters	
Great Decisions—Ray Nixon and Dusty Miller— ORDER BOOK BELOW	
I Remember—Rosemary Glenn and Jerry Sawyer	
Line Dancing—Rose Haven	

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

PAYMENT—Please check all that apply:

CLASSES:		
Great Decisions Book	\$22.00	
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 January 12th	\$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 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: peggy@lifespanatlanta.com

(phone) 404-237-7307 (fax) 678-348-7628

Program Days and Hours

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