



# SPOTLIGHT on LIFESPAN

Summer, 2018

## RECLAIMING OLD AGE

As many of you already know, I have been thinking a lot about ageism and the way our culture thinks about getting older. This began when I experienced the Frameworks Project, sponsored by the ARC Area Agency on Aging. The information and the research is excellent and I recommend it to all of you. (<http://frameworksinstitute.org/reframing-aging.html>). Their description of how our society and the media portray ageing was eye opening for me, while at the same time, putting a name to something I had experienced personally. When I finished reading it, I felt like I had found a key to a door I could not open—an answer to a riddle I could not solve. I was exhilarated.

As the meetings and conversations continued, I couldn't get behind the idea that the answer to ageism was a better PR approach. I couldn't put my emotional energy behind trying to come up with more positive metaphors for describing aging, like seasons or mountain ranges. The terms momentum and longevity, older adult versus elderly, while more positive and forward thinking, did not describe the "radical ambiguities" of aging that I experienced and saw around me. So I decided to start listening to the people who really were old—both the ones I knew and the authors we don't often think about. I was reminded that aging is truly as varied, complex, layered, freeing, enthralling, enraging and challenging as there are old people. Old isn't a curse word or an insult. It is a fact of life.

### **If you want to know about growing older, LISTEN TO THOSE WHO ARE.**

The old have the best view of aging. Who would have guessed? Seems basic, doesn't it? The very ageism we were talking about stomping out in all of our meetings we were actually committing ourselves. We didn't need a metaphor or an analogy, we needed an army of aged people who can talk about ALL of their experiences. So I started reading older authors, listening more closely to all of you, and bringing the process of aging up in conversations. The experience has been informative, discouraging, and inspiring.

Ursula Le Guin has what for me was the best story on this topic. She takes on the saying "Getting Old Ain't for Sissies" in her article *The Sissie Strikes Back* found in her book *No Time to Spare*. She actually thinks that "Old Age is for anybody who gets there." And she has never heard anyone over 70 use the saying "you're only as old as you feel." But her best observation is about the Sissy poster. Here is what she would like to see instead. "I'd like a poster showing two old people with stooped backs and arthritic hands and time-worn faces sitting talking, deep, deep in conversation. And the slogan would be 'Old Age Is Not for the Young.'" (Le Guin, p.11)

### **Speaking Aging is the way to reclaim it**

Lynne Segal, in *Out of Time: The Pleasures and Perils of Aging* (2013) wrote "Old age is no longer the condition that dare not speak its name, but we have a long way to go before we can joke that it is the identity that refuses to be silent." (Segal, p 693) Aging isn't Voldemort (sorry about the Harry Potter reference, but I couldn't help it). We can say the name with joy, fear, and all the ambiguities it entails. Speaking a name takes back its power. Lets talk about aging honestly, realistically, and most importantly, let's share the truth about all the ambiguities—fears and joys, freedom and restriction, challenges and successes.

### **Embrace the layers**

As I went through this journey, I kept trying to grasp a concept that would help explain my own feelings of ambiguity and confusion as I age. I am no longer the 20 year old I was—and yet I still am. That 20 year old is with me as much as the 50 year old—and on. Lynne Segal again says it best. "As we age, changing year on year, we also retain, in one manifestation or another, traces of all the selves we have been, creating a type of temporal vertigo and rendering us psychically, in one sense, all ages and no age." (Segal, p.185)

And finally Stanley Kunitz, the poet laureate in his poem "Layers." "I have walked through many lives, some of them my own, although some principle of being abides, from which I struggle not to stray.....live in the layers, not in the litter."

Aging is about adding layers. Defeating ageism is when society believes that connecting with the old includes the great privilege of connecting with their present as well as the many layers of their past. I am honored to have that experience with all of you.

Peggy

**SUMMER SESSION OF LIFESPAN ACADEMY**

July 12, 2018 through August 16, 2018

Trinity Presbyterian Church, 3003 Howell Mill Rd NW, Atlanta, GA 30327

**10:00 AM to 11:00 AM****WOMEN and AUTHORS OVER 70****Literature Series:**

**Camilla Cruikshank will offer two sessions in this series, on July 12<sup>th</sup> and July 26<sup>th</sup>** focusing on multicultural women writers. She will be talking about how women are portrayed or treated in literature. She will also discuss the affect that treatment has on self-identity. Virginia Wolff will be one of the authors.

**Writing in your third act: We will explore the writing of authors over 70.** The premise of the readings begins with an amazing review of the literature of older adults in the New Yorker called *What Old Age Is Really Like* by Ceridwen Dovey. Her review proposes several authors and poets worth exploring from Poet Laureate at 94, Stanley Kunitz's poem *The Layers*, Ursula Le Guin's collection of blog posts *No Time to Spare*, and English author Penelope Lively's memoir, *Dancing Fish and Ammonites* are just some examples. Some of our book club members may help us out and if you have a favorite older author, feel free to add them to the list.

**Spirituality and Social Justice**

This series will host representatives from our supporting congregations to talk about the mission and justice work they do. We know that Lifespan is but one small part of their service ministry. Some of them are involved in ministries that serve people in need. Some of them are tackling serious justice issues. In this series we have asked them to come and talk to us about what they are doing. This series has two important purposes. First to connect Lifespan participants to the congregations that support us. Second, to inspire us about the *good works* being done in God's name.

**SAIL: Staying Active and Independent for Life - Lori Trachtenberg**

SAIL is returning for the summer. See the details on Page 4.

**TAI CHI - Tina Rasheed**

TAI CHI is returning this summer. See the details on Page 4.

**ACTIVITY IS ON FOR  
THE SUMMER!  
Details on Page 4**

**11:15 AM to 12:15 PM****Examining Our "Funny" Bone with Dr. Mark**

**NEW CLASS ON HUMOR!!**

Examining Our "Funny" Bone with Dr. Mark invites you to appreciate the humor around us - it's everywhere! Together we will examine how much humor and laughter (LOL) enhance our Sense of Humor in our senior years. It's our best anti-aging remedy.

Join us as we laugh at and with our comedy, comedians, stories, movies, surprises, life's crazy situations and much more!

**Art with Mimi and Norma**

Mimi and Norma are offering their art class this summer! Come and learn if you are a beginner, or enhance your skills if you have been painting for a while. These two get great reviews. Here are the supplies that they recommend you bring along. You only need three tubes of color and one tube of white. You can mix to get most of the other colors you need. They recommend the Liquitex brand.

Here is the list of supplies Mimi and Norma recommend for the class:

Cadmium Yellow Light – heavy body  
Cadmium Red Light – heavy body  
Ultramarine blue – heavy body  
Titanium white – heavy body  
Matt medium – one bottle  
Three or four brushes – flats and brights  
Canvas



ART IS HERE!

## Summer Food, Flowers and Fotos

Come and have fun in the summer. There will be two classes by Jerome Holt, Trinity's Food Services Director, who will give us tips on how he creates those great meals. We will also have some landscapers provide some tips and suggestions on plants and landscaping for two sessions. Marianne McConnel will tell us about the State Botanical Gardens in Athens, including wonderful photos. And finally we will talk about how to take the best summer photos with any device.

## Line Dancing – Rose Haven

Line Dancing is BACK!! See the details on Page 4.

**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

Back by popular demand, we are once again offering an iPad and iPhone class. We welcome anyone at any level of experience. This class content is driven by your questions!!! This class only is \$50 for the 8 week session, or included in your full registration. You can't go wrong.

## I Remember – Rosemary Glenn

The I Remember group has decided to meet two or three times during the Summer Session in the afternoon. It keeps all of the members working on their writing, helping each other and talking about their stories. But it also allows them to attend some of the morning sessions that they find interesting. We will let you know the exact dates as the session moves along. Just call the office and we will give you more specifics.

### 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

June 25, 2018 - *Small Great Things* by Jodi Picoult

Hennie Rodts, Reviewer

July 30, 2018 - *Andrew Jackson and the Miracle of New Orleans* by Brian Killmeade

Hennie Rodts, Reviewer

August 27, 2018 - *Walking Lions* by Avelet Gundar-Goshen

Mimi Roberts, Reviewer



## ACTIVITY CLASSES ARE BACK!!

All of our activity classes were a big hit during our Spring Session, so we decided to stay with a good thing! **TAI CHI, SAIL, and LINE DANCING are all here for the summer.** These classes cost \$84 for all 8 weeks, or \$50 for any ONE activity class for 8 weeks.

### TAI CHI: Tina Rasheed

We are pleased that our own Tina Rasheed will be leading us in Tai Chi. Tina has a 26-year career as a public health researcher at the Morehouse School of Medicine and has applied her mission as a martial artist to bridge the health disparity gap by teaching self-applied health enhancement techniques such as Qigong and Tai Chi as a strategy to promote health and prevent disease. Tai Chi is a gentle exercise program that is a part of Traditional Chinese Medicine (TCM). Derived from the martial arts, Tai Chi is composed of slow, deliberate movements composed of mental focus, deep breathing, and stretching which enhance physical health and emotional well-being. Chi (energy) generated through breathing and movement then travels via the meridian system to nourish and regenerate internal organs and systems. Regular Tai Chi practice enhances respiration, balance, circulation, digestive system and promotes regular sleep.

# Tai Chi

### SAIL: Lori Trachtenberg



a strength, balance, and fitness class for adults 65+

#### What you will get in your SAIL Class:

- ♦ One hour of fun, energizing exercise
- ♦ Exercises that are adapted for your individual physical abilities, you can sit or stand & still benefit
- ♦ Activities specifically designed to help maintain & improve your balance
- ♦ Free Copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+"
- ♦ Fun, Laughter, Friends, & Fitness (*and maybe a chocolate treat!*)

**IT WORKS:** You'll have stronger muscles, better balance, & more confidence, so you can stay ACTIVE & INDEPENDENT while preventing falls

**IT'S SAFE:** Instructors are experienced & skilled, and exercises have been tested with older adults & proven effective (approved by National Council On Aging)

**IT'S FUN:** You'll make new friends, hear great music, & get a boost of energy in every class to help you live with joy & enthusiasm

### LINE DANCING WITH ROSE:

Our own Rose Haven will be bringing us line dancing for the spring session. Rose Haven has been a line dance instructor since 1992. Rose is the founder and director of two award winning competition dance teams. Rose brings all that line dancing expertise to her Lifespan low-impact, low-risk line dancing class. Enjoy the music and the moves.



**LIFESPAN Academy Registration -2018 Summer Session - July 12th through August 16, 2018**

Send all registrations &amp; 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	
Literature Series:	
Spirituality and Social Justice	
SAIL: Lori Trachtenberg	
Tai Chi—Tina Rasheed	

11:15 am to 12:15 pm	
Humor and Long Life	
ART with Mimi and Norma	
Summer Food, Flower and Fotos	
Line Dancing—Rose Haven	

1:30 to 3:00 pm	
iPad and iPhone Class—Peggy Palmiter	
Mahjong	

**PAYMENT—Please check all that apply:**

CLASSES:		
Regular session all 6 weeks	\$59.00	
Activity Session all 6 weeks (any activity class included)	\$84.00	
Any ONE CLASS for 6 weeks	\$50.00	
Pay per week—first payment for July 12th	\$10.00	
Pay Per week - Activity Class Included for July 12th	\$13.00	

LUNCH:		
Lunch for all 6 weeks	\$54.00	
Lunch for first class	\$10.00	
Teacher Lunch Donation	\$10.00	

DONATION		
Donation to Lifespan		

Total—Please add up all the items checked above.		
TOTAL		



# Thank you to our 2018 donors!

## January through May 2018

Lu Allgood  
Lida Askew  
Gail Baver  
Lori Benis  
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### 2017 Donations Given in Memory

#### In Memory of Dr. Pierce Allgood:

Given by Lu Allgood

#### In Memory of Jerry Sawyer:

Given by Lisa Fierman  
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Given by Charles Knox  
Given by John MacArthur  
Given by David Morales  
Given by Charles Tuller, Jr.  
Given by Michael West  
Given by Chris Witte

#### In Memory of Robert (Bob) and Nancy Kent, parents of Trinity Church Member and friend Hutton Dhue

Given by Judy Glauner

### 2017 Donations Given in Honor

#### In Honor of Danielle Grabol

Given by Martha Clinkscales

#### In Honor of Jeanne Meritt

Given by M. T Patchel

*Dear Donors and Supporters of Lifespan,*

# Thank You

*We formally acknowledge your donations at the end of each year, but that single thank you seems so inadequate. With that in mind, we decided to offer this mid-year thank you.*

*It is difficult to find words that adequately express our gratitude for your support—financially, as volunteers and academy participants. You really ARE Lifespan. And you have risen to the challenge!! You have donated on your registration forms, sent in your contributions, and helped pay for teacher lunches. Your support not only keeps Lifespan working, but it also envelopes our community with love.*

*Thank you from the entire Lifespan community.*

*Peggy*

## Thank you to our Affiliates and Congregations for your 2018 Support

### Affiliate Partners:

Atlanta Senior Advocates  
 Brannon & Napier Edlerlaw  
 Connie Bridges, Keller Williams  
 Wynnette Cheek, Edward Jones  
 DeKalb Senior Provider Network  
 Personal Care  
 Renaissance at Peachtree  
 Synergy Home Care  
 Logan Vaughn, Edward Jones  
 Yellowlees Foundation—Community Fund

### Congregational Partners

Northside Drive Baptist Church  
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 Peachtree Road United Methodist Church  
 Peachtree Presbyterian Church  
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 Trinity Presbyterian Church  
 Second Ponce de Leon Baptist Church  
 St. Anne's Episcopal Church  
 St Martins in the Fields Episcopal Church



Proud Partner of  
**Jewish Federation**  
 OF GREATER ATLANTA

**Thank you to the Lifespan Board of Directors  
 for all your support!!**

## What did you do this summer?

Do you remember how you had to answer this question when you went back to school in the fall? We used to write a story about the things we did and the places we went. You always hoped your activities didn't seem too boring compared to the other kids in your class.

Well, what will you say in the fall when we ask you what you did this summer? We have a suggestion. You can say that you took an older adult to the doctor! Just one or two trips this summer can make a difference in the life of an older adult and will help out our Medical Escort Transportation Program at a time when many of our regular volunteers are on vacation.



**Have an answer you can be proud of this fall! Please help us out.  
 Just call the office at 404-237-7307.**



### AARP Smart Driver™ August 8, 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 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.



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

#### 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\*  
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St. Martin in the Fields Episcopal Church\*  
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The Temple  
Wieuca Road Baptist Church  
\* - Financial or in-kind support

#### How to find us.

Website: [www.lifespanatlanta.com](http://www.lifespanatlanta.com)  
Or [www.lifespanatlanta.org](http://www.lifespanatlanta.org)

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[tonja@lifespanatlanta.com](mailto:tonja@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