



SPOTLIGHT on LIFESPAN

Fall, 2018

LIVING GRATITUDE



I have come to the conclusion that there are no accidents or coincidences in life. I believe we are exactly where we are supposed to be doing exactly what we are supposed to do—even if the path is not always totally clear in the moment. So when I started noticing that gratitude and gratefulness kept coming up a lot in my thinking, in the grace I offered at lunches at Academy, in my meditation, I decided there had to be a reason.

There were several seemingly unrelated things that came to mind. My own battle with shingles and my gratitude that they were waning, if not totally gone. My gratitude for all of the support from Lifespan participants and their friends and families, both emotionally and financially. You really have been amazing with your contributions. The excitement of seeing new people participating in the academy and new courses and presentations coming into the lineup.

But this still did not seem to totally explain why gratitude was so present in my heart lately. Why was it popping up around me. And why was it creating such feelings of joy? All of these questions lead me to the writings of a Benedictine Monk, Br. David Steindle-Rast. Brother David, through his book and his website, gratefulness.org, identified two important qualities of gratitude. The first is appreciation—the sense that something has value to us outside of its monetary worth. But the second quality seemed to define the truth of my experience. Gratitude truly is “gratis.” In other words, it is freely given to us without our doing anything to earn it. As Angeles Arrien says “Gratitude is essentially the recognition of the **unearned** increments of value in one’s experience.” In her book *Living In Gratitude: A Journey That Will Change Your Life* she talks about the *International Encyclopedia of Ethics* definition of gratitude...“the heart’s internal indicator on which the tally of gifts outweighs exchanges.”

I started to think about the items of value in my life for which I am grateful. All of you, of course. My brother’s continued good health. The opportunity we have to gather and nurture each other, even as some of our family have left us. Then there are the things that seem obvious, but are easily forgotten. The song bird, the blue sky, the cool breeze. Norma’s painting of walking in the rain that I couldn’t resist.

But gratefulness is a choice and it takes practice, as do all things of value. Brother David provides a set of steps for us to follow if we wish to engage in grateful living. Stop. Look. Go. Stop and “wake up to the surprises around us.” I use an app called *Headspace* for my meditation (Of course I do, right) And the first step in every session is to stop and listen to all your sense. Then, you look. You are aware of your opportunity. As Br. David describes it the opportunity to enjoy. Whatever it is, wherever you are, whatever the experience. Notice, enjoy, acknowledge. But the last step in Br. David’s process intrigues me. Go. Take advantage of the opportunity. Go with what you have found and truly experience it.

I know that I am grateful for all of you and the community of Lifespan. Br. David references an e e cummings poem in the title of one of his books. I am through you so I. “This sums up the author’s belief. I become who I am through you.” **Stop. Look. Go.**

Fondly,
Peggy Palmiter

FALL SESSION OF LIFESPAN ACADEMY
September 13, through November 1, 2018
Second Ponce de Leon Baptist Church, 2517 Peachtree Rd., NW, Atlanta, 30305

10:00 AM to 11:00 AM

TAKE YOUR PICK:

We have two content classes during our 10 am hour. However, in order to take advantage of great presenters and new ideas, we are doing a little mixing and matching with the schedule. So we are letting you select which of the sessions you want to attend each week. Here are the topics you will have to choose from. Two of these will be available each week.

Game Changers - Brandt Ross

Stories (and the folk music) of people/events that changed our history

Sept. 13th - Abigail Adams – “Founding Mother”

Sept. 27th - “Stephen Decatur and the Barbary pirates” – “events that changed the world!”

Oct. 4th - “Remember the Alamo” – “Why this was so important to our westward expansion?”

Oct. 11th - “Women of the West” – “Cynthia Ann Parker, Women of the Oregon Trail, Annie Oakley”

Oct. 25th - “Two stories from the Civil War – “ a love letter from Sullivan Ballou” and “Joshua Lawrence Chamberlin’s leadership at Gettysburg”.

Nov. 1st - “John Wesley Powell – “soldier, explorer, & scientist” and the first expedition through the Grand Canyon.

Tell me a Story - Cele Covatta - Sept 13, Sept 20th, Oct 4, & Oct 18th

Tell me a story...about nearly anything! Come and join us for a new take on a couple of old favorites. We go beyond "I Remember and "Listen to a Life" to make sharing your story casual, informal and fun. Come tell us a story about you...your best day (or night) ever, a peak experience either interesting or enlightening or both, a personal victory, the most favorite outfit you ever wore! The possibilities are endless. No need to rehearse, or to write anything down. Just drop by and **Tell Me a Story!**

Older But Still Getting Wiser - Sept 20th, Sept 27th, Oct 11, Oct 18th and Oct 25th.

Our favorite series returns with a session on Medicare Updates for next year with Piedmont 60 +, a discussion with Jeanie Christian called “Where are you going next?” and a presentation from the folks at Mindful Transitions. More details to come.

SAIL: Staying Active and Independent for Life - Lori Trachtenberg

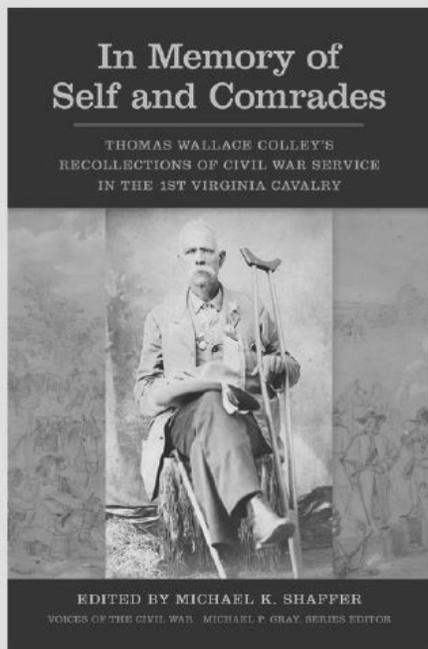
What you will get in your SAIL class:

- 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!)

TAI CHI - Tina Rasheed

Our own Tina Rasheed will again 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.

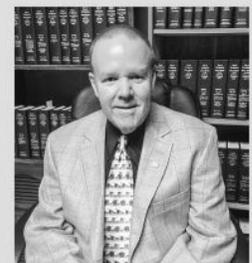
November 1st - Michael Schaffer - Special Talk and Book Signing - *In Memory of Self and Comrades: Thomas Wallace Colley's Recollections of Civil War Service in the 1st Virginia Cavalry.*



Special talk and book-signing program!

Thomas W. Colley served in one of the most active and famous units in the Civil War, the 1st Virginia Cavalry, which fought in battles from First Manassas/Bull Run to the defense of Petersburg. In May 1861, along with the other members of the Washington Mounted Rifles, Colley left his home in Washington County, Virginia, and reported to camp in Richmond. During the war, he received wounds on three different occasions: first at Waterloo Bridge in 1862, again at Kelly's Ford in 1863, and finally at Haw's Shop in 1864. The wound received at Haw's Shop resulted in the amputation of his left foot, thereby ending his wartime service.

Michael K. Shaffer is a Civil War historian, instructor, lecturer, newspaper columnist, and author. He is a member of the Society of Civil War Historians, Historians of the Civil War Western Theater, and Georgia Association of Historians. Shaffer teaches Civil War Courses at Kennesaw State University's College of Continuing and Professional Education, and frequently lectures to various groups across the country. After the talk, Shaffer will have copies of his books available for purchase!



11:15 AM to 12:15 PM

Words that Moved a Nation - Part Three—Richard Botter

A look at the documents, speeches, literature and music that inspired the American people during the presidential terms of Andrew Johnson (1865) to Calvin Coolidge (1929).

Town Hall Discussion - Ray Nixon and Dusty Miller

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

Line Dancing – Rose Haven

Our own Rose Haven will be bringing us line dancing again this fall. 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.



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.

Art with Mimi and Norma

Mimi and Norma are offering their art class again this fall, but with an exciting change. Our budding artists don't think one hour is enough to soak up all of the wonderful expertise that Mimi and Norma have to offer. So it's moving to two hours in the afternoon. Come and learn if you are a beginner, or enhance your skills if you have been painting for a while. Here are the supplies that they recommend you bring along. You only need three tubes of color and one tube of white, along with some canvas. You can mix to get most of the other colors you need. They recommend the Liquitex brand.

Cadmium Yellow Light – heavy body

Titanium white – heavy body

Cadmium Red Light – heavy body

Matt medium – one bottle

Ultramarine blue – heavy body

Three or four brushes – flats and brights

I Remember – Rosemary Glenn

The I Remember group has decided to meet in the afternoon for two or three times this Fall Session. 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.

**Ukulele Group with Mary Crook Moran**

Sound intriguing? **NO MUSICAL TRAINING REQUIRED, BUT LOTS OF FUN TO BE HAD!** Here are the details:

Who: For anyone who enjoys singing. Add a few chords played on a ukulele and there is music! And joy!

How? Beg, borrow or steal buy a soprano ukulele - the simplest and the smallest. And a gig bag to carry it in. Also, get an electronic tuner to keep it in tune. If you want some information, you can go to www.beginnerukuleles.com, or just google ukuleles and find lots of options for the whole kit!

Finally, get The Daily Ukulele Book, by Liz and Jim Beloff - also called the "Yellow Book." This book contains words and music to 365 songs - along with the chord chart and how to hold it. The chords are simple diagrams placed above the words. Simple! Easy!

If you are more musically inclined, you should know that there are several types of ukes:

1. Soprano The first three are tuned the same way, but the Tenor has one string lower. The
2. Tenor Concert has longer fret board. The Baritone is tuned like the two 4 guitar strings. If you
3. Concert pick the Baritone, make sure you get the "Orange Book" for Baritone ukuleles. They all
4. Baritone come in many woods and colors - you may find yourself collecting them!

Mary Crook Moran: Mary is an Atlanta native recently returned from Florida, where she spent most of her life (Naples). She has her Bachelors from Agnes Scott and is a mother of 3 with 6 grandchildren and one great grandchild. Mary is a painter of landscapes in oil, acrylic and was a co-owner of the Dennison-Moran Gallery in Naples for 19 years. She is a music lover who held a ukulele group for the last three years in Florida, meeting weekly, performing at all local libraries and other venues. Come and join the fun. **ALL THIS INFORMATION IS ALSO ON OUR WEBSITE.**

LIFESPAN Academy Registration -2018 Fall Session - September 13th through November 1, 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	
Take Your Pick—select your favorites:	
Brandt Ross - Game Changers - 6 weeks	
Tell Me a Story - 4 weeks	
Older But Still Getting Wiser - 5 weeks	
Nov 1st - Michael Schaeffer presentation	
SAIL: Lori Trachtenberg	
Tai Chi—Tina Rasheed	

11:15 am to 12:15 pm	
Words that Moved a Nation - Version 3—Richard Botter	
Town Hall Discussion with Ray and Dusty	
Line Dancing—Rose Haven	

1:30 to 3:00 pm	
Ukulele Class	
Art with Mimi and Norma	
Mahjong	

PAYMENT—Please check all that apply:

CLASSES:		
Regular session all 8 weeks	\$59.00	
Activity Session all 8 weeks (any activity class included)	\$84.00	
Any ONE CLASS for 8 weeks	\$50.00	
Pay per week—first payment for Sept 13th	\$10.00	
Pay Per week - Activity Class Included for Sept 13th	\$13.00	

LUNCH:		
Lunch for all 8 weeks	\$76.00	
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 August 15, 2018

Lu Allgood	Rosaura Dominguez	Margaret Jackson	Paul and Stella Richter
Lida Askew	Katherine Dougherty	John Jenkins	Hennie and Gerry Rodts
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2018 Donations Given in Memory



In Memory of Jerry Sawyer:

In Memory of Jerry Sawyer's 81st Birthday. Given by the Sawyer Family

Additional gifts in memory of Jerry Sawyer:

Given by Lisa Fierman

Given by Perce Hardwick

Given by Donnell Johnson

Given by George Kirkland

Given by Charles Knox

Given by John MacArthur

Given by David Morales

Given by Charles Tuller, Jr.

Given by Michael West

In Memory of Dr. Pierce Allgood:

Given by Lu Allgood

Given by Bill Schotanus

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

2018 Donations Given in Honor

In Honor of Danielle Grabol

Given by Martha Clinkscales

In Honor of Jeanne Merrit

Given by M. T Patchel

Thank you to our Affiliates and Congregations for your 2018 Support

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 Peachtree Presbyterian Church
 Second Ponce Baptist Church
 Trinity Presbyterian Church
 Second Ponce de Leon Baptist Church
 St. Anne's Episcopal Church
 St Martins in the Fields Episcopal Church



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

August 27, 2018 - *Waking Lion* by Avelet Goshen -Reviewer: Mimi Roberts

September 24, 2018 - *The Other Einstein* by Marie Benedict - Reviewer: Cele Covatta

October 29, 2018 - *Prayers for Sale* by Sandra Dalla - Reviewer: Meg Taylor

November 26, 2018 - *Behold the dreamers* by Imbob Mbae - Reviewer: Mimi Roberts

AARP Smart Driver™

November 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 AARP Smart Driver instructor. You will be able to join us for our Thanksgiving luncheon for your lunch break from the class. Stratton is invited to join us as well (on us). 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.



We will have our **Halloween celebration at lunch on Thursday, October 25th.** Start thinking about your costume for the contest, your table decorations. We have some surprises in store.

Our traditional fall gathering will be held on **Wednesday, November 7th, 2018, at Trinity Presbyterian Church, in Williams Hall.** The event will be from **11:30 to 1:30.** We will be doing the traditional turkey lunch with people bringing their favorite dishes to pass. Let's celebrate together.





**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*
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
* - Financial or in-kind support

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 Wed

Adult Education: Thursdays