



SPOTLIGHT on LIFESPAN

Winter
2019

Lifespan Blooms

I got this cactus at our Lifespan volunteer recognition lunch in 2016. Last year I learned about putting it in 12 hours of dark and 12 hours of light to encourage it to bloom. It was gorgeous. This year it has enjoyed being outside on my porch in the spring, summer and fall, has been repotted twice (thanks to Nancy), and went through its annual blooming ritual again. There are baby blooms on every stem. It's going to be amazing. Go little cactus go!!! You'll see the photos on the website, in emails and on our facebook page.

So, why a story about a silly cactus? I was thinking about Lifespan and its journey. Since 1981 we have been working to build communities that welcome us as we age, even as our own community is itself, aging. We provide knowledge and information that enables our community to age with choice and agency over our lives. We rejoice in time spent together and grieve together as we say goodbye to those no longer with us. Many of you have wondered, how is Lifespan doing? Will we be ok? Are we changing? What's the next step in our journey?

Lifespan is very much like my Lifespan cactus. We support, water and feed the main part of the plant to keep it strong and healthy. We "re-pot" Lifespan when necessary, giving the roots sufficient room to grow and thrive and trim branches as new ones come on board. All the time we are preparing for the season of blooming.

Sometimes it feels like we go through those periods of 12 hours of darkness as we work to figure out Lifespan's next chapter. We are constantly looking at how the community is changing and the best ways for us to respond. And then we come out into the light and wait for the blooms. Blooms of blessings, joy and hope for the future. Here are some examples of the Lifespan blooms we are nurturing right now!

We are working with other organizations, including Jewish Family and Career Services, to build a Collaboration Network of Transportation Services for older adults that will include our MET program. We get calls for transportation services on a regular basis that we cannot meet. This coalition can allow us to be part of a network to serve additional older adults and respond more specifically to what they need. And we are making progress on an MET program in Tucker!!

We have seen an increase in participation at academy in our activity classes and technology classes. This next session we are trying "Pop Up Workshops" as a way to test new content and see what else might entice new members. **Read more about these workshops on Page 3.**

Technology classes continue to be popular for all of our Lifespan members. Take a look at our **Annual Appeal page on Page 7. We are not only seeking your donations this year, but also looking for technology volunteers, teachers and tutors, so we can expand our technology offerings.**

And finally, the board of directors has unanimously agreed to support a pilot project we are tentatively calling "Partners in Health." This program is based on the model developed by agencies in Michigan and Massachusetts, utilizing trained volunteers to accompany older adults during their medical appointments. **Read more about this program on Page 5.** You might like to volunteer! Call us.

So the answer to your questions about what is the next step? We will see how the blooms develop. You can be part of that process with your donations, suggestions, and offers to volunteer. Fill out the Annual Appeal form and let us know how you will nurture the blooms of Lifespan in 2019!

Fondly,
Peggy Palmiter

**January 10, 2019 through February 28, 2019
Peachtree United Methodist Church
3180 Peachtree Rd., NW, Atlanta, GA 30305**

WINTER 2019 CLASSES

10:00 AM to 11:00 AM

Spirituality Series - The Rev Julie Wright

Julie Wright, Associate Pastor at Peachtree Road United Methodist Church will be offering an eight week Spirituality series. More details about the theme and topic is coming soon, but we are thrilled to have Julie with us again this Winter.



Great Decisions – Ray Nixon

Ray has graciously agreed to lead our Great Decisions class this winter and we appreciate his commitment to Lifespan. Here are the topics that the Foreign Service Association says are on tap for Great Decisions 2019: Refugees and Immigration, The Middle East, Nuclear Negotiations, The Rise of Populism in Europe, Decoding US-China trade, Cyber Conflicts and Geopolitics, The United States and Mexico, State of the State Department and Diplomacy. The book is \$25. More information is available on our website. **Please add the cost of the book on your registration form under payment.**

Tia 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.

11:15 AM to 12:15 PM



More Words that Moved a Nation – Richard Botters

Richard is going to continue his journey through the wisdom of our presidents. This session he will take a look at the documents, speeches, literature and music that inspired the American people during the presidential terms of Warren G. Harding to John F. Kennedy.

Tell Me A Story:

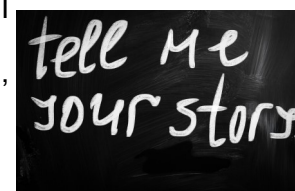
PART I: Brandt Ross: Game-Changers programs – all include contemporaneous Folk Songs:

Jan. 10th – 100th Anniversary of Armistice Day, 11/11/1918 – stories of WWI, WWII and honoring all those who served: “All gave some.... some gave All”.

Feb. 7th - Honoring Black History Month – “Three Ladies” – Harriet Tubman, Sojourner Truth and Ida B. Wells.

Feb. 14th – Game-Changers of Baseball – “Jackie Robinson and Moe Berg”

Feb. 28th – “the Dust Bowl” – “When the sky turned black.....and the land failed...”



PART II: Steve Walton has agreed to lead us in four “Tell Me A Story” sessions where you tell your story. Jan 17, 24, 31 and Feb 21st. This is your chance to tell that story you have always wanted to tell. Get your stories ready.

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**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. This group plays the Japanese style of Mahjong.

**The Ukulele Group**

The Ukulele Group is still playing along!! Last session was our first try and we have the beginnings of a wonderful group. Come and join us this session. **NO MUSICAL TRAINING REQUIRED, BUT LOTS OF FUN TO BE HAD!** Just get yourself a soprano ukulele and a gig bag and bring it on in. You will also want to pick up 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.”

I Remember – Rosemary Glenn and Steve Walton

The I Remember group will be meet at 1:30 pm for three sessions this winter—January 10th, February 7th and February 28th. They would also like to encourage all of the I Remember story tellers to join Steve as he hosts the Tell Me A Story session at 11:15.

Any afternoon class is included with your full session registration of \$59 or \$84. You can also participate weekly for \$10 per week, or pay \$50 for any one class for the full 8 weeks.

Pop Up Workshops

Something New!!

As you read in the front page article, we are trying something new this session. In order to offer you some additional, different and interesting topics, we are offering “Pop Up Workshops.” These are short workshops on a variety of topics that will occur at various times during the winter session. Sometimes they will be additional morning sessions that you can choose if you want something different one week. Other times they will be afternoon sessions if you are interested in doing something entertaining after lunch. Some will be included in your registration, others may require a small fee. Here are some ideas about what you may see:

1. Brain Health Sessions: Take one of our brain health sessions and learn different brain hacks to improve your cognitive abilities. Get smarter and stronger.
2. Classic Films: Alexa may drop by an afternoon or two to share some classic films.
3. Invest your money well: Want to hear about CDs and other forms of investment? You may get the chance.
4. Older But Still Getting Wiser: We have several options for pop up workshops that can help you navigate the maze of information important as you age.

Look for more information on the website and every week during the winter session. We may even have some guest speakers for lunch! You never know what we will find.

LIFESPAN Academy Registration –Winter Session – January 10th thru February 28, 2019
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	
Spirituality— Rev Julie Wright	
Great Decisions—Ray Nixon	
Tai Chi—Tina Rasheed	

11:15 am to 12:15 pm	
More Words that Moved a Nation—Richard Botters	
Tell Me A Story	
Brandt Ross, Game Changers - Jan 10, Feb 7, 14, and 28	
Tell Me A Story with Steve Walton - Jan 17, 24 and 31st and Feb 21st	
Line Dancing—Rose Haven	

1:30 to 2:30 pm	
Ukulele Group—Mary Moran	
iPad and iPhone Class—Peggy Palmiter	
Mahjong	

PAYMENT—Please check all that apply:

CLASSES:		
Great Decisions Book	\$25.00	
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 10th	\$10.00	

LUNCH:		
Lunch for all 8 weeks	\$76.00	
Lunch for first class and weekly there after	\$10.00	
Teacher Lunch Donation	\$10.00	

DONATION		
Donation to Lifespan		

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

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 7th, 2019, 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 6, 2019



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



December 3, 2018—Behold the Dreamers, by Imbolo Mbue —Reviewer: Hennie Rodts
January 28th, 2019—The Clockmaker's Daughter, by Kate Morton—Reviewer: Maria Roberts
February 25, 2018—Beneath a Scarlet Sky, by Mark Sullivan—Reviewer—Meg Taylor

Partners in Health

ANOTHER NEW IDEA

We are very excited about a potential new program we are tentatively calling "Partners in Health." This is an innovative coordinated care/ medical appointment accompaniment program providing support for older adults and their family members. Trained volunteers accompany older adults to their doctor appointments, and offer support to them before, during and after medical appointments. This program can provide support, comfort and confidence to the older adult, while at the same time providing good, accurate information to family members and to the adult themselves for later review.

We believe that this is a logical **extension** of our MET program, as we know some of our older adults could benefit from having another set of ears in the room when they are with their doctor. Partners in Health volunteers are different than our MET driver volunteers, although some may be interested in both. The program would offer extensive training, permissions and resources to the volunteers, and we believe that there are folks out there who might be interested in offering this needed support to our older adult community.

SOUND INTRIGUING? LOOKING FOR A CHANCE TO USE YOUR SKILLS AGAIN?
Give us a call at 404-237-7307. You'll be hearing more about this new opportunity very soon.

Individual Donors January 1st Through November 15th, 2018

Tom and Anita Adams	Susan Deaver	Pearce Hardwick	Lenore Morin
Lu Allgood	Mary Delmas	Frances Harrold	Maxine Alexis Parker
Lida Askew	John DeMicco	Leslie Herman	M.T. Patchel
Rosalind Aussenberg	Rosaura Dominguez	Sherry Hession	Jackie Pirkle
Gail Bayer	Katherine Dougherty	Yvonne Honeycutt	Charles Rea
Lori Benis	Bill and Linda Easterlin	Margaret Jackson	Paul and Stella Richter
Clare Berry	Wyn Engle	Donnell Johnson	Mimi Roberts
Joyce Bevel	Helen Faser	Ursula Johnson	Hennie Rodts
Teresa Blanchard	Lisa Fierman	Marina Johnson	Patricia Sailors
Marilyn Cates	Rosi Fiedotin	George. Kirkland	Thu Nguyen Saunders
Wynnette Cheek	Ronnie Genser	Charles Knox	Susan Sawyer
Lilia Chopra	Kaye Ginsberg	Roslyn Krengel	Bill Schotanus
Jeanie Christian	Judy Glauner	Tony Lazzaro	Barbara Silverman
James Clegg	Frank Gleason	Bobbie Limardo	Roslyn Stephenson
Faye McKay-Clegg	Rosemary Glenn	Helen Loyless	Laurie Stokes
Martha Clinkscales	Sydonia Green	Katrina Mabon	Margaret Taylor
Evelyn Connally	Rhoda Greenfield	John MacArthur	Charles Tuller, Jr.
Sara Cooper	Marion Groover	Faye McKay-Clegg	Logan Vaughn
Cele Covatta	Nathalie Halpern	Jane Mitchell	Michael West
Marie Davis	Anne Haltiwanger	David Morales	Chris Witte
			Annie Jean Woods

2018 Donations Given in Memory

In Memory of Dr. Pierce Allgood: In Memory of Jerry Sawyer

Given by Lu Allgood
Given by Bill Schotanus

In Memory of Sally Miller

Given by Laurie Stokes
Given by Teresa Blanchard

In Memory of Robert (Bob) and Nancy Kent, parents of Trinity Church Member and friend Hut-ton Dhue

Given by Judy Glauner

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
Given by Chris Witte
Given by the Sawyer Family in memory of his 81st birthday

2018 Donations Given in Honor

In Honor of Bill Schotanus's 100th Birthday

Given by Tom and Anita Adams

In Honor of Jeanne Merritt:

Given by M. T. Patchel

In Honor of Danielle Grabol:

Given by Martha Clinkscales

Financial Contributions

Brannon Napier Elderlaw
DeKalb Senior Provider Network
Fountainview Center
Life's End Logistics
Northside United Methodist Church
Peachtree Road United Methodist Church
Personal Care
Renaissance at Peachtree
St. Anne's Episcopal Church
St. Anne's Terrace
St Martins in the Fields Episcopal Church
Trinity Presbyterian Church
The Renaissance on Peachtree
Yellowlees Foundation—Community Foundation

**THANK YOU
AFFILIATES**

In-Kind Contributions of all kinds:

Aging Life Care
Belmont Village Buckhead
CapTel Phones
Cloud Troupe, Gary Secor
Dignity Memorial
Halcyon Hospice
Mindful Transitions
Peachtree Road United Methodist Church
Peachtree Presbyterian Church
Piedmont Sixty Plus
Second Ponce Baptist Church
Synergy Health Care
Trinity Presbyterian Church

The 2018 Annual Appeal: Help Lifespan Bloom

This year we are asking you to support Lifespan as we work to explore new opportunities and cultivate new programs. Our cactus is ready to bloom out and we need your help to make it happen. You have been generous in your support of Lifespan all year long and we are both grateful and appreciative. As you think about your year end giving, please remember Lifespan and help us continue to serve older adults - those we know and those we are just meeting. You can help us with your financial contribution, but also with your time and talents.

Interested in teaching technology for older adults at Lifespan? Fill out the appeal form and let us know.

Interested in learning more about our Health Partner Program? Fill out the appeal form and let us know.

Interested in giving us some Pop Up Session topics? Fill out the appeal form and let us know.

Interested in supporting Lifespan with financial support? Fill out the appeal form and let us know.

Interested in including Lifespan in your estate? Fill out the appeal form and let us know.

Join us in helping Lifespan grow and bloom in 2019!

Lifespan Resources Annual Appeal 2018

Name _____

Address: _____

Phone: _____ Email Address: _____

DONATION AMOUNT: ____\$25 ____\$50 ____\$100 ____\$150 ____\$250 ____\$500 ____ Other

In Honor Of: _____

In Memory Of: _____

Interested in teaching or tutoring technology? ____Yes Additional Information: _____

Interested in more information about our Health Partner Program ____

Ideas for our Pop Up Session Topics? _____

Want to speak with someone about including Lifespan in your estate planning? _____

Thank you for supporting Lifespan. Please make any checks payable to Lifespan Resources and mail this form with the check to 3003 Howell Mill Rd, NW, Atlanta, GA 30327. Or fill out this form online at lifespanatlanta.org and click Give.



**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