



SPOTLIGHT on LIFESPAN

Spring
2019

To Be Remembered and Cherished

A story on CBS Sunday Morning recently caught my attention. An 11 year old girl named Ruby accompanied her Mom, a nurse, on her rounds at several nursing homes in Norwest Arkansas. One day, Ruby decided to take a survey of the nursing home residents. She asked them “If you could have any three things, any three things at all, what would you want?” She says she started it just because she was curious what they would say. She expected them to say money, or a house, or maybe even a Lamborghini. Instead they surprised her. Their answers were an electric razor, new shoes, Vienna sausage, a Dr Pepper, larger shirts. The answers so startled her and were for such basic items, that Ruby turned her surprise into action. She started filling the requests the residents made, but decided that wasn’t enough. So she started a charity called Three Wishes for Ruby’s Residents, with a Go-fund Me page to cover her moderate expenses. Now she takes her surveys and delivers all the requests.

The commentator on the show described what we were all feeling by that point. Yes, Ruby is a treasure and all of those older adults know it. And the rest of us went away with a soft heart and teary eyes about this tender example of human connection. But Ruby wasn’t really satisfying the need for food or shoes. ***She was satisfying the basic human need to be remembered and cherished.***

I sat quietly at the counter in my kitchen after I heard that story, experiencing many different emotions. I was amazed and impressed with an 11 year old who had that kind of heart and so cherished the older adults she met. But for me, in part because of what I do every day, the story brought so many additional thoughts and feelings. I want to share them with you.

I wondered how many of us stay in the present moment sufficiently to see what Ruby saw, to take a moment to remember and cherish someone before us?

Was the contrast between her expectations of what the older adults would say and the simplicity of their requests an example of where we are in our life? Can one generation remember and cherish the other?

How many older adults are alone, waiting for someone to ask what they wish for, to remember and cherish them?

I experience what Ruby did when our MET riders ask for a ride, are so grateful that we can help them, and apologize for having to ask for a ride to two doctors two days in a row. I rejoice that we can say yes and remember and cherish each one of them.

How do we change our view of what we value in our culture so that Ruby’s action is the action of many, not the action of one or a few? How do we reach that place where being remembered and cherished is the rule, not the exception?

All of these questions are why I talk to funders and work hard to recruit volunteers. I feel honored to be able to do what I do every day at Lifespan. I was struck recently at how many times my conversations with our community members end with “love you.” Lifespan stands with our older adults every day, in the face of their challenges, and to reaffirm that they are remembered and cherished – without exception.

Peggy Palmiter

WHAT’S INSIDE THE SPOTLIGHT:

Page 2: Spring 2019 classes, including DeathCafe

Page 4: Finding Eden, presentation and a beautiful book about Georgia’s historic gardens.

Page 5: Register NOW

Page 6: Thank you to our donors

Page 7: In Memory of Sally Miller

Literature: Our Book Club folks have a couple of titles they want to share with us and we plan to connect our reading and our growing. On Page 4 you can read about *Seeking Eden*, a book about Georgia's historic gardens. Plan on being there Mary 2nd.

Line Dancing – Rose Haven

Rose Haven is back with her Line Dancers extraordinaire. This is an amazing line dancing class where they always have fun.

1:30 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 - Peggy Palmiter

Back by popular demand, we are once again offering an iPad and iPhone class. We welcome anyone at any level of experience. We lost a few participants this winter, so we are offering our iPad/ iPhone class again this Spring. This class content is driven by your questions so we talk about what you want to know. Bring your iPad and iPhone and we can help you become an expert.

UKULELE CLASS

These folks have really taken off and every week we have a couple new people joining in. You do not need to already know how to play. Leave that up to us. We can help you get your ukulele if you need us to—just call the office and ask for help (404) 237-7307. We will get you started. And the come and experience the fun and joy of playing and singing with a crazy group of new musicians.

I Remember – Rosemary Glenn

The I Remember group will be meeting in the afternoons on April 18th, May 2nd and May 16th. This group supports each other's writing efforts and you can join in anytime you wish. With afternoon session, the members also get to participate in our morning classes. Come and join with your stories.

BOOK CLUB 2019

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



April 29- *Little Fires Everywhere* by Celeste Ng—Reviewer Mimi Roberts

May 27- *The Great Alone* by Kristen Hannah Reviewer: Cele Covatta

June 24- *A Piece of the World* by Christina Baker Kline Reviewer: Meg Taylor

AARP Smart Driver™ May 8, 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.

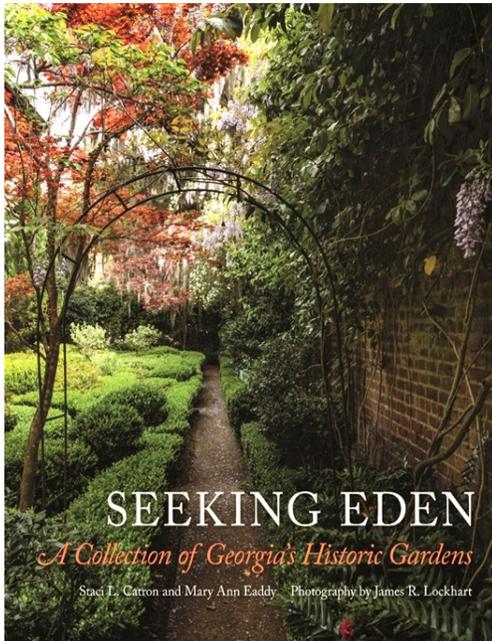
A Special Presentation in our Read and Grow Series (Fee for this session only \$20)

Thursday, May 2, 2019

11:15 to 12:15 Read and Grow Class: Presentation by the Authors

12:30 Lunch: Brief author presentation with book signing

We will be pleased to welcome Staci L. Catron, Cherokee Garden Library Director, Atlanta, History Center and Mary Ann Eaddy, Historic Preservationist, to our May 2, Grow and Read series. These two women are the authors of *Seeking Eden: A Collection of Georgia's Historic Gardens*.



Seeking Eden promotes an awareness of, and appreciation for, Georgia's rich garden heritage. Updated and expanded here are the stories of nearly thirty designed landscapes first identified in the early twentieth-century publication *Garden History of Georgia, 1733–1933*. *Seeking Eden* records each garden's evolution and history as well as each garden's current early twenty-first-century appearance, as beautifully documented in photographs. Dating from the mid-eighteenth to the early twentieth centuries, these publicly and privately owned gardens include nineteenth-century parterres, Colonial Revival gardens, Country Place-era landscapes, rock gardens, historic town squares, college campuses, and an urban conservation garden.

Seeking Eden explores the significant impact of the women who envisioned and nurtured many of these special places; the role of professional designers, including J. Neel Reid, Philip Trammel Shutze, William C. Pauley, Robert B. Cridland, the Olmsted Brothers, Hubert Bond Owens, and Clermont Lee; and the influence of the garden club movement in Georgia in the early twentieth century.

\$54.50 including tax. Book proceeds will go toward the Garden Club of Georgia's Historic Landscape Preservation Grant program. Matching grants provide seed money to nonprofits and local governments working to preserve and restore historic landscapes across the state.

Staci L. Catron, Cherokee Garden Library Director, Atlanta History Center:

Staci L. Catron serves as the Director of the Cherokee Garden Library, a Library of the Kenan Research Center at the Atlanta History Center. She manages the development, preservation, and interpretation of the collection of 32,000 items, which includes rare books, contemporary volumes, manuscripts, photographs, landscape architectural drawings, periodicals, seed catalogs, and ephemera. Catron holds a B.A. in History and Latin, as well as a Master of Heritage Preservation. She curates numerous exhibitions at the Atlanta History Center, lectures regularly regarding rare garden books and historic landscapes, and is published in many newsletters, journals, and books. A lifetime member of Garden Club of Georgia (GCG), Catron is a past president of the Southern Garden History Society, serves on committees for GCG and Garden Club of Virginia, and is a member of the Society of Georgia Archivists and Council on Botanical and Horticultural Libraries. In 2014, she was named an Honorary Member of The Garden Club of America.

Mary Ann Eaddy, Historic Preservationist:

Mary Ann Eaddy has worked in the fields of historic preservation and history throughout her professional career. A former manager in the Historic Preservation Division of the Georgia Department of Natural Resources, Ms. Eaddy has experience both in Georgia and South Carolina's State Historic Preservation Offices as well as in the National Park Service. For twenty years she taught a graduate course in Preservation Planning in the Heritage Preservation program at Georgia State University. Ms. Eaddy earned her B.A. in History from Winthrop College in South Carolina and her M.A. in American Studies from The George Washington University in Washington, D.C. She was inducted into the Sigma Pi Kappa Preservation Honor Society in 2006. A lifetime member of the Garden Club of Georgia, she is a member of the organization's Historic Landscape Preservation Advisory Committee.

James R. Lockhart is a photographer specializing in architectural and landscape photography. Now retired, he documented more than sixteen hundred nominations to the National Register of Historic Places in his role as photographer for the State of Georgia, Historic Preservation Division.

LIFESPAN Academy Registration -2019 Spring Session - April 11, thru May 30, 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	
TELL YOUR STORY	
We will be doing legacy interviews with some of our folks as well as telling our own stories using our new story cards and the Story Catcher app	
OLDER BUT STILL GETTING WISER:	
Join us for a series of Panel discussions about topic important to all of us as we age.	
TAI CHI	
Join Tina Rasheed at her Tai Chi class	

11:15 am to 12:15 pm	
SPIRITUALITY SERIES - Rev Scott Tucker from Peachtree Presbyterian	
GROW and READ:	
We will have four sessions of gardening and four sessions of Books and Authors	
LINE DANCING—Rose Haven	

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

PAYMENT—Please check all that apply:

CLASSES:		
Full day of classes for all 8 weeks	\$59.00	
Full day of classes AND Tai Chi or Line Dancing TOTAL	\$84.00	
Any ONE CLASS for 8 weeks	\$50.00	
<i>Seeking Eden</i> class and luncheon ONLY (no other classes)	\$20.00	
Pay per week—first payment for April 11th	\$10.00	
Pay Per week - Activity Class Included for April 11th	\$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		

Donations through 2018 - Thank You Donors

Tom & Anita Adams
Lu Allgood
Lida Askew
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Charles Tuller, Jr.
Michael West
Chris Witte
Annie Jean Woods

2018 Donations Given in Memory

In Memory of Dr. Pierce Allgood:

Given by Lu Allgood
Given by Bill Schotanus

In Memory of Robert (Bob) and Nancy Kent, parents of Hutton Dhue

Given by Judy Glauner

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

2018 Donations Given in Honor

In Honor of Bill Schotanus's 100th 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

In Memory of Roz Kregel
Given by Jim Link

In Memory of Sally Miller
Given by Teresa Blanchard
Given by Laurie Stokes

Financial Contributions

Brannon Napier Elderlaw
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St. Anne's Episcopal Church
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St Martins in the Fields Episcopal Church
Trinity Presbyterian Church
The Renaissance on Peachtree
Yellowlees Foundation—Community Foundation



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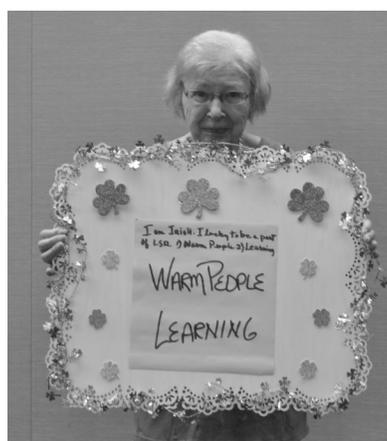
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CapTel Phones
Cloud Troupe, Gary Secor
Dignity Memorial
Halcyon Hospice
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Peachtree Presbyterian Church
Piedmont Sixty Plus
Second Ponce Baptist Church
Synergy Health Care
Trinity Presbyterian Church

SALLY MILLER



Her legal name may have been Sarah, but to all of us at Lifespan, she was Sally. In many ways, Sally was Lifespan. Her face was one of the most familiar in our organization. Her voice was the one you heard when you called the office. She was the extraordinary Lifespan volunteer. She would arrive every day at 7:00 and leave at 5. When we changed the hours to 4:00 at one point, and I was encouraging everyone to go home, she pointed to the clock to let me know it just wasn't time to leave yet. If I wanted to be a sluggard, fine, but she would stay.

As I was thinking about being remembered and cherished, I was reminded how much Sally cherished Lifespan. She did so unflinchingly, unapologetically, empathically, without exception and with a vigor that could take your breath away. Sally advocated for every one of our older adults and the programs Lifespan provides them. For her, the value of our Lifespan family only grew. The photo above is when she was the volunteer of the year.



As Sally's illness began to limit her physical abilities, it never stilled her heart. She was always there, always working to tell us what she thought, learned to use her boogie board, and, as one of our other volunteers said to me recently, she did more with less than anyone he ever met.

Sally was a Medical Escort Transportation (MET) program rider, and several of us she trusted took her to appointments. The photo on the right is part of our MET video day, where she wrote one word about what MET meant to her. The one on the right is her enjoying our St Pat's day celebration at Lifespan Academy.



While her disease was relentless, it didn't count on the veracity of Sally Miller. She lived twice as long as the expectations. But eventually the disease, and a bad fall, took its toll. We lost Sally last October. Over the last several months, we learned that Sally established a trust to be distributed upon her death to the organizations she loved. We are honored to announce that we are one of the recipients of a portion of that trust.

There never was, and never will be, anyone quite like Sarah Ann Miller. In her honor we are establishing

The Sally Miller PARTNERS IN HEALTH Initiative

The Partners in Health Initiative is an innovative medical appointment accompaniment program providing support for older adults and their family members. The goal of this program is to have trained volunteers accompany older adults to the doctor, and offer support to them before, during and after medical appointments. As some of us learned when we accompanied Sally, this can be helpful and a huge support. Partners in Health can provide comfort and confidence to the older adult, while at the same time offering good, accurate information to family members and to the adult themselves for later review. When you think about volunteering, which we hope you will, do it for Sally.

We were partners with Sally. Thanks to her generosity we will partner with even more older adults.

We think Sally would be proud and she will be **remembered and cherished every single day.**



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

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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 Wednesdays
Adult Education: Thursdays