



LIFESPAN THE SPOTLIGHT Winter 2020

Hugs and Healing

I recently read an article about the power of hugs. Seriously, folks, there truly is science behind this statement. I know I am a ferocious hugger at Lifespan, and it helps to hear that there are important scientific reasons for what I believed intuitively. A hug has several biological effects on us, from increasing the production of oxytocin, a neurotransmitter that acts on the limbic system, reducing stress and anxiety, to the production of dopamine, creating that “feel good” feeling. According to a 2014 study at Carnegie Mellon University in Pittsburgh, PA, they exposed participants to a virus and found that “Among infected participants, greater perceived support and more-frequent hugs each predicted less-severe illness signs.” There are of course many emotional benefits from hugs, including feelings of self-worth and self-esteem. But for me, hugs are all about community.

When I talk about Lifespan and the programs we provide, I tell people about Lifespan Academy, Medical Escort Transportation and our efforts to start Partners in Health. I also tell people that the most important thing we offer is a community. We have great classes, instructors and educational programs at Academy. All of our older adults are immensely grateful for their ride to the doctor through MET. Perhaps less visible but what I consider far more important, is the opportunity we provide to see and be seen, a chance to be with kind people, and a connection to others who know *and value* our history.

This point was brought home to me in a note I received from a recent new Lifespan participant.

I just wanted to say Lifespan's staff and wonderful group of people helped in ways you will never know as the world I once knew came tumbling down. Thank you for making my world a better place so I could heal amongst the group's smiles, joy and laughter. Now I'm back helping make others' world a better place once again.

I come back to comments like these when people ask me what Lifespan is about. Yes, we are a form of lifelong learning institute, committed to the concept that older adults never stop learning and teaching. Yes, we are an advocate for older adults, and work with affiliate organizations to provide classes, referrals, information and direction for our participants as they age. Yes, we are a service provider for older adults who face what is acknowledged as the single most difficult challenge for older adults in Atlanta - transportation. We are all these things, and we hope to become the second set of ears for older adults in the doctor's office through our Partners in Health Program. But more than all of these things, we are a community of support for our older adults regardless of where they happen to be in navigating their third act.

So as you read our annual appeal on page 7, please remember all of these things. Our Lifespan community is generous, and you have all supported our work throughout the year. Our year end appeal is our one formal donation request and these gifts are essential to making our budget and continuing our work. We appreciate any support you can offer.

If a donation isn't possible for you, you can always give us a call and volunteer!! That is absolutely one of the most significant contributions you can make. But most important of all, please come and join us for our Winter Session of Lifespan Academy, our Book Club, the Atlanta Theatre to Go Performance, our luncheons together. And the one thing I can absolutely promise you is that you will get a hug!

Fondly,

Peggy Palmiter



**January 9, 2020 through February 27, 2020
Peachtree United Methodist Church.
3180 Peachtree Rd., NW, Atlanta, GA 30305**

10:00 AM to 11:00 AM

Great Decisions – Ray Nixon

Ray is back to lead our Great Decisions discussions. Here are the topics that the Foreign Service Association says are on tap for Great Decisions 2020. The book is \$25. **Please add the cost of the book on your registration form under payment.**

- ***Climate Change and the Global Order:*** by Ronald Bee
- ***India and Pakistan:*** by Barbara Crossette
- ***Red Sea Security:*** by David Shinn
- ***Modern Slavery and Human Trafficking:*** by Ronald Weitzer
- ***China's Road into Latin America:*** by Margaret Myers
- ***U.S. Relations with the Northern Triangle:*** by Michael Shifter & Bruno Binetti
- ***The Philippines and the U.S.:*** by Julio Amador and Deryk Matthew N. Baladjay
- ***Artificial Intelligence and Data:*** by Susan Ariel Aaronson

French for Fun - Nayera Salam

You all enjoyed the French for Fun class in the Fall so we are bringing Nayera back this winter. This is your chance to get even better at your French. Nayera will use some of the same dialogues and songs from last session, so you can continue your progress. We will continue to make information from the class available on the website.

Tia Chi - Tina Rasheed

Our own Tina Rasheed will again be leading us in Tai Chi. Tina has applied her mission as a martial artist to bridge the health disparity gap by teaching self-applied health enhancement techniques to promote health and prevent disease. Tai Chi is a gentle exercise program that is a part of Traditional Chinese Medicine (TCM). Join Tina and stay healthy.

11:15 AM to 12:15 PM

On The Road Again – Richard Botters

Richard is bringing us a new series called "On the Road Again." He will be talking about the historical highways in the United States, spending the first two weeks on the Lincoln Highway. Don't look for information on the big cities, as you can learn all about them lots of other places. In this series Richard will be talking about things that are on the back roads and off the beaten path. And



you can look forward to Route 66, as well as the Blue Ridge Parkway in future weeks. You won't want to miss this one.



Your Creative Side

In case you want a break from history and dancing, we are offering something a bit different this session. We promised you light and entertaining activities this winter, so here is a chance to get creative. Remember those wonderful cards that Merrily made and we had at our auction? Well, you can make those for yourself at our card making session. Want to make a ceramic creation? Well, we don't have the kiln to fire them from scratch, but we will take pre-made ceramic pieces and learn to paint them. How about clay jewelry



and glass sun catchers? How about Photo Bookmarks? Or maybe a recipe book with all those Lifespan recipes? The opportunities are endless. We may even be able to make our own mandalas for your coloring activities. Kick back and be creative! Look on the website to see more examples of projects. Join in anytime as staff brings the supplies and ideas.

Line Dancing—Rose Haven and Nancy Anthony



Nancy and Rose are teaming up this session to be sure you have everything you could wish from your Line Dancing experience. Come and experience line dancing adjusted just for you—low impact and low risk, but lots and lots of fun.

1:30 PM to 2:30 PM (Delayed start on January 9th at 2 pm)

Our New TOAST Classes: Through our TOAST program we have been able to increase the options available for technology services at Lifespan, thanks in part to the addition of the services of Gene Rubel to our program. Welcome Gene. During the Academy session we will be offering both device specific content, as well as information about popular mobile applications that work the same regardless of your operating system. Here is the schedule for the Winter 2020 Session:

January 9th and 16th - **Device Specific Classes:** iPad/ iPhone: Peggy , Android: Gene

January 23rd - **Free Clinic: Any Device, Any Question**

January 30th and February 6th - **Mobile Apps: Facebook/ Instagram/ Games/ Navigation/**

February 13th and February 20th - **Photos: Taking, editing and managing your photos**

February 7th - **Device Specific Classes:** iPad/ iPhone: Peggy , Android: Gene



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. They are patient and fun! Join in.



The Ukulele Group



Come join our wonderful ukulele group! Anyone can join in, even if you are just beginning—or haven't even begun yet! Our group has enjoyed playing together at academy, but also participating in other events when they get the chance to play. And they were wonderful to help us sing along at our Fall Gathering in November. These boots are made for walking, and you too can be a strummer!

Adaptive Yoga – Susan Hills

Let our own Susan show you the benefits of Yoga. Susan will adapt her class to your particular strengths and physical challenges. But you will be moving. Yoga is a great way for older adults who may struggle with balance and flexibility to get the health benefits that come with regular yoga practice. Yoga is an excellent way to stretch muscles, improve joint stability, reduce stress, and improve circulation. Yoga can also help lower blood pressure, reduce anxiety, and build strength and balance. Come and do Yoga for your afternoon wind down.

Hand and Foot:



Ever enjoyed the card game "Hand and Foot?" This fun and exciting card game, based on Canasta, is on the afternoon schedule. We've had some requests, so we decided to try it again.. If none of the other afternoon activities aren't your cup of tea, come and learn to play Hand and Foot. Make sure you sign up so we can see if we have enough players.

ATLANTA THEATRE TO GO PERFORMANCE - JANUARY 9TH



We are pleased to have Atlanta Theatre to go at our opening of the Winter Session of Lifespan Academy!

They will be performing their holiday musical *Bread and Butter*, based on the O'Henry Tales. And Lifespan participant Michele Bright is a member of the cast, as the lead!! We are thrilled for her and thrilled to see her perform.

"BREAD & BUTTER" JANUARY 9TH

MARTHA MEACHAM, THE WIDE EYED, ROMANTIC PROPRIETRESS OF A BAKERY, IS SMITTEN OVER KARL BLUMBERGER- A HANDSOME BUT SHABBY MIDDLE-AGED CUSTOMER WHO BARELY NOTICES HER. HOWEVER UNKNOWN TO MARTHA, IS CHARLIE COWAN, A LOVE STRUCK CUSTOMER AND ACQUAINTANCE OF KARL'S, WHO SECRETLY FANCIES MARTHA. TOGETHER THEY ENCOUNTER, KRIS, A HOMELESS PERSON STREET DWELLER WHO SINGS FOR MONEY FROM PASSERSBY, WHO IS GOING TO LET EVERYONE KNOW THAT CIRCUMSTANCES DON'T DETERMINE TRUE HAPPINESS!!

Make sure you don't miss this fun luncheon performance on **January 9th, 12:45 PM at Lifespan Academy, Peachtree Road United Methodist Church, 3180 Peachtree Rd NW, Atlanta, GA 30305.**

MEET THE PLAYWRIGHT

Immediately following the performance, the playwright will join us. You will have a chance to ask questions of Mr. Miller and he will have an opportunity to spend time with you. Lifespan is providing light refreshments - the desert portion of our lunch. You get a chance to meet a local artist and get some insights into what it takes to be a successful playwright.

The performance begins at 12:45, after everyone moves through the buffet. There is a small charge on the registration form for Academy participants to support this performance. You are welcome to join us for this special lunch, even if you are not part of the full Lifespan Academy. However, be forewarned, that you may find you enjoy all of us enough that you will be convinced to return. If you are only attending the performance the charge is \$20, which includes the cost of lunch.

**IF YOU COME FOR THE LUNCHEON PERFORMANCE ONLY PLEASE ARRIVE BY 12:15 PM
AFTERNOON CLASSES ON JANUARY 9TH WILL HAVE A DELAYED START AT 2 PM**

Lifespan Leprechaun Luncheon and Auction

SAVE THE DATE: March 5, 2020 - 11:30 to 1:30

Our first Lifespan special event of 2020 will be held on March 5th. We will be taking our Leprechaun Luncheon to a whole other level this year. We will enjoy a great lunch, as well as a fun auction with lots of items for your bidding pleasure. We have more of Beth's wonderful pottery, some great gift cards and other surprise items coming your way.

As if that wasn't enough, we are going to be joined by The Reminiscents, who will perform for us during the luncheon. These two wonderful singers perform music that will bring back memories for all of us. As they say on their website, they perform "music that brings enjoyable recollection of past events." Hear some examples on their website at thereminiscents.com.



March 5, 2020 - 11:30 to 1:30

Peachtree Road United Methodist Church, 3180 Peachtree Rd NW, Atlanta, 30305

LIFESPAN Academy Registration - 2020 Winter Classes - January 9th through February 27th, 2020

Peachtree Road United Methodist Church, 3180 Peachtree Rd NE, Atlanta, Ga 30305

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 | |
| Great Decisions—Ray Nixon—ORDER BOOK BELOW | |
| French for Fun - Nayera Salam | |
| Tai Chi- Tina Rasheed | |
| 11:15 am to 12:15 pm | |
| On the Road Again- Historic Highways in the United States - Richard Botters | |
| Your Creative Side: A potpourri of creative activities | |
| Line Dancing—Rose Haven | |
| 12:15 to 1:30 pm | |
| Atlanta Theatre to Go Musical Performance of Bread and Butter—January 9th | |
| 1:30 to 2:30 pm | |
| TOAST classes: Apple and Android - Peggy Palmiter and Gene Rubel | |
| Adapted Yoga - Susan Hills | |
| Ukulele Group - Lead by Mary Crook | |
| Mahjong | |
| Hand and Foot - the card game - not the disease | |

PAYMENT: Please check all that apply:

| CLASSES AND ACTIVITIES: | | |
|---|---------|--|
| Great Decisions Book | \$25.00 | |
| Full day of classes for all 8 weeks | \$59.00 | |
| 8 wks of classes w/ Activity Class | \$84.00 | |
| Any ONE CLASS for 8 weeks | \$50.00 | |
| Bread and Butter - Atlanta Theatre to Go Performance during lunch Jan 9th | \$10.00 | |
| Pay per week non-activity class | \$10.00 | |
| Pay per week - any activity class | \$13.00 | |

| LUNCH: | | |
|------------------------|---------|--|
| Lunch for all 8 weeks | \$76.00 | |
| Lunch for January 9th | \$10.00 | |
| Teacher Lunch Donation | \$10.00 | |

| DONATION TO LIFESPAN | | |
|----------------------|--|--|
| AMOUNT OF DONATION | | |

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

Donations through November 15 2019

| | | | |
|---------------------|----------------------------|-------------------|-------------------------|
| Tom and Anita Adams | Wyn Engle | Margaret Jackson | Thu Nguyen- Saunders |
| Lu Allgood | Helen Faser | John Jenkins | Maxine Alexis Parker |
| Lida Askew | Judy Glauner | Ursula Johnson | M.T. Patchel |
| Rosalind Aussenberg | Rosemary Glenn | Jane Kilgore | Jackie Pirkle |
| Altamese Baldwin | Carolyn Gold | George Kirkland | Mimi Roberts |
| Lori Benis | Rhoda Greenfield | Lois Koepke | Paul and Stella Richter |
| Clare Berry | Marion Groover | Tony Lazzaro | Helen Ross |
| Teresa L. Blanchard | Susan Gwinner | Bobbie Limardo | Patricia Sailors |
| Kay Botters | Nathalie Halpern | Jim Link | Doris Shelton |
| Marilyn Cates | Anne Haltiwanger | Charles Lord | Barbara Silverman |
| James Clegg | Pearce Hardwick | Helen Loyless | Ada Shorr |
| Cele Covatta | Frances Harrold | Katrina Mabon | Patricia Spackman |
| Marie Davis | Leslie Herman | Marianne McConnel | Roslyn Stephenson |
| Mary Delmas | Patricia Hickson | Sandra McNeil | Margaret Taylor |
| John DeMicco | Linda Hill | Faye McKay-Clegg | Dolores Tugwell |
| Rosaura Dominguez | Yvonne Honeycutt | Jeanne Merritt | Anna White |
| Katherine Dougherty | Mr & Mrs. Richard Howerton | Jane Mitchell | Annie Jean Woods |
| Bill Easterlin | Douglas Ikelman | Lenore Morin | |

2019 Donations Given in Memory

In Memory of Jerry Sawyer

Given by Pearce Hardwick
Given by George Kirkland

In Memory of Roz Kregel

Given by Jim Link

In Memory of Frank Gleason

Given by George Kirkland

In Memory of Harriette Nelson

Given by Carolyn Gold
Given By Jeanne Merritt

2019 Donations Given in Honor

In Honor of Peggy Palmiter

Given by Mr and Mrs Richard Howerton

In Honor of Lifespan Staff

Given by Kay Botters

In Honor of Jeanne Merritt

Given by M.T. Patchel

AARP Smart Driver™

February 5, 2020



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 27th - *An Irish Country Doctor* by Patrick Taylor. Reviewer: Mimi Roberts

February 24th - *Ordinary Grace* by William Krueger. Reviewer: Meg Taylor

March 30th—*When the Elephants Dance* by Tess Uriza Halthe. Reviewer: Vera Seppe



The 2019 Lifespan Annual Appeal

Lifespan has been around since 1981, providing many of the same services we provide today. While the community around us and the services available to older adults has changed tremendously, there are some things that are constant. We all seek acknowledgement, recognition, space to heal, an opportunity to learn, a chance to share what we know, and the knowledge that there is a community that is concerned about us.

I know the common wisdom is that people who are moving into the “older adult” category today aren’t interested in community. They want to travel, enjoy their freedom and be unencumbered from restrictive relationships and expectations. We also hear this about young people today. I call rubbish.

There is a new discussion out there about a concept called “community care.” This concept isn’t referring to the large, societal definition of community that feeds protests and social advocacy. Rather this concept refers to the small scale, interpersonal social networks and the ways we can provide support to people in that network at times when they cannot provide it for themselves. Those communities can be formal or informal, intentional or accidental, but they invoke a commitment to compassion and members are always leveraging the privilege of being there for each other in a variety of ways.

Community care doesn’t happen accidentally and you can’t suddenly decide that you need some so you better go out and find one to take care of you. Community care is built over time, with a conscious decision that you will be there for other people in your network when they need you - and an unconscious understanding that when you need care, that village or community will be there for you. You put care in the bank, the kind of bank that really holds what is dear to you and what you will need most desperately. To be seen, to be cherished and to be cared for when you cannot care for yourself.

Make a contribution to the Lifespan community and bank some care. We all thank you.

Lifespan Resources 2019 Annual Appeal

Name _____

Address: _____

Phone: _____ Email Address: _____

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

In Honor Of: _____

In Memory Of: _____

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