



Building Communities That Welcome Us As We Age.

The Spotlight

January 12, 2017 Winter, 2017 March 2, 2017

Did you notice? Did you see it at the very top of the Spotlight?

We have used a number of phrases to describe Lifespan's mission, but we believe we have found one that describes our work today!

Building Communities That Welcome Us As We Age.

Lifespan has been building community since it first began in 1981. All of the congregations who joined together to create Lifespan were interested in providing opportunities for older adults to grow, learn and share knowledge. The primary issue of that time was to assure elders that retirement could be stimulating and rewarding, giving them the chance to support each other, teach each other and grow into a community. That vision continues today and we still see Lifespan as our community. But wow, how things have changed! The community around us is different, we are confronted by new opportunities and challenges, and there are more of us who are considered older adults than ever in our history. Lifespan today continues to build communities - communities that **welcome us** as we age.

What does that mean specifically here at Lifespan? We live in a city where transportation continues to be one of the most significant challenges for older adults. So, Lifespan is committing resources to grow our Medical Escort Transportation Program (MET). The strategy is to build community exactly where we find it, like the MET Neighborhoods we keep talking about. Get a group of 3 to 5 folks together who are willing to be volunteer drivers and provide an opportunity for the older adults in *that community* to get to their doctor appointments even though they can no longer drive themselves. That is a community that **welcomes us as we age**.

We live in a society where often age isn't seen as a sign of wisdom, but as a detriment. So we continue to create an educational program, Lifespan Academy, that values the knowledge of our elders. It's an educational community that doesn't see grey hair as a negative, is willing to wait until you complete your thought, and spends more time looking at each other rather than looking at our devices. But don't get us wrong, we also learn how to use those devices in our technology classes—classes that teach technology with patience and repetition. That is a community that **welcomes us as we age**.

We continue to honor every member of our Lifespan Community—the ones who have been here through our history and the new members who are joining in to build the newest communities that **welcome us as we age**. Thank you for your support to continue that work.

Peggy Palmiter

Donations Through October, 2016

Madeline & Howell Adams, Jr.	Wyn Engle	Pauline Kaplan	Paul Richter
Lu Allgood	Helen Faser	Jane Kilgore	Mimi Roberts
Lorraine Andrews	John W. Gamwell	George Kirkland	Hennie Rodts
Lida Askew	Frank Gleason	Roslyn Krengel	Martha B. Rogers
Rosalind Aussenberg	Rosemary Glenn	Tony Lazzaro	Renee Rux
Ed Beard	Patrick Golan	Janet A. Leininger	Patricia Sailors
Lori Benis	Danielle Grabol	Bobbie Limardo	Thu Nguyen Saunders
Clare Berry	Sydonia Green	Katrina Mabon	Jerry Sawyer
Caryl Black	Marion Groover	Faye McKay-Clegg	Fred Scheer
Carol Jane Boyd	Nathalie Halpern	Jeanne McKown	Bill Schotanus
Lilia Chopra	Frances Harrold	Minnette Meyer	Gary Secor
Gayle Christian	Leslie Herman	Sarah Miller	Vera Sepe
James Clegg	Sherry Hession	Jane Mitchell	Judith G. Smith
Rachel Cohanin	Linda Hill	Harriette Nelson	Patricia A. Spackman
Suzanne Corbett	Douglas Ikelman	Maxine Alexis Parker	Beth Stedman
Cele Covatta	Margaret Jackson	M.T. Patchel	Roslyn Stephenson
Marie Davis	John Jenkins	Norma Pike	Laurie Stokes
John M. DeMicco	Marina Johnson	Jackie Pirkle	Eleanor Strain
Kurt Dickey	Donnell Johnson	Frances Pughsley	Margaret Taylor
Rosaura Dominguez	Ursula Johnson	Charles Rea	Fay Tenenbaum
Iris Eichler	Alicia L. Johnson	Helen Ribak	Anne Walton
			Jean Williams

2016 Donations Given in Memory

In Memory of Judy Kiely:

Given by Harriett Nelson

In Memory of Rosie Clark:

Given by George Kirkland

In Memory of Barbara Goldsmith,

George Mathews, Durand Jones,

Hunter Bell and Boyce Ansley:

Given by Lida Askew

In Memory of Loyce Sandifer:

Given by Linda Hill

2016 Donations Given in Honor

In Honor of Douglas J. McCrea:

Given by Dell K. McCrea

In Honor of my Godmother Jeanne Merritt:

Given by M. T. Patchel

In Honor of Carolyn Gold:

Given by Harriett Nelson

In Honor of Stuart Arey:

Given by Fay Tennebaum

In Honor of The Book Club:

Given by Margaret Taylor

Thank you to our Congregational and Affiliate Partners

Financial Contributions:

Northside Womens Club
 Northside United Methodist Church
 Peachtree Road United Methodist Church
 St. Anne's Episcopal Church
 St. Anne's Terrace
 St Martins in the Fields Episcopal Church
 Trinity Presbyterian Church
 The Cathedral of Saint Philip
 Yellowlees Foundation—Community Fnd

In-Kind Contributions

Belmont Village Buckhead
 Cathedral of Saint Philip
 DeKalb Senior Provider Network
 Peachtree Road United Methodist Church
 Peachtree Presbyterian Church
 Renaissance at Peachtree
 Second Ponce Baptist Church
 Trinity Presbyterian Church

Honoring Community - The 2016 Annual Appeal

Each year we reach out to all the members of our community and ask for your help. Many of you have already made generous donations to Lifespan during the course of the year, and we are grateful for what you have done. At this time of year we come to you and ask that you add to your support. You see the work of Lifespan in the effort, in the volunteers, in the energy, and in the difference we make in people's lives. None of that would be possible without your help.



Carol on Lifespan
Photo Day

But for me, this year is different and I decided to take a point of personal privilege. Two weeks ago I lost my Aunt Carol. Many of you knew Carol, as she was part of our Lifespan community as a volunteer and a participant. In fact, she was one of the Lifespan Charms I talked about in my email appeal last year.

Carol personified our belief that while you can't decide *if* you are going to get older, you sure as heck can decide how you do it. And she did it her way. She lived her life with a full understanding of what it means to be in a community that welcomes us as we age. She left this world surrounded by that community.

If we are going to honestly build communities that welcome us as we age, we need to remember that includes escorting us as we leave. We have said goodbye to several members of our community this year, so we know first hand the importance of celebrating life.

Carol was my aunt by birth and biology, but my sister by life and heart. Even as I struggle to imagine a world without her in it, I know that she would cheer our efforts to build communities that welcome us as we age. So, it just seemed right to have an annual appeal **HONORING COMMUNITY**.

When you make your donation to Lifespan for this appeal, select a member of your community—the one that welcomes *you* as you age — and make your donation in *honor of OR in memory of* that person. We will acknowledge the community you honor by placing the names, your photos and sentences about them on our website. Let's use this time to truly celebrate our communities—and help Lifespan continue to build them.

Lifespan Resources Annual Appeal 2017 ***HONORING COMMUNITY***

Name _____

Address: _____

Phone: _____ Email Address: _____

Donation Amount: ☐ \$25 ☐ \$50 ☐ \$100 ☐ \$250 ☐ \$500 ☐ Other

In Honor Of: _____

In Memory Of: _____

Make check to Lifespan Resources and mail to 3003 Howell Mill Rd, NW, Atlanta, GA 30327
You may send a photo and/or a couple sentences about the person with your check

January 12, 2017 through March 2, 2017
Peachtree United Method
3180 Peachtree Rd., NW, Atlanta, GA 30305



*Good Morning
Class*

10:00 AM to 11:00 AM

Current Economics in Everyday Life - Ferd Levy

Dr. Ferd Levy returns to lead a lively discussion on economic problems and solutions, as well as other topics that impact our bottom line.

Older But Still Getting Wiser

We are excited about our offerings this session because we think it is a great mix of workshops that arm us with information and teach us new things. There will be speakers who talk about the use of technology to enable us to age in place. We may have an introduction to the Enneagram, and a couple of sessions of Spanish might be in the works. And we are pleased to tell you that Vicki Johnson, Chair of the Georgia Council on Aging will be coming to talk about the advocacy efforts of CO-AGE in the upcoming legislative session.

Spirituality Series- The Ministry of Music

This session we are going to be talking about the role of music in our various faith traditions. Ingrid Siegert, Organist and Choir Director at St. Martins in the Fields will be joining us to talk about faith in music. We may be able to have part of this session in the sanctuary and utilize the wonderful organ at PRUMC. We will also hear from Martha Glisson, from Holy Spirit Catholic Church. She will bring her expertise in history as she discusses music in faith. I learned a lot of things just in the phone call to invite her to speak! And if we are able, we hope to bring you some singing children and a little bit of gospel.

Art Studio—Norma Pitzer and Mimi Roberts—Part One

Mimi Roberts and friends will be offering classes and time for folks to work on their personal projects. Lifespan will provide basic supplies, such as paints, etc. Some supplies you may want to bring with you (canvas boards, for instance) or purchase what you need at the time of the class. We have an art show at the end of each session for you to see the great things these folks have been creating.

Tai Chi—Tina Rasheed

Tai Chi, an ancient mind-body practice, is brought to us this session by Tina Rasheed. Tina, joined us for a single session in the summer and folks were very excited about her approach to Tai Chi and Qi Gong. She will be leading our session of Tai Chi this winter. Come and join her. There is a fee of \$25 with registration, or \$50 for Tai Chi only.

11:15 AM to 12:15 PM

More Treasures from the Smithsonian - Richard Botters

More Treasures from the Smithsonian is returning by popular demand. Come join us as we continue the Smithsonian tour through American history that we began several years ago at Lifespan. We are working on a trip to the Booth Western Art Museum and the Tellus Science Museum in Cartersville, GA, both Smithsonian Institutions. There will be more information coming.

11:15 to 12:15 Con't.**Great Decisions - Dusty Miller and Ray Nixon**

Join Ray and Dusty as they lead a discussion of *Great Decisions 2017*, published by the Foreign Policy Association. Topics will include Shifting Alliances in The Middle East, The Rise of Isis, The Future of Kurdistan, Korean Choices, The United Nations, Climate Geopolitics and Cuba and The US. The book costs \$22. **Please add the cost of the book on your registration form under payment.** The books are available from Lifespan for \$22, or you can opt to download the e-book version after the first of the year. The topics this year sound very interesting and we are always pleased to have Ray and Dusty helping us make sense of it all.

I Remember - Rosemary Glenn and Jerry Sawyer

The always popular I Remember Class returns. Bring your memories and experiences, paper and pen to write the stories you want your children and grandchildren to know about and enjoy. We spend class time sharing what we write. Rosemary and Jerry will show you how to bring your stories to life.

Line Dancing—Rose Haven

Join the fun as Rose Haven leads low risk, low impact line dancing to get both your mind and body active. There is a fee of \$25 with registration, or \$50 for Line Dancing only.

Art Studio—Norma Pitzer and Mimi Roberts—Part Two

Here is your chance to really dig into your artistic talents with Norma and Mimi. They thought all of you artists might appreciate a little more time to really get going on your various projects. We will have an art show at the end of each session for you to see the great things these folks have been creating.

Ageless Grace—Lori Trachtenberg

Continue with the wonderful program provided by Lori Trachtenberg. Join Lori for movement with meaning to find comfort and ease in your body. Aerobics, strength training, flexibility perfect for all ages and fitness abilities, standing or seated. There is a fee of \$25 with registration, or \$50 for Ageless Grace only.



*Good Afternoon
Class*

1:30 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.

Mahjong free with Winter Session Registration or \$50 for Mahjong Only!

Lifespan Generosity Day—February 14th, 2017

Several years ago a number of nonprofits decided to reclaim Valentines Day and create Generosity Day. Here is a little of their thinking back in 2012.

Sasha Dichter, Chief Innovation Officer for *Acumen Fund* and Katya Andresen, of *Network for Good*, came up with the idea of turning Valentine's Day into Generosity Day. "We wanted to reconnect (the day) to the core ideas of love and human connection," he says.

It seemed very appropriate this year to recapture and reconnect Valentines Day to the concept of human connection. Don't worry, we will still have our Valentines Day luncheon on Thursday, February 16th at the Winter Session. So get your table decorations ready and we will have everything you need to make those valentine greetings for friends and family.

But all during the session we will be talking about the ways we can celebrate generosity day—and it's not all about money. You can celebrate generosity day by making sure you smile each time you greet someone, or just say thank you, or volunteer somewhere. We will introduce ideas for your celebration of generosity day each week during the session and on our website.

Lifespan Leprechaun Luncheon

Join us for a classic Irish luncheon on Thursday, March 9th, 2017, 11:30 am to 1:30 pm. The Thursday immediately following our Winter Session we will meet to celebrate the season.

More details to follow, so be sure to check into the website or the updates at Lifespan Academy.

**AARP Smart Driver™
February 8, 2017**

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 2017
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



Each book club member has selected a month to showcase their favorite book and be the reviewer. The list of titles and reviewers will be finalized at the January meeting. The first book selection is below and watch the website, the update and the next Spotlights for the rest of the selections.

January 30, 2017 — *A Man Called Ove* by Fredrik Backman. Frank Gleason reviewer.

LIFESPAN Academy Registration -Fall Session - January 12th thru March 2nd, 2017

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	
Current Economics—Ferd Levy	
Older But Still Getting Wiser Series	
Spirituality Series—Music of our Faith	
Art Studio—Session I—Norma Pitzer and Mimi Roberts	
Tai Chi—Tina Rasheed	

11:15 am to 12:15 pm	
Items in the Smithsonian—Richard Botters	
Great Decisions—Ray Nixon and Dusty Miller—ORDER BOOK BELOW	
I Remember—Rosemary Glenn and Jerry Sawyer	
Art Studio—Session II—Norma Pitzer and Mimi Roberts	
Line Dancing—Rose Haven	
Ageless Grace—Lori Trachtenberg	

1:30 to 2:30 pm	
iPad and iPhone Class—Peggy Palmiter	
Mahjong	

PAYMENT—Please check all that apply:

CLASSES:		
Great Decisions Book	\$22.00	
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 12th	\$10.00	

LUNCH:		
Lunch for all 8 weeks	\$76.00	
Lunch for first class and weekly there after	\$ 9.50	
Teacher Lunch Donation	\$ 9.50	

DONATION		
Donation to Lifespan		
MET Angel Donation	\$50.00	

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



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

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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

How to find us.

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Or www.lifespanatlanta.org

Emails: zandra@lifespanatlanta.com
peggy@lifespanatlanta.com
info@lifespanatlanta.com

(phone) 404-237-7307 (fax) 404-237-6080

Program Days and Hours

Office Hours: 9:30 AM to 4 PM, M-Thurs
Medical Escort Rides: Tues and Wednesdays
Adult Education: Thursdays