

The Spotlight

Volume XXVI, Number 4

September 22–November 10, 2011

Fall Quarter, 2011



30th Anniversary Celebration

Join us in celebrating thirty years of a caring generation working together to make a significant difference in so many lives. LIFESPAN Resources began in 1981 “as a program, not a place” reported Reverend Bill Schotanus, one of the original co-founders still involved in LIFESPAN activities today. “We wanted programs

that would challenge our minds and focus on living an independent lifestyle.” The North Atlanta Senior Services, from its inception as a part of the national Shepherd’s Centers of America, has been a leader in serving seniors with the help of congregational affiliates, community sponsors and individual volunteers and donors.

On **Wednesday, September 14**, at **Trinity Presbyterian Church, 3003 Howell Mill Rd., NW**, we will honor co-founders, past presidents and directors, and everyone who has been involved in so many different ways in the success of LIFESPAN Resources. To make this a memorable event, we are planning an afternoon of fun, good food and visiting with friends including our past Executive Director, Sister Kathleen Purser.

Donnell Osborne, chair of the event, and Antoinette Sturm, on behalf of our Board of Directors invite you to join LIFESPAN’s day of celebration that will start at 11:30 a.m. with a luncheon in Williams Hall of Trinity Presbyterian Church. After lunch all other events will be in the Activities Building.



The Afternoon events will begin at 1 p.m. Our Community Advisory Council, chaired by Thu Saunders, will be on hand to offer information and screenings for vision, hearing, feet, blood pressure, cholesterol, diabetes, and as well as stress busting massages. Many of our sponsors, such as personal care agencies and senior residential facilities, will be on hand with information on their programs.

During the afternoon you will be able to join in line dancing or enjoy a cup of coffee with an ice cream sundae or some of the homemade snacks that will be available at our bake sale. Door prizes will be announced every half hour as you visit the informational tables and listen to our variety of professional musicians throughout the afternoon.

Our Silent Auction featuring the talents of many LIFESPAN participants and donations from local businesses will run from 1:00 p.m. to 3:30 p.m.

Join us for an afternoon of great food, fun visiting with old friends and making new ones, and music for only \$10. Three residences have scheduled a bus trip, so check with your activity director.

You can register by calling the office at 404-237-7307, or complete the form on page 7, or go to www.lrseniors.org for more details and to register and pay on line.



Toe Tapping Entertainment

Our Master of Ceremonies, Neil Scott-Barbour (www.scott-barbour.com), has a great line up planned for us.

Here is a sample.



Ollie Patterson
www.Atmosphere-sax.com



Raquel Bustos
www.raquelbustos.com



Terry Foster
www.abouttime4jazz.com

Home Baked Sale and Favorite Recipes

We will have cupcakes, cookies, candy and breads - all homemade and some will have favorite recipes attached. We need your talents and your sugar and flour. Call Sally Miller 404-237-7307 and tell her what you'll donate to be sure we have the best home baked goods in Atlanta. (No store bought items please)

\$10 Buffet Lunch and an afternoon of Fun!

Reservations required for this great meal Six Salads and a Sundae -- Chicken, Tuna, Toss Green, Pasta, Potato, Fruit and Ice Cream Sundaes. Lunch will be served between 11:30 a.m. to 12:45 p.m. with live piano entertainment. We will reserve a prepaid table for 8 at 404-237-7307. Deadline for all reservations is Monday, Sept 12th.

Hidden Treasures Antique Evaluations

If you like the Antiques Road Show, you'll love this. Experienced appraisers will be on hand giving evaluations of your hidden treasures. One donation of \$15 to LIFESPAN will provide you three evaluations of items you can carry. Evaluations will run from 1:30 pm to 3:30 p.m.

Go to www.lrseniors.org, click the 30th Anniversary tab and select the Antique Evaluations page to download the form. You can submit the form and payment in advance so appraisers can do the research to be prepared for the evaluation.

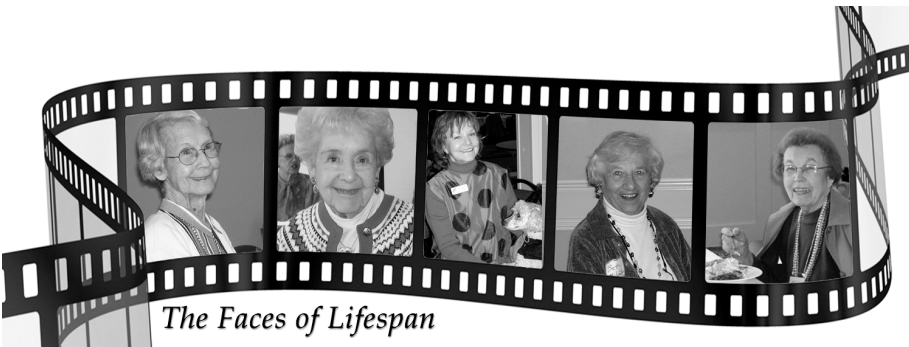
Silent Auction

Are you an artist who would donate a framed piece of your work?

Ask your favorite chef to donate a dinner for 4 or 6?

Do you know a person or business that would donate goods or services?

Please ask them and call us with contact information and we'll take it from there. We need to hear from you to make our Silent Auction a success.



**LIFESPAN Special Opportunities at Trinity Presbyterian Church
3003 Howell Mill Rd., NW, Atlanta, GA 30327**

Looking for something to Expand your Mind? We have many opportunities at LIFESPAN!



Fall Computer Classes

We are offering Microsoft PowerPoint/Adobe Photoshop Elements in the morning class, and Intermediate Computer Skills in the afternoon. In December we will offer a 4 week class on creating your own Holiday Card. For details go to www.lrseniors.org and click Computer Classes. You can register with the form on page 7 or online at www.lrseniors.org.

Senior Book Club—Mondays at 12:00 Noon

Sept. 26, 2011 - "Cutting for Stone" by Abraham Verghese. Reviewer Mimi Roberts.

Oct. 31, 2011 - "The Invisible Bridge" by Julie Orringer, Reviewer Muriel Rosen.

Nov. 28, 2011 - "Unbroken" by Laura Hillenbrand. Reviewer Vera Sepe.

AARP Driving Safety Program

Friday, October 28, 2011—9am to 4pm. Call to register (404)237-7307

This is a one day course from 9:00 am to 4:00 pm. Many insurance companies will offer discounts to those who have had this course. Reservations are required. Registration is \$12 for AARP members and \$14 for others, payable to AARP at the class.



"Giving Thanks" Luncheon—Tuesday, November 15th—12 Noon

We will provide the turkey, dressing and entertainment. Make your reservations and let us know what you will fix to add to our luncheon. If you don't cook, a donation will be fine - just join us as we give thanks for all of the special people in our lives.

Need Chairs in Day Club

The LSR Board of Directors initiated an effort to provide the Day Club participants with a comfortable, "home-away-from-home" atmosphere. Our plan is to purchase 12 new high back comfortable chairs, some recliners. Please consider donating \$225 to purchase one of the chairs for Day Club. Your donation is a tax deductible contribution.



**Holiday Thank You Party
SAVE THE DATE**

Thursday, December 1, 1:30 to 3:30 p.m. Northside Drive Baptist Churchas we celebrate 30 years of volunteering in this community. Bring small

individuals gifts that are appropriate for individuals in shelters. Do not wrap or bag and we will prepare them for distribution.

Powerful Tools for Caregivers

Join other family caregivers for a six-week course to learn about tools for reducing stress, communicating effectively, problem solving, and reducing guilt, anger, and depression. Free of charge but there is a *The Caregiver Helpbook* available that could compliment the course for \$25.

Contact Lindley Curtis at 404-240-8203 or lindleyc@prumc.org for information and to make reservations. Space is limited. The course will run six Mondays from September 12 to October 17 from 3 - 4:30 p.m. at Peachtree Road United Methodist Church.

Contributing Individuals—January 1, 2011—August 20, 2011

Thank you for your Support!

Tom & Anita Adams
Oscar Adan, Jr.
Lu Allgood
Irene Altholtz
Janet K. Anderson
Stuart Arey
Robert J. Balfour
Jim & Ruth Barnwell
Elizabeth Bennett
Jeanelle Beskin
Gene & Charlesey Brown
Grace Brown
Marilyn M. Brown
Julia Bruhnke
Dorothy Caldwell
Rose Chawkin
Jim & Mildred Cherry
Irene Chesla
Dorothy Clements
Evelyn Connally
Minnie Cool
Beth Cooper
James G. Dalton, Sr.
John DeMicco

David Deutsch
Rosaura Dominguez
Mary Duffy
J. F. Durrett
Bill Easterlin
Rita Engelhardt
Helen Faser
Frank Gleason
Carolyn Gold
Henry W. Grady
Cynthia Grinnell
Marion Groover
Bruce Hall
Betty Hanzlick
Marie Harper
Frances Harrold
Marcia Hubbard
James Huggin
Sharlene Jacobi
Helen Kahn
Melvin & Mona Katze
George Kirkland
Mary Kitchens
Roslyn Krengel

Tony Lazzaro
Gloria Leonaitis
Barbara Limardo
Katrina Mabon
Margaret Manchester
Linda Mayo
Carole McCullough
George McKenney
Jeanne McKown
Sally Miller
Jane Mitchell
Sara B. Moore
Harriet Neal
Harriette C. Nelson
Frieda Neulinger
Jane Pepper
Anne Pritchett
Lucia Pulgram
Ida Rabinowitz
Dorothy Ratner
Stella & Paul Richter
Reuben Robinson
Hennie Rodts
Larry Rubin

Patricia Sailors
Loyce Sandifer
Jerry D. Sawyer
Fred & Gerry Scheer
Sandra L. Schneidt
William M. Schotanus
Alice Scott
Vera Sepe
Shirley Silverman
Betty Sloan
Beth Stedman
Laurie & Charlie Stokes
Juanita Tally
Selma Tobe
Dorothy Tracy
Delores Tugwell
Joyce H. Vroon
Helen Walker
J. D. & Jane Walton
Janice Wapnick
David M. Webb
Jean Williams
Lois K. Willis



Contributing Organizations

Adaptive Research
Americorps/Silvercorps
Bank of America
Bill and Frances Graves Foundation
Frances Wood Wilson Foundation, Inc.
Jewish Federation of Greater Atlanta
Intercontinental Hotel Group
Microsoft Giving Campaign
ProBono Partnership/ Atlanta
SalesForce Foundation

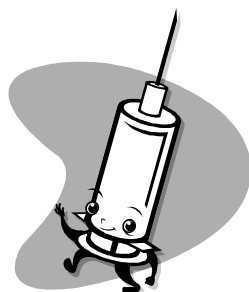
In-Kind Contributions

Office and Day Club:
Trinity Presbyterian Church

Blood Pressure Screenings

Brightstar Healthcare
Menders, Inc.
Everyday Home Care
Care Minders Homecare
Personal Care, Inc.
Right At Home

In-Kind Consultants: Kathy Borneman, Beth Cooper, Jim Menton, Gary Secor, Shelley Sewell, Saun Shewanown, Pat Spackman



Flu Immunizations

Thursday, September 29th

10am to 12 noon

Flu immunizations will be available at
Second Ponce de Leon Baptist Church
2715 Peachtree Rd NE
Atlanta 30305.

Thank you Trimark Health Services
Register at Lifespan or call us at 404-237-7307

Fall Adult Education Classes 2011**Eight Thursdays****Sept. 22 - Nov. 10, 2011****Second Ponce de Leon Baptist Church - 2715 Peachtree Road, Atlanta, GA 30305****10:00 AM - 11:00 AM****L1. Book Reviews**

Eight books will be reviewed by friends of St. Anne's Terrace. The first week, Antoinette Sturm will review, "In the Garden of Beasts - Love Terror and an American Family in Hitler's Berlin" by Erik Larsen and the second week Pat McAdams will review "Bloodroot by Amy Greene." Additional books to be reviewed are "Bound South " by Susan Rebecca White and "Skinner's Drift " by Lisa Fugard. Come and hear these interesting book reviews.

L2. Current Economics

Dr. Ferd Levy returns with his class on Current Economics. Class discussions revolve around daily economic issues mentioned in the Wall Street Journal, the New York Times, the New Yorker and other applicable publications.

L3. Gardening

The Central Fulton Master Gardener program will present various topics centering around fall gardening and how to prepare your garden for winter. Additional topics may include container gardening, xeriscape and pruning. Come grow with us.

L4. "Sessions With John and Jude"

Come hear Dr. Charles Qualls, Assoc. Pastor of Pastoral Care, Second Ponce de Leon Baptist Church, take us on a journey through the letters of John and Jude. This study will inspire, protect, inform and challenge our faith lives such that we are not left the same. Dr. Qualls wrote this book.

L5. Tai Chi

This balance exercise for mind and body done regularly can reduce risk of falls and injury, improve circulation, flexibility, posture, blood pressure and heart rate as well as reduce stress and increase energy. This form of "movement meditation" involves slow, rhythmic movements while breathing deeply. Dawud Rasheed, experienced Tai Chi and Yoga instructor, will combine his expertise to offer this class that will cost \$50 for nonregistered participants and \$25 for registered participants. Ten students needed to offer this class.

11:15 AM - 12:15 PM**L6. Atlanta Opera**

This class will discuss the upcoming season of the Atlanta Opera: "Lucia", "The Golden Ticket", and "Don Giovanni". Bryan Franklin will lead this preview of an exciting season.

L7. Drawing

Continuing drawing of thematic material; room interiors, still life arrangements, etc. Class is designed for beginning-intermediate level student, but is open to all who wish to work in a studio environment.

L8. Current Events

Our faithful duo of Nixon and Miller will again bring us the great stories of the moment as well as the issues on our minds. Come join the lively discussion and class participation!

L9. French Conversation

This class will engage in basic French conversation led by Claudine Thire.

L10 . Line Dancing

Join the fun as Rose Haven leads low risk, low impact line dancing to get both your mind and body active. Ten Students must register to cover the cost of the class. There is a fee of \$50 for Line Dancing ONLY. \$48 for class registrants plus \$25 for Line Dancing.

L11. I Remember

Bring your memories and experiences, paper and pen to write your story. We spend class time sharing what we write. Ruth Barnwell has much experience in leading you through the process.

12:30 - Lunch

Lunch is offered for \$7.00 and is by reservation and PREPAYMENT only, or you may bring your lunch. Drinks are 50 cents.

1:30 PM - 3:30 PM**L12. Bridge for Fun**

Bring three friends, or meet three new friends, and a deck of cards to enjoy an afternoon of bridge. We provide the tables and you provide the challenge and the fun.

L14. Mahjong

Mahjong is a game for four players that originated in China. Bring your friends and your Mahjong set.

L15. Movie Matinee

Keep up with movies that you may have missed at the best bargain in town. We show the latest in award winning movies, as well as your suggested movies.

Some Extra Things to Know

A member of Second Ponce de Leon Baptist Church? Attending our classes for the first time? You get \$10 off your registration! Fill out the registration form and mail it with a \$38 check.

About Lunch:

Lunch is served at 12:30 and is by reservation only. The cost is \$7.00. We will make every effort to have menus available a week ahead. For the first session, Sept. 22nd, reservations must be made by noon Sept. 19th. Thereafter, reservations or cancellations must be made with LIFESPAN office by noon on Monday of each week. Reservations not used or not cancelled will be billed. For those who bring their lunch, drinks are available for \$0.50. Complimentary lunches are a “thank you” to our wonderful volunteer teachers. **Donations toward the LIFESPAN Teachers’ Lunch Fund *are appreciated.***

★ **LUNCH MENU THE FIRST WEEK WILL BE:** Chicken piccata, roasted potatoes and garden vegetable medley (broccoli, carrots & cauliflower), salad, rolls, dessert & beverage .

★ **Carts from the Parking Lot:** There will carts available to take you from the parking lot to the church for our Adult Education Sessions.

Magazine/Book Exchange:

Bring magazines or books for others to enjoy. Help yourself to what others have brought and return the book when you have finished.

Rides:

LIFESPAN makes every effort to provide a ride for anyone who needs one. Please request transportation on your registration form 10 days prior to the start of classes or call the office.

Scholarships:

Scholarships are available by calling the LIFESPAN office and talking to Laurie Stokes, Executive Director. Donations to this fund are always welcome!

Knife Sharpening & Small Appliance Repair:

Free on Thursday morning, but donations are appreciated. There is a charge for replacement parts. Knives and scissors are sharpened and returned the same day.

Teacher’s Aides:

A Teacher’s Aide is needed for each class to assist the presenter. If you are willing to be a Teacher’s Aide, please check “Yes” on the Registration Form.

Blood Pressure Checks:

11:30–1:00 pm each Thursday during Adult Education Classes.

LIFESPAN Adult Education Class Registration Form – Fall 2011 Second Ponce Baptist
 2715 Peachtree Road, Atlanta, GA 30305 Sept 22 – Nov 10, 2011 (8 weeks)

Name _____ Phone _____
 Address _____ City _____ Zip _____

Email: _____ Congregation _____

First-time participant? Yes No
 Need a ride? Yes No Provide a ride? Yes No \$48.00
 Session Registration Fee (covers all Thursday AEC classes) _____

Daily fee is \$8.00 per Thursday. Limited scholarships available. Lunch Sept 22 7.00
 Late Registration Fee is \$5.00 effective Thursday, Sept 15, 2011 \$5.00

Classes 10:00 - 11:00 AM

<input checked="" type="checkbox"/>	#	Description	Fees
	L1	Book Reviews	
	L2	Current Economics	
	L3	Gardening with Master Gardeners	
	L4	"Sessions with John and Jude"	
	L5	Tai Chi (\$50 – Tai Chi ONLY)	\$25.00

Classes 11:15 AM - 12:15 PM

<input checked="" type="checkbox"/>	#	Description	Fees
	L6	Atlanta Opera	
	L7	Current Events	
	L8	Drawing	
	L9	French Conversation	
	L10	I Remember	
	L11	Line Dancing (\$50 Line Dancing ONLY)	\$25.00

1:30 PM – 3:30 PM

<input checked="" type="checkbox"/>	#	Description	Fees
	L13	Bridge	
	L14	Mahjong	
	L15	Movie Matinee	

Community Events

<input checked="" type="checkbox"/>	#	Description	Fees
	L16	Book Club – Aug. 29, Sept 26, Oct 31, Nov 28	
	L17	AARP Safe Drive – Oct 28	
	L18	LSR 30 th Anniversary Celebration – 9/14/11 – Lunch & Activities	\$10.00

Buy a Lunch for a Teacher! One: \$7.00 Two \$14.00
 Donation to LIFESPAN Resources (please indicate amount) _____
 404-237-7307 Total Amount _____

Send all checks to: LIFESPAN Resources, 3003 Howell Mill Rd., NW, Atlanta, GA 30327

Computer Class Registration Form
TUESDAY COMPUTER CLASS SCHEDULE – Fall, 2011

Name _____ Phone _____
 Address _____ City _____ Zip _____
 Email: _____ Congregation _____

Session 4: September 20, 2011 – October 18, 2011 (5 Tuesday classes & 1 Online Session)

<input checked="" type="checkbox"/>	#	Time	Description	Fees
	C1	9:30 – 11:30 AM	Presentations and Design (PowerPoint and Photoshop Elements) PowerPoint is a program for creating and showing presentations. Photoshop Elements is a program to edit images, clip art and photos.	69.00
	C2	1:00 – 3:00 PM	Intermediate Computer Skills This course takes materials presented in our Introductory classes at a more advanced level. We will utilize WORD, EXCEL and spend time on the Internet. We customize to the needs of our students and will work in small groups.	69.00

Holiday Session: November 1, 2011 – November 22, 2011 (4 Sessions)

<input checked="" type="checkbox"/>	#	Time	Description	Fees
	C5	1:00 – 3:00 PM	Digital Holiday We will take your digital photos, edit them using Photoshop Elements, and design a holiday card. Students will have a completed card ready to be printed by the end of class.	49.00

TOTAL _____
 Registration fee includes class materials

Send all checks to: LIFESPAN Resources, 3003 Howell Mill Rd., NW, Atlanta, GA 30327
 To get more information or register online, go to www.lifespans.org



Non Profit Org.
U.S. Postage
P A I D
Atlanta, GA
Permit No. 2437

30th Anniversary Celebration

MAKE YOUR RESERVATIONS NOW!

LIFESPAN Resources

3003 Howell Mill Rd NW
Atlanta, GA 30327

www.lifespanseniorresources.com : www.lsrseiors.org

What We Do

LIFESPAN Resources is an interfaith, non-profit senior organization recognizing and responding to the needs of older persons in North Atlanta. Services provided by volunteers include:

- Faith in Action Friends & Neighbors
- Adult Education Classes
- Computer Classes
- Day Club, an Adult Day Care Program
- Medical Escort Transportation
- Wellness Screenings
- Referral Information

Program Days and Hours

- Day Club:** 9:30–4:30 PM, M, T, W & Th
- Medical Rides:** Tues and Wednesdays
- Adult Education:** Thursdays
- Computer Classes:** Tuesdays

Contact Us

Website:

www.lifespanseniorresources.com

Blog: www.lsrseiors.org

Email: lifespansresource@bellsouth.net

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

Office Hours: 9 AM to 4:30 PM, M-Thurs

Congregational Affiliates

- 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 *
- Temple Sinai
- Trinity Presbyterian Church *
- The Temple
- Wieuca Road Baptist Church *

* Financial Support

Collaborative Partners

- AARP
- Adaptive Research
- Alzheimer's Association, Georgia Chapter
- AmeriCorps/ Silver Corps
- ARC—Area Agency on Aging
- Caregiver CARE—Atlanta
- Fulton Public Library
- Jewish Family & Career Services
- Jewish Federation of Greater Atlanta
- One Good Deed
- Piedmont Hospital Sixty Plus
- ProBono Partnership Atlanta
- SPARC of Atlanta
- Metro Atlanta RSVP

Community Affiliates

- BrightStar Healthcare
- Buckhead Men's Garden Club
- D K Lippy Construction Co.
- DeBraun Law Office
- DeKalb Senior Provider Network
- Edward Jones, Julie Rea
- Gourmet Innovations
- Heart to Heart Transportation
- Humana
- Kadan Home Care
- Menders, Inc.
- Meyer Balsler NORC
- North Side Woman's Club
- Park Springs
- Personal Care, Inc
- Pollan Law Firm
- Renaissance on Peachtree
- Saint Anne's Terrace
- Trimark Health
- Zeliff Wallace Jackson

Contributing Organizations

- Bank of America
- Bill and Frances Graves Foundation
- Frances Wood Wilson Foundation, Inc.
- Jewish Federation of Greater Atlanta
- Intercontinental Hotel Group
- Microsoft Giving Campaign
- ProBono Partnership/ Atlanta
- SalesForce Foundation

In-Kind Contributions

- | | |
|-----------------------------|-------------------------|
| Trinity Presbyterian Church | Care Minders Homecare |
| Brightstar Healthcare | Personal Care, Inc. |
| Menders, Inc. | Right At Home |
| Everyday Home Care | Trimark Health Services |