

The Spotlight

Volume XXVI, Number 1

January 20–March 10, 2011

Winter Quarter, 2011



LIFESPAN turns 30!

LIFESPAN has provided services to older adults for 30 years. In these last few years of great challenge and shrinking resources, we have continued to do **even more**.

In 2010 we moved to **three full days** in our Day Club and provided **7,196 hours** of fun and care while their families had a time out.

The Medical Escort Transportation program has **increased by 23%** with volunteers providing over **1,100 volunteer hours** and driving over **10,800 miles** this year.

We provided **537 hours** of Adult Education classes in 2010 and set up our own computer lab to offer even more classes in the future.

And we have done all this while congregational and organizational support has declined. With fewer resources and a higher demand for services, LIFESPAN relies even more heavily on individual donor support.

Yes, that's where you come in. Help LIFESPAN celebrate another 30 years and continue to respond to the increasing need for our services. Please see if you can give a little extra this year. The donation form is on page 7.



Giving Makes your Brain Happy!

"The first thing to note about giving away money is that it feels really good. For instance, several brain scanning experiments demonstrate that do-

nating to a worthy cause leads to activation in the dopamine reward pathway. It's the same part of the brain that's turned on when we have sex, or eat a slice of chocolate cake. ...Giving is literally better than getting, at least from the perspective of the brain." Jonah Lehrer, Marketplace, NPR

Well, imagine that? Who would have thought? But maybe it's not so strange after all. Every time we pick someone up for a medical appointment or spend time at the Day Club, or see someone learning how to use a computer, we know about happy brains—and happy hearts.

Make your brain happy! Give today!

Academy for Volunteers in Aging—Atlanta

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Session V Starts January 26, 2011

Academy for Volunteers in Aging will provide continuing community education focused on building the skills of volunteers to meet the needs of the aging population. Acknowledging the need for caring and competent volunteers to support community programs serving the elderly in Atlanta, a group of aging specialists and medical professionals offer educational opportunities for volunteers in the following areas:

January 26	The Normal Aging Process and Effective Communications; Vision
February 2	Chronic Disease - Understanding the Process; Hearing
March 23	Memory Loss - Communication, Behavior Issues
April 27	Mobility Assistance and Safety; Creative Leisure Time Activities
May 25	Community Resources Update
June 22	End of Life Issues

The classes are free and held at the Cathedral of St. Philip on one Wednesday morning a month. You must register for the entire session. Deadline for registration in January 12, 2011. Class size is limited so call the LIFESPAN office for details or e-mail lsrjudysquires@bellsouth.net to register.

Since AVA's inception, AVA Atlanta, has trained 147 participants from 53 agencies.

Community Events for Seniors

To register by mail, return the registration form on page 7 with your Community Events selections marked or call 404-237-7307



Annual Meeting

30th Anniversary Kick Off. Join us for our Annual Meeting on Thursday, January 27th, 12:30 pm at Peachtree Road United Methodist Church. Begin the Celebration!

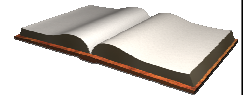
Senior Book Club

Trinity Presbyterian Church
3003 Howell Mill Rd., NW
Atlanta 30327
Mondays at 12:00 noon

January 31st – “Nine Lives of a Marriage”, presented by author Eva Friedlander.

February 28th – “Pearl” by Anchee Min reviewed by Nancy Ginn.

March 28th— To Be Announced.



AARP Driving Safety Program

March 17th, 9am to 4pm
Trinity Presbyterian Church,
3003 Howell Mill Rd., NW,
Atlanta, 30327



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. Call 404-237-7307 to register, or check the box on the registration form.

Be Our Valentines & Bring Yours

Thursday, February 10, 2011—12:30 pm
Luncheon, Classes & Music
Peachtree Road United Methodist Church
Reservations by Friday, February 4—Bring a friend for day of classes, a great lunch and enjoy the big band sound of the Whitefield Academy Jazz Band all for \$12. Join us for the spirit of Valentines Day and enjoy the beautiful table decorations that will be provided as door prizes by Menders, Inc.

Mardi Gras Celebration

Thursday, March 3, 2011
Peachtree Road United Methodist Church
For those not registered for AEC Winter Session, join us for a day of classes and lunch for a reduced rate of \$12. Enjoy the spirit of New Orleans and Mardi Gras as you visit our variety of classes and share the music and spirit of the celebration. Come see the crowning of the King and Queen of Mardi Gras.

Adult Education Classes—Location Information

Winter 2011 Adult Education Classes will be held on Thursdays beginning January 20th at Peachtree Road United Methodist Church, 3180 Peachtree Road, Atlanta, GA 30305.

Parking is available on the west side of the church and to the rear of the church. There is a small parking lot on the east side of the church as well. Please try to avoid the spaces nearest the back door of the church as the preschool uses those spaces. Come to the Fellowship Hall for your name tag, classroom assignments, and lunch chip.

Bring a friend to Adult Education Classes—Free: If you bring a friend to experience Adult Education Classes for the first time, we will waive their daily registration free! The daily registration fee for AEC classes is \$8. Lunch is extra. You will need to reserve the lunch a week in advance and we will have a name tag for your guest. This is for individuals who have never been to AEC.

Our Thank You: If he or she decides to register for a session of classes you will receive a coupon for \$20 off your registration for the next session of AEC. We want as many people to know about AEC as possible and you are our best advocate. Registration for an entire session is \$48.

Adult Education Classes (AEC) for Winter, 2011
Eight Consecutive Thursdays—January 20 - March 10, 2011
Peachtree Road United Methodist Church

10:00 – 11:00 AM

L1. Big Business in Atlanta

Atlanta is the hub of many Big Businesses, namely CNN, CDC, Delta, Shepherd Center, UPS, Atlanta Braves, AJC and others. Join us to explore their history, why they came to Atlanta, what they do for Atlanta and vice versa. They are truly some of Atlanta's Treasures.

L2. Current Economics

Economic theory and issues permeate all of our lives each day. The course covers current economic problems from all sides by showing the economic principles that impinge on and underlie them and the data sources available to better understand them. Dr. Ferd Levy will lead this class.

L3. Spanish Conversation Continues

Aidan Wilber will help us converse in Spanish by teaching a fun conversation class. Aidan, a UGA alumnus and former teacher at Lovett School, has studied in Valencia, Spain and will also share those experiences. This class will be a continuation of the Fall 2010 Spanish Conversation Class. Newcomers welcome if you have knowledge of Spanish.

L4. 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.

L5. Your Spiritual Legacy with Rabbi Saulson (4 weeks) Jan 20 – Feb 10, 2011

"Real Love" Reviewed by Naomi Ratner (4 weeks) Feb 17 thru March 10, 2011

Rabbi Scott Saulson will lead four sessions devoted to sketching an ethical will, also known as a spiritual legacy. Participants will be guided in reviewing and articulating their spiritual values and insights so as to fashion a textual gift for their heirs.

Naomi Ratner will review the book, "Real Love: The Truth About Finding Unconditional Love and Fulfilling Relationships." The book is about love and how to identify Real Love from Imitation Love. Join us as we unravel how and why this framework is so effective in bettering our relationships with everyone in our lives.

11:15 AM – 12:15 PM

L6. American and British Short Stories

In this course we will study short stories by such authors as Kate Chopin (an early feminist), James Joyce, Katherine Anne Porter, F. Scott Fitzgerald, Katherine Mansfield, and other prominent modern authors. Plot and setting will of course be considered, but our main focus will be on character, emotions whose depiction makes these works so memorable.

L7. Drawing II

This is a continuation of the class offered fall session. It is an introduction to art media and techniques. The course will help the student develop drawing and painting skills through the understanding and application of the basic elements of art, and the fundamentals of good composition. Marilyn Morton will lead this class.

L8. Great Decisions

Ray Nixon and Dusty Miller will lead a discussion on the following topics: Rebuilding Haiti, U.S National Security, Horn of Africa, Responding to the Financial Crisis, Germany Ascendant, Sanctions and Non-proliferation, The Caucuses, and Global Governance. Come and be a part of this interesting class.

L9. 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.

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. Two K's and a G

Frances McKibben will teach this class. Come and learn about three individuals who overcame personal obstacles to achieve success in their chosen fields of endeavor.

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.

L13. Intermediate Art

Experienced artists brush up on design principles and water color techniques. Anne McDonald will lead this class.

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.

To Register

To Register call LIFESPAN at 404-237-7307 for details or fill out the Winter 2011 Registration Form and mail with your check TODAY. Class sizes are limited and registrations are taken as they are received.

Cost per 8-week session \$48;

after January 11th - \$53.

Additional fee for Tai Chi \$25

(Tai Chi only \$50)

Line Dancing \$25

(line dancing only \$50)

One-day Registration \$8

Great Decisions Book \$20

Lunch fee \$7 PRE-PAY



Kicking off the Celebration

We will be kicking off our 30th Anniversary Celebration at our annual meeting on Thursday, January 27th, at Peachtree Road United Methodist Church. Join us at our luncheon where we will start the year of celebration. Our 2011 Board of Directors will also be introduced:

Stuart Arey, John DeMicco, Nancy Ginn, Tony Lazzaro, Donnell Grabol-Osborne, Thu Nguyen, Ray Nixon, Jeanne Merritt, Sally Miller, David Pollan, Lois Ricci, Patricia Sailors, Beth Stedman, Antoinette Sturm, Kevin Tolnai, George McKenney (ex-officio past President). Come and celebrate with us as we acknowledge the work of LIFESPAN Resources.

Reservations for joining us at the luncheon must be to the office by Friday January 21st.. Just check the LIFESPAN Annual Meeting item on the Community Events section of the Registration Form on Page 7 or call the office.



Sharing in the Caring - 9th Annual Conference January 29, 2011—"Connecting the Dots"

Keynote speaker, Dr. Tom Price, geriatrician for this informative session, will include an exploration of tools, resources and information to facilitate navigating our complex healthcare system. The day will also include a panel of professional and caregiving experts to answer your questions.

Registration fee of \$20 includes breakfast and lunch and a day of sharing and fun. For more information visit www.lifespanresources.org or call Mary Lou 404-463-3524.

The conference will be held at Trinity Presbyterian Church, 3003 Howell Mill Rd.

Some Extra Things to Know

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, January 20, reservations must be made by noon January 17. 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.

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.

**A member of Peachtree United Methodist Church?
Attending our classes for the first time?
You get \$10 off your registration!**

Contributing Organizations

Bank of America
 Frances Wood Wilson
 Foundation, Inc.
 Jewish Federation of
 Greater Atlanta
 Intercontinental Hotel Group
 Microsoft Giving Campaign
 ProBono Partnership/ Atlanta
 Salesforce Foundation

In-Kind Consultants

Kathy Borneman Leisa McDonald
 Algin Boyd Martin Jim Menton
 Gary Secor

In-Kind Contributions

OFFICE AND DAY CLUB:
 Trinity Presbyterian Church

BLOOD PRESSURE SCREENING:

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

Right At Home

FLU SHOTS:

Trimark Health Services

Contributing Individuals August 16th—December 15th, 2010

Anonymous
 Ruth Arnold
 Lida Askev
 Pearl Bank
 Jim & Ruth Barnwell
 Elizabeth Bennett
 Charles Beskin
 Charlesey & Gene Brown
 Evelyn Bruno
 Kathleen Cianfoni
 Minnie Cool
 Bill Easterlin
 Tim Exley
 Helen Faser
 Frank Gleason
 Frances Harrold
 Sharlene Fay Jacobi

Clyde Johnson
 Leah Jones
 Jacky Jordan
 Helen Kahn
 Jane Kilgore
 Roslyn Kringel
 Tony Lazzaro
 Barbara Limardo
 Katrina Mabon
 Carol McCullough
 George McKenney
 Annette Mers
 Frieda Neulinger
 Carolyn Oakley
 Ida Rabinowitz
 Dorothy Ratner
 Reuben Robinson

Loyce Sandifer
 Katherine Saunders
 William Savich
 Jerry Sawyer
 William M. Schotanus
 Shirley Silverman
 Betty Sloan
 Martha Sorrels
 Antoinette Strum
 Sharon Toropek
 Kathryn Urquhart
 Helen Walker
 David Webb
 Dorothy Wetherell
 Francine White
 Jean Willilams

**Thank you for making our
 Holiday Party great!**

BrightStar Health Care
 Park Springs
 Peachtree Hills Place
 Personal Care, Inc.
 Right at Home
 Sunrise Senior Living
 Trimark Health Services

In Honor Of

Frank Gleason: Barbara G. Limardo

In Memory Of

Harlow Norton: Sara Moore

alzheimer's association
Georgia Chapter

PRESENTS

THE LEGAL-EASE OF SENIOR CARE

AN ELDER CARE FOCUSED OPPORTUNITY FOR CAREGIVERS
 TO ASK ABOUT THE LEGAL ISSUES THAT ARISE WHEN CARING FOR AGING LOVED ONES
 GUARDIANSHIP, THE NEW GEORGIA ADVANCE DIRECTIVE FOR HEALTH CARE, THE ROLES MEDICARE, THE VA AND
 MEDICAID PLAY IN FINANCING THE EXTRAORDINARY COST OF LONG-TERM CARE.

TUESDAY, JANUARY 18, 2011

6:00PM – 8:00PM

{REFRESHMENTS WILL BE SERVED}

THIS IS A FREE EVENT

ALZHEIMER'S ASSOC., GEORGIA CHAPTER
 1925 CENTURY BLVD. SUITE 10 ATLANTA, GA 30345

RSVP BY CALLING JENNIFER MORRISON 404 728 6052

FEATURING GUEST SPEAKER

DAVID P. POLLAN, ESQ.

Elder Law and Special Needs Law Attorney



Contact: Kevin Tolnai
 5555 Glenridge Connector, Ste 200
 Atlanta 30342 404-459-0021
ktolnai@brightstarhealthcare.com

Thank you to our Winter AEC Partner!



At BrightStar, our mission is to go above and beyond to make more possible for those we care for – more support, more joy, more comfort, more security, more peace of mind.

Yet, it's more than just our work; helping people is our passion. It's what makes us truly shine – knowing that we're making a real difference by bringing more to the lives of others every day.

Annual Appeal Return Form.

Please fill this out and return it with your check and your AEC and Computer Class Registration forms

Celebrate the Past....Build for the Future!

Name _____ Phone: _____

Address: _____

Email: _____

\$5000
 \$1000
 \$500
 \$300
 \$100
 Other _____
 Enter Amount

Or, I will make a 2011 Pledge to be paid on _____

I have remembered Lifespan in my trust/will

I would like information on including Lifespan Resources in my estate planning.

Lifespan Resources, Inc. 3003 Howell Mill Rd., NW, Atlanta, GA 30327, Phone: 404-237-7307

LIFESPAN Adult Education Class Registration Form – Winter 2011

Peachtree Road UMC January 20 - March 10, 2011

Name _____ Phone _____

Address _____ City _____ Zip _____

Email: _____ Congregation _____

First-time participant? Yes No

Need a ride? Yes No Provide a ride? Yes No

Session Registration Fee (covers all Thursday L'N L classes) \$48.00

Daily fee is \$8.00 per Thursday. Limited scholarships available. Lunch 1/20/2010 7.00

Late Registration Fee is \$5.00 effective Tuesday, January 11th \$5.00

Classes 10:00 - 11:00 AM

#	Description	Fees
<input checked="" type="checkbox"/>	L1 Big Business in Atlanta	
<input type="checkbox"/>	L2 Current Economics	
<input type="checkbox"/>	L3 Spanish Conversation Continues	
<input type="checkbox"/>	L4 Tai Chi (\$50 – Tai Chi ONLY)	
<input type="checkbox"/>	L5 Your Spiritual Journey – “Real Love”	

Classes 11:15 AM - 12:15 PM

#	Description	Fees
<input checked="" type="checkbox"/>	L6 American and British Short Stories	
<input type="checkbox"/>	L7 Drawing II	
<input type="checkbox"/>	L8 Great Decisions	
<input type="checkbox"/>	L9 I Remember	
<input type="checkbox"/>	L10 Line Dancing (\$50 Line Dancing ONLY)	
<input type="checkbox"/>	L11 Two K's and a G	

Fun 1:30 PM – 3:30 PM

#	Description	Fees
<input checked="" type="checkbox"/>	L12 Bridge for Fun	
<input type="checkbox"/>	L13 Intermediate Art	
<input type="checkbox"/>	L14 Mahjong	
<input type="checkbox"/>	L15 Movie Matinee	

Community Events

#	Description	Fees
<input checked="" type="checkbox"/>	L16 LIFESPAN Resources Annual Meeting – January 27 th	
<input type="checkbox"/>	L17 Be Our Valentines & Bring Yours – February 10 th	
<input type="checkbox"/>	L18 Mardi Gras Celebration – March 3 rd	
<input type="checkbox"/>	L19 Senior Book Club – Jan 31, Feb 28, Mar 28	
<input type="checkbox"/>	L20 AARP Driving Safety Program - Mar. 17, 9:00 – 4:00	

Buy a Lunch for a Teacher! One: \$7.00 Two: \$14.00

Donation to LIFESPAN Resources (please indicate amount) _____

Total Amount _____

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

LIFESPAN Launches new computer classes



Peggy Palmiter, Instructor, surrounded by laptops!

Computer Classes at LIFESPAN have moved to a new level. The donation of our laptop computers and your interest in learning have combined to give us a wonderful opportunity. We are offering computer classes all day on Tuesdays at the LIFESPAN offices.

The classes will last for 9 weeks and are broken up into 3 week segments (with the exception of the Intermediate Computer Skills class, which is 6 wks).

We have added a series for job seekers (see the next article), but we wanted you to know that the Social Networking class in that series is for job seekers and fun seekers alike. We will talk about Facebook and getting connected with friends, family or employers. It's an amazing world out there.

Please join us. We are thrilled to be able to offer more classes and want

to see you there. There is a minimum enrollment required for each class to be offered—and a maximum of 10 in any one class.

Those of you who have already taken our Intro class and feel inspired—we need volunteers to help in our Intermediate Class. Just call the office if you are interested in volunteering.

Get Connected Series

In this economy, many older adults have found themselves unexpectedly back in the job market. However, as folks try to find that full or part time job to help supplement the family income, they realize relying on children or grandchildren for computer help is no longer a good alternative.

There are many “formal” computer training classes offering specific certification or expertise in a particular software program or technique. In our classes, we offer you a chance to get

ready for the formal training class. We help older adults get comfortable with the computer and the online world—either for the first time or as a re-introduction. It is our intention to get you comfortable with your technology skills, terminology and basic knowledge. Then—Oh, the places you will go!

Our Get Connected Series has three 3 week classes. Feel free to take one or all of them. The first class—Social Networking—will focus both on personal and professional information.

Expanded Computer Classes Winter, 2011
 Tuesdays, January 18th through March 8th
 At Trinity Presbyterian Church
 3003 Howell Mill Rd., NW
 Atlanta, GA 303027

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

Tuesday January 18th, 25th and February 1st (3 weeks)

<input checked="" type="checkbox"/>	#	Time	Description	Fees
	C1	9:30 – 11:30 AM	Social Networking	29.00
	C2	1:00 – 3:00 PM	Intermediate Computer Skills Part 1	29.00

Tuesday February 8th, 15th, 22nd (3 weeks)

<input checked="" type="checkbox"/>	#	Time	Description	Fees
	C3	9:30 – 11:30 AM	Create your Resume and get Linked In	29.00
	C4	1:00 – 3:00 PM	Intermediate Computer Skills Part 2	29.00

Tuesday March 1st, 8th, 15th (3 weeks)

<input checked="" type="checkbox"/>	#	Time	Description	Fees
	C5	9:30 – 11:30 AM	Online Job Search	29.00
	C6	1:00 – 3:00 PM	Digital Photography	29.00

	One Class	29.00
	Two Classes	39.00
	Three Classes	49.00
	Four Classes	59.00
	Five Classes	69.00
	Six Classes	79.00

Total _____

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

Winter 2011 – Computer Classes

Tuesday, January 18th—March 15th, 2011 (9 weeks)

9:30-11:30 AM

Get Connected Series: In this economy, many older adults are finding themselves back in the job market. Our classes are focused on getting you reacquainted with the technology environment of today. This includes negotiating the online community (Social Networking), creating or re-creating your resume (Get Linked in) and reviewing the numerous online job search resources available today (Online Job Search). Take all or one and get comfortable with today's environment.

January 18th, 25th and February 1st (3 weeks)

C1 _____ Social Networking - This class talks about the way social media has changed our communication. We will look at Facebook, YouTube, Google, Linked-In and Flickr. Each student will set up a Facebook and a fan page or a Linked-In account and we will explore how you can connect with people and organizations using social media.

February 8th, 15th, 22nd (3 weeks)

C3 _____ Create your Resume and get Linked In - In this course we will develop or update your resume, utilize online resources to post your employment interests and establish a Linked-in account for each participant.

March 1st, 8th, 15th (3 weeks)

C5 _____ Online Job Search - There are many online employment resources available today and this course will review several. We will discuss a variety of job sites for various career interests and help participants register and upload their resume and application information.

1:00 to 3:00 PM

Beyond the Beginning: We have offered Introduction to Computers several times in our Adult Education Classes. We want to encourage you to move beyond the beginning. Yes, you are all ready so don't even think about not being good enough. Let's explore all the possibilities!

C2 _____ January 18th, 25th and February 1st (Part 1), C4 _____ 8th, 15th, 22nd (Part 2)

Intermediate Computer Skills - This class will begin with a brief review of the skills learned in Introduction to Computers such as general computer terminology, file management, Internet access and word processing. We will talk about online resources and online security. This class takes your introductory skills to a new level, including more advanced file management techniques, and computer security. The last two classes will be spent on an introduction to spreadsheets.

March 1st, 8th, 15th

C6 _____ Digital Photography (3 weeks)

You will learn how to better use your digital camera, download images to your computer and organize and archive your photos. Students need to have a digital camera and a 2 G external flash drive. We will discuss camera recommendations at the first class if you prefer to wait to purchase your camera or flash drive.

Intermediate Computer Skills & Digital Photography

Beyond the Beginning: We have offered Introduction to Computers several times in our Adult Education Classes. We want to encourage you to move beyond the beginning. Many of you asked me—"Are you sure I am good enough for the next level?" My answer is Yes, yes, yes. As always, we tailor our courses to the needs of the students enrolled. Let's explore the next level!!

As you can see from the course description, we are also going to introduce you to a new environment in this class—

spreadsheets. They work for a million different things (not just finances) so don't be fooled! Yes, you are all ready so don't even think about not being good enough. Let's explore all the possibilities!

Many of you talked about wanting us to repeat our digital photograph class. Well, we heard you. So we are offering digital photography for 3 weeks. You will learn how to get better photos, manage your images and edit you pictures. What a deal is that?



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

Winter Session Adult Education Classes
January 20—March 10, 2011
Peachtree Road United Methodist Church

LIFESPAN Resources
3003 Howell Mill Rd., NW, Atlanta, GA 30327

Winter AEC Partner: BrightStar Healthcare

What We Do

LIFESPAN Resources is an interfaith, nonprofit 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 Programs
- Day Club, an Adult Day Care Program
- Medical Escort Transportation
- Handyman Service
- Monthly Craft Club
- Wellness Screenings
- Referral Information

Contact Us

404-237-7307 (fax) 404-237-6080
Office Hours: 9 AM to 4:30 PM, M-Thurs
Day Club: 9:30—4:30 PM, M, T & W
Medical Rides: Tues and Wednesdays
Adult Education: Thursdays
Computer Classes: Tuesdays
Website: www.lifespanresources.com
Blog: www.lsr seniors.org
Email: lifespanresource@bellsouth.net

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

Collaborative Partners

- Alzheimer's Association, Georgia Chapter
- 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

- Atlanta Homecare Partners
- Assisted Living Locators
- BrightStar Healthcare
- Buckhead Men's Garden Club
- Canterbury Court
- Comfort keepers
- Common Sense Solutions
- D K Lippy Construction Co.
- Edward Jones
- Gourmet Innovations
- Home Instead Senior Care
- Humana
- Lenbrook
- Menders, Inc.
- Merrill Gardens
- Metta Johnson & Associates
- Meyer Balser NORC
- North Side Woman's Club
- Parc at Buckhead
- Personal Care, In.
- Renaissance on Peachtree
- Right at Home
- Saint Anne's Terrace