

January Employee Birthdays

- 1- Latania Maxwell, Elsa Tesfamicael, Tracy Price
- 2- Regina Cook, Marcia Teague
- 3- William Lewis Jr.
- 4- Sandra Ernest, Kerry Ann James-Stoddart
- 5- Isatou Jammeh
- 8-- India Hodge, Patrice Hurst
- 9- Katrina Lloyd
- 10- Shannon Grant, William Cody Jr., Jarzile Morain, Nia Martin
- 12- Eyerusalem Kidane
- 14- Rudolph Washington, Vernon Dean
- 15- Paulette Rhooms-McLeod
- 16- Melody Godwin, Sharon Allen Hyatt
- 17- Richard Dixon, Estelle Morris, Gloria Campbell, Latasha Canady
- 18- Nia Compres
- 19- Paulette Boswell
- 20- Ann Joyles
- 21- Erieca Joyner
- 22- Musu Kromah, Jacqueline Calhoun, Gertrude Ampofo
- 23- Agar JL-Joseph
- 26- Thelma Bartley Rhule
- 28- Yvette Belcher
- 29- Suzanne Baker, Francisca Matthias
- 30- Neverlyn Hylton

Oh the Places You Will Go!

National Activity Professionals Week is celebrated January 20–26, 2019. It is designed to honor activity professionals and the significant role they play in enriching the lives of those they serve.

Thank you to all of our amazing Guides and Care Partners in Assisted Living, Skilled Nursing, Memory Care and Independent Living activity staff.



January Member Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

- 3 – Elizabeth Carter, Joyce Wood
- 4 – Louise Fawcett, Marjorie Whittington
- 5 – Peggy Amerson, Marilyn Brooks, Toshi Kii, Herb Uthlaut
- 7 – Michael Brown, Jackie Wright, Bobette Machnik
- 8 – Fowler Bush, Mary Needham
- 10 – Sara Merritt
- 11 – Audrey Maly, Barbara Meach
- 12 – Juanita Plumb
- 13 – Pat Williams
- 18 – George “Van” Vanstrum
- 19 – Ann Jons, Jean Lemonds
- 21 – Barbara LaChapelle
- 22 – Marianne Cheek
- 24 – Ruby Hoover
- 26 – Priscilla Mangrum
- 27 – Richard Brock, Joan Johnston
- 28 – Sara Owens
- 29 – Bob McCullough, Dennis Sloan
- 31 – Nancy Elsas



SPRINGBOARD

Park Springs – 500 Springhouse Circle, Stone Mountain, GA 30087



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Meet Our President Elect and His Wife by Delysia McNair



President-Elect of the 2019 Member Council is Lowell Lueptow. Member Association officers serve a three-year term, as President-Elect, and then President, and then Past President. Lowell and his wife, Sue, moved to Park Springs in 2014 and live in the 9200 building.

Born in Columbus, Wisconsin, Lowell has one older brother. His dad was a businessman and his mother, a homemaker. Later, the family moved to Madison, where Lowell went to high school. “I was always involved with volunteer work,” Lowell remembered. “I was very active in Junior Red Cross and later, chaired the University Blood Drive.” He graduated from the University of Wisconsin, majoring in Economics.

Lowell met Sue when both were serving as delegates from their high schools, to the Dane County Junior Red Cross Council. Sue, an only child, was born and raised in Stoughton, Wisconsin, a small town settled mainly by Norwegian immigrants. “It was so Norwegian; if you were in Norway, you’d never know the difference,” she said. Many spoke Norwegian and the church services were conducted in Norwegian once a month. Sue’s dad was in an oil distribution business and her mother was a homemaker. It was in her high school volunteering, when she was 16, that she met Lowell. She attended Vassar College for two years before transferring to the University of Wisconsin, because their Sociology department was superior (and maybe a little because Lowell was there).

Sue and Lowell were married in May 1955, she was 21 and he 23. With his graduation from college and his four years in the ROTC, Lowell became a 2nd Lieutenant in the Army, reporting for duty at Camp Gordon, in Augusta, GA.

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Infinity Mirrors Exhibit at the High Museum Update

Due to the popularity of the Infinity Mirrors exhibit by the public, the Museum is offering only 100 tickets per day. After gathering further information, we have decided this exhibit is not going to work for our group.

- Tickets don't go on sale until 9a.m. and lines begin to form at 7a.m. On average, 2 hr+ wait in line for tickets, with no seating and no guarantee you will get a ticket.
- The 100 tickets typically sell out between 9a.m.-10a.m. Only 2 tickets can be purchased per person.
- Limited space inside the exhibit. 20+ minutue wait to enter each room in the exhibit, with no seating.

Feel free to go on your own, either by driving, or by hiring one of our cars and drivers to take you – by appointment only, with 24hrs advance notice.

Audio and Video System Update

In December, we hosted a meeting with an AV tech company, AV Sound Works, to look at our current system. Members Larry Corbett and Fred Jerding, along with Donna Moore and Jennifer Durham attended the meeting. We are currently awaiting a proposal from the company on fixing our system. We will keep you posted on future developments. Thank you, Mr. Riggs, for the recommendation for the AV company and thank you all for your patience during this time.

Bible Study

In January, the Friday Bible Study group (for men and women) will begin to explore why the Old Testament is so important for understanding the New Testament. Bring your Bible, and join us! Maurice Lee is our leader, and we gather in the Meeting Room every Friday at 11 a.m.

Cornerstone Fellowship

All members of Park Springs are invited to meet with us every Tuesday at 4 p.m. in the Community Hall for a time of worship, singing and praise. Our member speakers for the month are as follows:

- Jan. 1 – no meeting
- Jan. 8 – Bobbe Corbett
- Jan 15 – Henry Van Wye, guest speaker
- Jan. 22 – Shirley Baskin
- Jan. 29 – Harriette Craine

Park Springs Market

There's nothing that bolsters that "at home" feeling than to have a handsome little place to stop in and pick up something you might have missed on your last big shopping trip. A place where you know the people who run it, where you might happen to meet a neighbor or two for sharing news, jokes and laughs.

Guess what? We've got just the place. The Park Springs Market is located on the second floor near the in-house mailboxes.

For the past 13 years it's been the place to shop for the short notice necessities without the hassle of going out for them. You'll find a wide range of items to browse through and you can even order a wanted item with a little time notice.

It's open Monday-Tuesday & Thursday- Friday from 10:30 a.m. – 1:30 p.m. with a smiling staff to greet you.

You'll enjoy it so much you might even want to volunteer! Time slots are 10:30 a.m. – 12 p.m. or 12 p.m. – 1:30 p.m. Call Mary Anne Creagan x 3744 to find out more. Operating the cash register is optional. What a great way to meet your neighbors! All profits go to our Employee Appreciation Fund and to the Library for the purchase of large-print books.

Purchases are paid for with cash, or if the purchase is more than \$5, checks are accepted.

"Sentinels of Legacy" by Jasmine Bonds

Outside of the Pebblebrook Community Hall sits "Sentinels of Legacy," a beautiful three-part mural in honor of Care Partners and Members at Park Springs. Working closely with Andy Isakson to understand our story, distinguished artist Tarleton Blackwell used his talents to bring this vision of legacy to life. You may recognize many of the people depicted in the mural as your friends and loved ones. These individuals have undoubtedly left a lasting legacy on our community and we're so proud to honor them. Visit Pebblebrook today to see this gorgeous work of art in person.

Big Changes at Park Springs by Jasmine Bonds

As we kick off the New Year, Members will notice a few big changes around Park Springs. The health and wellness of our Members is our number one priority and that's why we are so excited to welcome a few new staff Members and introduce two full-time Physicians.

Claudette Medder serves as the new Admissions Coordinator where she assists Members and families as they come aboard to Park Springs. Pebblebrook Memory Care welcomes Michelle Merrill as a new Guide. In her role, she oversees the operation of our Memory Care Household and provides mentorship and training for Care Partners.

Dr. Khurram Khan also joins our health and wellness team as the new Medical Director. In this role, he provides patient care for Members at Pebblebrook and the Wellness Clinic. With Dr. Khan and Dr. White on staff, we can continue providing patient care for our Members while also staying up-to-date on billing documentation. Park Springs is Medicare-certified and accurate record keeping allows us to remain eligible for this certification. Together, Dr. Khan and Dr. White will help us offer the highest quality of care to our Members.

Please join us in welcoming everyone to the Park Springs team!

Spiritual Opportunities at Park Springs

All of us living here at Park Springs are blessed to have a staff which supports various spiritual ministries. We have Cornerstone Fellowship every Tuesday at 4:00 p.m. in the Community Hall. We have various denominational services: Catholic Mass, Anglican Eucharist, and a Baptist Church service every Sunday at 11:00 a.m. in the Community Hall along with a Bible study every Friday at 11:00 a.m. in the member meeting room.

In addition, we have a Hospice Chaplain, and on the first Sunday of the month Pastor Henry Van Wye conducts a worship service at 3:00 p.m. in the Community Hall.

Pastor Van Wye has graciously volunteered to assist anyone in Park Springs who desires counseling, teaching, or just some encouragement. You may contact him at 770-856-5472 or henryvanwye@bellsouth.net.

Arts at Park Springs Sunday, Jan. 16, 3:00 p.m. Community Hall



The Arts at Park Springs is very pleased to present The Berry Singers! They are a premier choral ensemble at Berry College. This chamber choir tours both regionally and internationally, presenting various repertoire of early Renaissance motets to contemporary choral works. Don't miss this opportunity to welcome the Berry Singers to Park Springs and greet them at a reception following the performance.

Note from the GREEN TEAM by Carol Ware



Leafing through the latest issue of World Wildlife, I read an interesting piece about Neville Isdell, outgoing chairman of WWF-US. I must admit, the name was not a familiar one to me, but the story intrigued me due to his early life in Africa. Though his higher education was in social work, he entered the business world taking his first job with Coca-Cola in Zambia. He was successful and advanced through the company in Zambia, South Africa, Australia, the Philippines, central Europe and eventually the United States. His early life in Africa greatly influenced his attitude toward conservation of resources. He retired from Coca-Cola at the age of 58 but in 2004, he returned as Chairman and CEO. At the time, the company was in a downturn. Five years later it had returned to Fortune Five Hundred at #12 and was operating in the black. Isdell convinced company leaders to join with WWF to focus on reducing its “environmental footprint” and protecting the world’s freshwater. He was determined to advocate conservation of the company’s main ingredient--water. Since 2007, this partnership has worked tirelessly to preserve freshwater ecosystems around the world. Locally, he founded the Isdell Center for Global Leadership at Pace Academy in Atlanta. He has recently stepped down from his position with WWF Board. Read more about him and his global efforts for conversation.

I was grateful to find another reason to enjoy an occasional “Coke”!!

Your **Green Team** wants to remind you that we will once again sponsor an electronics recycling event in February. Watch for our flyer in your in-house mailbox.

Men's Forum

The Men's Forum meets every Thursday at 9:00 a.m., in the Community Hall and on Channel 962. We invite you to join us for our weekly scheduled programs. Our guests for this month are as follows:

Jan 3 - Mike Worley will talk about the work of **Georgia Wildlife Federation**, a bit about the recently passed Georgia Outdoor Stewardship Amendment and a bit about state and federal conservation issues the GA Wildlife Federation is currently working on.

Jan. 10 – Katy Hinman, Bats are among the most diverse mammals in the world. There are over 1200 species of bats in the world, ranging from tropical rainforests to deserts to our own backyards. Despite their ubiquity, bats are some of the most misunderstood animals in the world. They aren't blind. They aren't rodents. They aren't all vampires. In fact, the truth is much more amazing. Come learn just a fraction of what there is to know about the world's only flying mammals.

Jan. 17 – Trent Doty, Wells Fargo Advisors. We will review retirement income strategies as well as discussing our outlook on the current market and economy. Attendees will hear the Wells Fargo Advisors, long-term perspective on the markets and we hope everyone will bring any and all questions that are on your mind.

Jan. 24 – Greg MacKay, a pediatric plastic surgeon at Eggleston and Scottish Rite, will talk about Craniofacial and Pediatric Plastic Surgery.

Jan. 31 – Brandon Gerberich is a senior PhD candidate and researcher in the Laboratory for Drug Delivery at Ga Tech headed by Dr. Mark Prausnitz. Dr. Prausnitz's laboratory is best known for developing microneedles for drug delivery in the skin with notoriety, especially for an influenza vaccine microneedle patch that eliminates the need for hypodermic needles. Brandon's research is focused on developing treatments for diseases of the eye using chemical engineering techniques to localize or enhance effects of therapeutic agents. Currently, he is working on a treatment for glaucoma.

Meet our President Elect Cont...

Sue graduated from the U. of W. in January 1956, and she joined him in Augusta. Later, he was posted to Camp McCoy, Wisconsin as the Korean War was ending. He then served in the Army Reserves for several years. Known for his earlier volunteer work, Lowell joined the staff of the American Cancer Society in 1956, as a Field Representative, with an area of 18 counties, in southern Wisconsin. Their daughter, Rebekka, was born in 1957, and then Sarah in 1959.

When Lowell became state director of the Society's Arizona division, they moved to Scottsdale in 1962. In 1968, their third daughter, Anne, was born. Sue enjoyed sewing and making many of the girls' clothes. She was very active in civic activities, including church, AAUW, PTA and of course, volunteer work for the American Cancer Society.

Sue's father died when she was 21. Her mother remarried to a family friend who accepted an overseas assignment in Iran with the Near East Foundation (later, Point Four of the U.S. Government). Sue and the two older daughters, then only five and three, flew to Iran to be with them, while Lowell was settling in his new job in Arizona. Sue and the two girls stayed in Iran for six months, and she recalls, "It was my first experience in a foreign country. The people I met, mostly Shiite Muslims, were well educated, and under the rule of the Shah. They were friendly to Americans. The women were intrigued with an American woman and little girls with blonde hair. They were very hospitable, and the food was wonderful. Exploring the ancient Persian ruins of Persepolis was a highlight."

In 1974, when Lowell became the State Director for Washington State, they moved to the Seattle suburb of Mercer Island, where they lived for twelve years. Sue was busy with PTA and the AAUW, continuing volunteer work she had begun in Scottsdale.

In 1986, they moved to Weston, CT, so Lowell could commute to NY to carry out his duties as CFO of the National ACS headquarters. They loved the historical connections in the East, but it was cut short when the Society decided to end its 75-year NYC location and move the headquarters to Atlanta. They built a home in Sandy Springs, living there until Lowell retired in 1992, following 38 years of service with the Society. They built their retirement home in north Scottsdale, in a desert community called "Sincuidados", near Carefree, where they enjoyed life for the next 20 years. They had time to travel, with domestic and international tours with Elderhostel, Abercrombie and Kent and Tauck tours. They also enjoyed swimming and hiking; both favorite activities of theirs. They somewhat slowed down when Sue had her first hip replacement, followed later by two more hip repairs. Lowell continued serving in Rotary, including gathering surplus medical supplies and equipment and taking them to Mexico where their local Rotary clubs distributed them to needy hospitals and nursing homes. His 25 years of Rotary service is one his most cherished memories.

The three daughters all married, and today they are blessed with six grandchildren; three boys and three girls. In 2013, the daughters met and agreed that Lowell and Sue should move near one of them. Sally Hutson gave them an impressive tour of Park Springs and they decided "this is the place," near daughter Anne, who is in Tucker. They made the move in March 2014 and are happy to be here, where they've made many new friends and of course, they relish being near Anne's family where they see them once a week. Looking back over the years, Sue and Lowell agree that they've led a wonderful life; living in and exploring many different places in this great country, making friends wherever they've lived, bringing three children into this world and living long enough to see how they and their children fared.



by Barbara Pierce

ARTISTS' SPOTLIGHT

- January 14—Sue Spier
- January 28—Joan Stormont

Our thanks to Mabel Kichline for finding all the magnificent artists whose works she displays in the window at the end of the in-house mailboxes. The window changes every two weeks and the variety of media is amazing. Check it out when you pick up your mail.

Water color and acrylic classes will begin our next 8-week session on January 9, 2019. The classes are held on Wednesdays, water color in the morning 9:30-12:00 p.m. and acrylic in the afternoon 1:00-3:30 p.m. We have an excellent instructor. Sign up on the sheet in the art room. If you are interested in taking a class in beginning painting, please call me, Barbara Pierce, at 3770 or Elizabeth Carter at 3360. If we have enough people interested, we will try to arrange a class for you.

Have you noticed how nice the window in the art room looks? Thank Christy Northam for that. She works hard to keep it looking really terrific.

The quilting bee group meets in the Art Room on the third Thursday of the month at 1:00 p.m. For information about the group, call Priscilla Casciolini at 3221.

2019 Group Fitness Schedule

Before attending an exercise class in 2019 be sure to check your **weekly reminder** because the new class schedule takes effect on **January 8th**. Check your weekly reminders for days and times.

The Park Springs Foundation by Barbara Pierce

As the new year starts, The Park Springs Foundation welcomes five new members to our Board of Directors. They will be put to work immediately as the Foundation must remain active in its efforts to collect enough donations to fund existing scholarships as well as the expected increase in scholarship requests that will be received for the next semester.

We ask you again to remember that the scholarships require donations which you, the residents, have so generously given. All gifts to the Foundation are tax deductible. You can donate your gifts any time of the year, you can set up a monthly account to the Foundation, you can donate gifts in someone's name or as a memorial, and you can leave the Foundation a bequest in your will. Checks may be made out to the Park Springs Foundation and placed in the slot marked "Park Springs Foundation" located at the in-house mail boxes, far right, top row.

The Foundation believes that the scholarships are very important to our community. They help our staff (and their children) understand how much we care for them and their increased educational skills help them care for us. It shows what kind of people we are: concerned about those who help take care of us. We thank you all.

"Be your Best Senior Self" January 15, 2:00 p.m. (CH)

Join Billie Hawkins, storyteller, performance poet, actor, author, motivational speaker as she presents "Be your Best Senior Self" a motivating, enlightening and entertaining performance.



**COBBLESTONE
AT PARK SPRINGS**
Assisted Living

YOU'RE INVITED

Join us for a presentation from **Dementia Care Matters'** Pete Bewert on their healthy approach to living and care for Assisted Living.

ALL CARE MATTERS is a new, culture-changing approach to care. Expanding on the person-centered foundation of The Butterfly Model, All Care Matters can be implemented in any care environment.

January 8, 2019 | 3:00 – 6:00 PM
The Club at Cobblestone

- 3:00 - 4:00 PM** Presentation by Dementia Care Matters on their cutting edge program for Assisted Living
- 4:00 - 6:00 PM** Cocktails and a tour of The Club at Cobblestone



Peter Bewert, RN
CEO of Dementia Care Matters

New Model, Focused Returns, Emotional Intelligence, New Culture Nursing

Over 23 years in Dementia Care Matters, has seen the culture change in dementia care through the Feelings Matter Most approach. This has been proven through the results with **The Butterfly Models of Care** in action. This approach can now be applied to all care. **All Care Matters** is a new model extending the learnings of The Butterfly Model to now applying this in Cobblestone at Park Springs care environment.

A Continuing Care Retirement Community
Independent Living | Assisted Living | Memory Care | Skilled Nursing
An Isakson Living Community

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