

The Emissary

Volume 2 | Issue 2 | Spring 2023

Announcements

- Chair Fitness Fundraiser on April 15th
- **2023 Scholarship application is now available on the website www.generationsforamerica.org.**
- Go to *Generations for America* (GFA) website www.generationsforamerica.org for more information about our *Good Life* Senior Citizen Initiative and Scholarship Program.
- Donate to GFA @ www.generationsforamerica.org.
- Email inquiries about GFA to grow@generationsforamerica.org.

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Message from the CEO

This spring issue of the *Emissary* is filled with information about GFA's programs and its ongoing efforts to serve our local communities. Our Good Life Ambassadors are hosting a chair fitness event to encourage seniors to remain active by performing low impact exercises.

Also, the 2023 scholarship application is now available on our website (www.generationsforamerica.org). The deadline to submit an application is *Friday, April 14, 2023*. Scholarships in the amount of \$500 are available for graduating high school seniors and students currently enrolled in college. Applicants can download the application directly from the website and submit the required documents.

The application process is simple! Don't miss out on this opportunity for easy money for college!

Karen Newsome



A Chair Fitness Fundraiser

GENERATIONS FOR AMERICA
Good Life Initiative Presents

**Stretch It Out,
Raise It Up.**
**A chair fitness
fundraiser**

Saturday April 15th
at 10AM

Cost: \$10
Cash App \$Gen4Ame or
Pre-book at (706) 901-7589

Greenleaf Apartments Club House
1701 37th Street
Phenix City, AL 36867

On **Saturday, April 15th (10 AM)** at **The Greenleaf Apartments Clubhouse** in Phenix City, AL, our **Good Life Initiative** ambassadors have planned a chair fitness session. Chair Fitness is an alternative, low impact exercise for senior citizens and individuals with mobility challenges. The cost is \$10. Contact the Event Coordinator, Karen, at (706) 901-7589 or grow@generationsforamerica.org to pre-book and register for this event. You may also Cash App \$10 to \$Gen4Ame (Annotate For: Chair Fitness). Proceeds benefit GFA programs. There will be a virtual option to participate as well. Let's Move!!!

Remembering Mrs. Carolyn Baldwin

(January 22, 1951 – December 10, 2021)

By Carissa Baldwin Williams

Mrs. Carolyn Baldwin was born on January 22, 1951 to Leroy and Olivia Perry Heard Sr. in Smiths Station, Alabama. She was a 1969 graduate of Wacoochee High School. She met and married her high school sweetheart, Wilbur Baldwin from Salem, Alabama. From this union, three children were born: Gregory Baldwin, Carissa Baldwin Williams (grandchildren: Cohen and Dawson Williams) and Laquandis Baldwin.

Mom was a loving and caring person with a smile as big as her heart. She was a member of and became the 1969 Queen of the Sophisticated Ladies Club of

Wacoochee High School in Salem, Alabama which she loved and often talked about. In her spare time, she loved gospel music, working in the church, a good movie, shopping, fun time with her children, family, grandchildren and when an opportunity opened up to travel to Huntsville, her, and dad were on their way.

When she joined Shiloh #2 African Methodist Episcopal Zion Church, she served as President of the Deaconess Board, Superintendent of Church School, President of the Senior Choir, and Church Financial Secretary. She was also a Missionary, loved singing in the church choir, (leading, Showers of Blessing, one of her favorite songs), and she was Choir Director of Varick's Children of the A.M.E. Zion Church (Opelika District).

When she departed this life on Friday, December 10, 2021, she joined her dad, Leroy Heard, Sr., son, Gregory Baldwin, and daughter-in-law, Darlene Baldwin. Although you are not physically here, we know you are smiling big and dancing.



2023 Mother-Daughter Brunch

Generations for America is hosting the 3rd Annual Mother-Daughter Brunch. The brunch is a social gathering of ladies for a heartfelt occasion and even bigger purpose. It began in 2021 as an intimate gathering of family and friends in memory of Jeannette Johnson, the mother of one of Generations for America's Board Members. Since that time, scholarships were named in honor of Ms. Jeannette and Mrs. Carolyn Baldwin. It has become a community event and serves as a fundraiser for Generations for America's scholarship program.

The event has included musical entertainment, guest speakers, personal tributes and served as a platform to promote Generations for America's mission. Celebrating women and embracing their relationships while supporting college students is the vision for the brunch.

This year's brunch will be held Saturday, May 13 at The Bibb Mill Event Center in Columbus, GA and is expected to be another uplifting event.



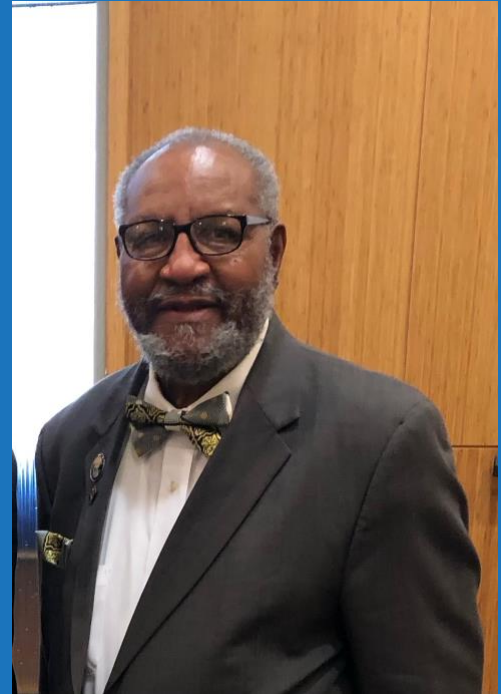
Save the Date for this year's event, which will be held **Saturday, May 13 at The Bibb Mill Event Center**. Individual tickets for the event will go on sale in April. However, donations and sponsorship opportunities are being accepted. Contact the Event Coordinator, Shakela, at (470) 729-1684 or shakela@bellsouth.net for more information.

Senior Spotlight

By Verlinda Gentry

My name is **Dwight E. Howard**. I taught Biology, Chemistry and Physical Science for 40.5 years. I also coached basketball and football. I retired in 2012. Since retiring I have been involved in several community projects. I am secretary of the 100 Black Men of America Inc. where we go out and mentor students. I am a Deacon at Ebenezer Missionary Baptist Church, a member of the Lee County Retirees Association where I lead the legislature team, president of the Lee County Chapter Alabama State University Alumni Association, Board Vice-President of Summer Hill Community Development Corporation, work with the commission on crime for the city of Opelika, Alabama, and Interim President of Montgomery Bible Institute.

I am married to a beautiful lady name Bernice R. Howard and the proud father of three (3) beautiful daughters, one granddaughter and one grandson.



529 Education Saving Plan

A 529 college savings plan is a state-sponsored investment plan that enables you to save money for a beneficiary and pay for education expenses. You can withdraw funds tax-free to cover nearly any type of college expense. 529 plans may offer additional state or federal tax benefits.

What are some benefits of a 529 plan?

A 529 college savings plan can help finance a college education in a variety of important ways:

- It enables you to save for education expenses.
- You can make tax-free withdrawals to pay for eligible expenses.
- It has a low minimum contribution amount.



The Benefits of Chair Yoga

For seniors, regular exercise is one of the best ways to achieve a healthy lifestyle. Unlike high-impact exercise like running, lifting weights, and plyometrics, chair yoga is easy on your joints, and may serve as a gateway to other forms of exercise. Chair yoga is a beneficial form of yoga for any fitness level, from active seniors to those recovering from an injury.

Chair yoga has the following benefits for older adults:

- Low impact on joints
- Improves flexibility
- Stress reduction
- Improves pain management
- Improves circulation
- Combats depression and anxiety
- Improves balance
- Promotes independence and wellbeing



Website:
www.generationsforamerica.org



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Evans, GA 30809



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2022 Photo Drop!

