

The Emissary

Volume 3 | Issue 1 | Winter 2024

Announcements

- The 2023 Annual Report can be accessed online at www.generationsforamerica.org.
- **The 2024 Scholarship application is now available on the website** www.generationsforamerica.org.
- Go to the *Generations for America* (GFA) website www.generationsforamerica.org for more information about our *Good Life Initiative* (Senior Citizen) 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

Happy New Year! Welcome to the third year of our quarterly newsletter, *The Emissary*. GFA has so many exciting activities and programs planned for this year. I want to thank our supporters and everyone who donated to GFA. We are a small organization. With your donations, we make a big impact in the community. Our 2023 Annual Report highlights GFA's yearly successes and is available on our website for your review.

In this issue, you will find the dates for our 2nd Annual Chair Exercise Fundraiser and the 3rd Annual Mother-Daughter Brunch. Save the dates! You will receive detailed information this spring about these events. The Board is excited to launch a GFA podcast in the fall. The podcast will focus on local community topics. Be on the lookout for solicitations to name the podcast. Yes, you heard me, we want you (our constituents) to name the podcast!

And finally, the 2024 scholarship application is now available on our website (www.generationsforamerica.org). The deadline to apply is *Saturday, March 23, 2024*. Scholarships for \$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 below:

1. Application—Attach the cover sheet to the front of the application packet.
2. Include in the application packet an official copy of your high school or college transcript with a seal or signature.
3. Submit a one (1) letter of recommendation.
4. Attach your statement-- A one (1) page minimum personal statement discussing – Explain how the scholarship funds will help you to achieve your education goals.
5. Submit a professional headshot or senior portrait.

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

Sincerely,

Karen Newsome



Board Member Limelight!

Tonya Jenkins White

Hello, my name is Tonya White. I am a new member of GFA's board. I was born and raised in Salem, Alabama. Currently I reside in Phenix City, Alabama and work full time for AFLAC. I have one son. In my spare time I like to have fun, travel and spend time with family and friends. I am also a GFA Good Life Ambassador. I enjoy volunteering for the senior citizen programs and working in the community. I am looking forward to getting more involved with GFA this year.



Chair Exercise Fundraiser

Our **Good Life Initiative** Program has planned its 2nd Annual Chair Exercise event!

Date: **Saturday, March 30th**

Time: **10:00 AM C.S.T.**

Location: **Smiths Station Ruritan Club**
2000 Co. Rd. 430
Smiths Station, AL 36877

Event tickets are now available for **\$10**

Contact GFA, at (706) 901-7589 or grow@generationsforamerica.org to pre-book and register for this event.

Or

Cash App \$10 to **\$Gen4Ame** with an annotation in the comment section, for Chair Exercise.

**All proceeds benefit GFA programs.*

2024 Mother-Daughter Brunch

The Mother-Daughter Brunch 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. In that year, Generations for America announced an inaugural scholarship in her memory, and in 2022, the Mother-Daughter Brunch was opened to the public as a fundraiser for the scholarship program.

Over the years, the program for the event has included musical entertainment with instrumental serenades, guest speakers, personal tributes and served as a platform to promote Generations for America's mission. The brunch is a social gathering for a heartfelt occasion and even bigger purpose. In celebrating women and embracing their relationships, the event also raises money for students attending college. To date, fifteen scholarships have been awarded to high school graduates and college students.



Save the Date

The Mother-Daughter Brunch will be held this year on **Saturday, May 11th 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.

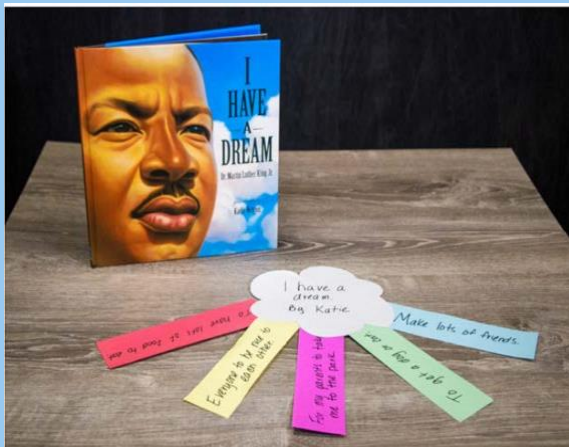
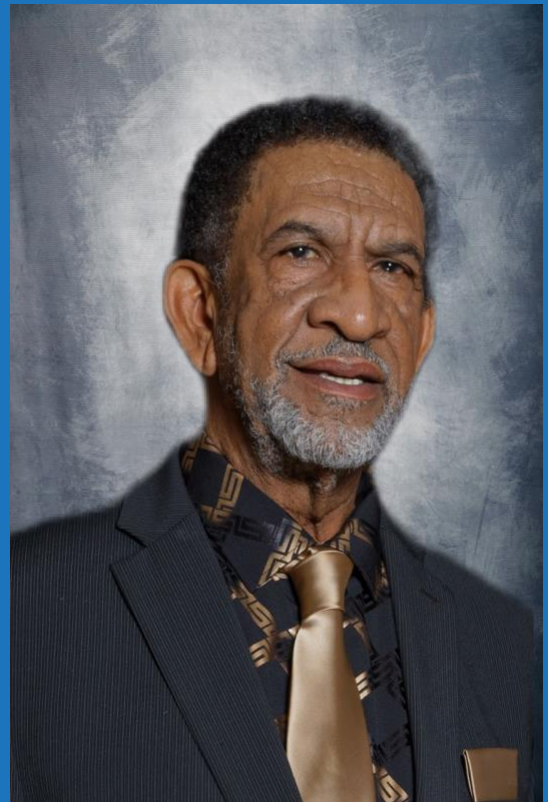
Contact the Event Coordinator, Shakela Johnson, at (470) 729-1684 or shakela@bellsouth.net for more information.

Seasoned Citizen Spotlight!

Johnny Lee McCoy

By Karen Newsome

Johnny Lee McCoy, affectionately called Sonny, was born and grew up in Lee County, Alabama. He attended Wacoochee High School where he met and married his high school sweetheart Rosie Pearl. He has two children, a son Jerome Robinson and a daughter Karen Newsome. He is a dedicated member of Greater Bethelpore Missionary Baptist Church in Salem, Alabama where he is an usher. He was a truck driver for Dolly Madison Cakes for over 20 years. After retiring from truck driving in 2012, Johnny spends his spare time tending to his garden, cruising in his 1967 Chevrolet Chevelle Super Sport, driving his Harley-Davidson motorcycle and spending time with the guys.



Meaningful Activities to Celebrate Martin Luther King Jr. Day

- Read Books Together. Books serve as a magnificent way to introduce these important values to your child and can be used as a guide to engage in meaningful conversations about Dr. Martin Luther King Jr.'s work, life, and legacy.
- Volunteer Together. Volunteering together is a wonderful way to demonstrate the importance of helping others and can help set the stage for a lifetime of supporting others.
- Participate in Community Events. Often your local community will host family events that celebrate the life and legacy of Dr. Martin Luther King Jr. Look for opportunities to celebrate either in person or virtually.

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



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