



NEWSLETTER



Seasonal Allergies

Atlanta's long pollen cycle starts with trees in early spring, then grass in late spring, and ragweed through fall. Levels are highest in the early morning, so it's a great time to stay indoors and visit the Wellness Center. Keep pollen out of your home by removing shoes at the door, showering before bed, changing clothes when you come inside, keeping windows closed, using HEPA filters, and wiping your pet's paws.

Thank you for CPR Training

Twice a year, we host a Cardio Pulmonary Resuscitation (CPR) training. CPR acts as a bridge to survival, doubling and sometimes tripling a person's chance of living after cardiac arrest by keeping the oxygenated blood flowing to the brain and heart until medical professionals arrive. It prevents rapid brain death—which starts within four minutes—and helps maintain heart function.

Thank you to our 2026 Cardiac Emergency Response Team. These 26 dedicated people are available to assist in the event of an emergency. Please see their names posted throughout the facility.



Della Johnson and Maureen Mauney



Fun Valentine's Party



Food and Fellowship

Our Pickleball Ambassadors work hard all year to keep the courts welcoming for everyone. They watch over daily play and meet often to find ways to make your time on the courts even better. Look for their yellow badges if you ever need help. Recently, they updated the paddle stacking system and talked through ways to support positive behavior on the courts.



Remember Blood Pressure Checks! Next up:

- May 13
- June 10
- July 8

Thank you to Glenda, Stephanie and Helen!

A warm welcome to our 12 new desk volunteers!



Participant Spotlight Jenny Ramsey

Jenny has found the Wellness Center to be a steady, encouraging place through many stages of her life. She first visited in September 2018 after her son was born, walking the track with him in his stroller. She missed that routine during the Covid pandemic, but soon returned when her son started at Mountain Park Church Pre-School.

In 2021, Jenny set a big goal: completing the Triple Peach Race Series, a three-race challenge featuring Atlanta's well-known Peachtree Road Race in July, the PNC Atlanta 10 Miler in October, and the Thanksgiving Day Half Marathon. She trained many early mornings on the Wellness Center treadmills and proudly earned the commemorative medal.

Since then, Jenny has kept up her walking on the track and recently added a weight-training class to her weekly regimen. She spends time on the track, in the weight room, and in the classroom—and she's made friends in each space along the way.

"The facility at the Wellness Center is great, but what brings me back everyday is the community. The people here are so encouraging and welcoming."

-Jenny Ramsey

