

MAY 2019

GREYSTONE LADIES CLUB MAGAZINE

*Hello
May!*

May 15th Meeting
See page 2 for more details.

May 5 - Cinco de Mayo
May 12 - Mother's Day
May 27- Memorial Day
June 16 - Father's Day
July 4 - Independence Day



MAY FEATURED PROGRAM

Program Chair: Suzy Sanders

May 15th GLC Meeting. Women’s Health and Feeling GREAT in Your Own Body AGAIN! Kaye is the founder of the Yoga and Therapy Center and owner of Sharp Integrated Physical Therapy and Health Consulting where she specializes in Manual Therapy, Trigger Point Dry Needling, Therapeutic Yoga, and Women’s Health Coaching. Yoga and Therapy Center has the first and only Yoga Wall in Alabama- making yoga more accessible to everyone regardless of their physical abilities. Her unique combination of hands on care and Physi-Yoga (Physical Therapy+Yoga) comes from over 20 years of patient care experience. Kaye has been voted in the top 3 Physical Therapists in Birmingham 2 years in a row and has a passion for helping individuals to progress toward better health and freedom from disease through alignment yoga and physical therapy. Kaye offers private therapeutic yoga sessions for clients struggling with pain, chronic health conditions, and other musculoskeletal injuries at the Center. She holds a 200 hour Alignment Yoga Teacher Training certificate through HereNowYoga and is working toward her 800 hour Yoga Therapy Certification from East Coast Yoga Therapy.



Kaye Sharp
MS, PT, WHNC

Kaye teaches ongoing weekly therapeutic yoga and mobility classes at Yoga and Therapy Center as well as specialty classes and workshops. Contact Kaye at 205-677-3007 or kaye@sharpphysicaltherapy.com to make an appointment

INSIDE THIS ISSUE

Featured Program.....	2
President’s Letter	3
The Spotlight.....	5
Shelby Humane Society.....	7
April Program Highlights	8
Appearance Matters	11
Birmingham May Events	15

GLC Luncheon - May 15th, 2019

9:30 a.m. - 10:00 a.m. Coffee & Social

10:00 a.m. Meeting

11:15 a.m. Lunch (\$20.56 reservation*)

Space is limited to 100 so make your reservation today! Please note that if you call or reserve your lunch online without payment, a space will be reserved for you. If for some reason you are unable to attend, you will be billed \$20.56 since the GLC will have paid for your lunch based on your commitment.

**To make Luncheon Reservations,
go to www.greystoneladiesclub.com, click on Luncheons, or
Contact Sierra Earle at 770-990-8965**

***Reservations are due by 5:00 p.m., Friday, May 10th.**

Our monthly luncheons are open to all Greystone residents in Founders, Legacy, The Crest, and members of the Greystone Golf and Country Club. Make your reservations early! All you have to do is make a reservation and pay by 5:00 pm on the Friday before the luncheon. After the deadline, all reservation requests will be put on a waiting list. When making reservations, please indicate whether your lunch will be charged to your GG&CC account or if you are dropping a check at the GG&CC Founders’ lobby mailbox. The mailbox is just inside the front door of the clubhouse. All checks should be made payable to the Greystone Ladies Club and please clearly mark the envelope “GLC Luncheon”. Cancellations may be made and payment refunded up until the reservation deadline by calling or emailing Sierra Earle. After the deadline, refunds will only be given if there is a waiting list.

WE WELCOME NEW MEMBERS.

– May Menu –

Ratatouille

Salad Bar

**Marinated Grilled
Chicken Breast**

Mac & Cheese

Vegetable Medley

The Greystone Ladies Club was established in 1992 by a group of neighbors wanting to bring all Greystone ladies together for goodwill, educational and charitable purposes.. The Greystone Ladies Club is open to all residents “inside the gates” or the Greystone Community (Founders, Legacy and the Crest) and members of the Greystone Golf and Country Club.

***The opinions expressed in the guest’s articles are not necessarily those of the GLC.**



It has been an honor and a pleasure serving as President of the Greystone Ladies Club this year! We are truly blessed to have a wonderful community and great friends. I hope you all have a wonderful summer spending time with your families and friends. As always, May is our last meeting of the year. The Greystone Ladies Club will resume meeting in September with the new board in place. We hope to see you then!

All the best,
Myrtis House
Myrtis House



Residential & Commercial Painting • Written Warranty



995-5559

www.birminghampaintingco.com



FREE

Estimate • Written Quote

\$200 OFF
Any Project Over \$2,000

*Must present coupon at time of estimate to receive discount.
Not valid with other discounts or prior service. Expires 5/31/19



Happy Mother's Day

and many blessings to every wonderful Mother!



Alicia Cuevas

Realtor, BBA

RE/MAX 100% CLUB

(205) 276-3095

RE/MAX[®]
SOUTHERN HOMES





A Great NUMBER of Accomplishments

Dr. Jenice Jenet Prather-Kinsey's professional bio reads like a "Who's Who of Brilliant Individuals." She is a mathematical whiz who is internationally recognized for her publications in top-tier accounting academic journals. She now holds the position of Full Professor of Accounting at the University of Alabama in Birmingham, but her amazing career extends far beyond Birmingham—in fact, she has presented her research on every continent in the world except Antarctica, and it wouldn't be surprising to find that location on her bucket list, too, along with Dubai!! She has also had the honor of being a visiting scholar at Universities in Pescara, Italy, Cape Town, South Africa and Coventry, England.



Jenice Prather-Kinsey

Jenice has traveled far from the days when she and her younger siblings grew up in Kansas City, MO. In high school she envisioned herself becoming Johnny Carson's personal secretary, so she headed to Lindenwood University for secretarial training. This lofty aspiration would soon pale compared to what she would achieve in the academic world after taking an accounting course!! Recognizing her mathematical skills, her accounting professor advised her to get her Masters degree in Accounting. When she learned what PhD and CPA meant, she was off to the University of Illinois, followed by stints as scholar or teacher at the University of Tennessee-Chattanooga, University of Alabama-Tuscaloosa, University of Missouri, and where she holds her current position, UAB.

More than numbers in her pretty head, Jenice had fun as a cheerleader at Lindenwood U. As a gifted seamstress, she often made her own clothes. She met her husband, Reginald, at a Policeman's Benefit Ball in Missouri and they have two grown sons. These days, she enjoys vacation travels and poolside afternoons reading and relaxing. She loves being called Grandma by her 13 year old grandson, Carter, and cherishes time spent with him.

Jenice's awards, affiliations, Chair positions and Boards are too numerous to name here—try Googling her—but to name a few: Advisory Board of Price Waterhouse Coopers in N.Y., Gaming Commissioner of the State of Missouri, Treasurer for the Missouri United Methodist Church Foundation, UAB Athletic Advisory Board, and Online Dream Team member at Church of the Highlands.

Be sure and introduce yourself to this scholastic power maven and gifted Treasurer for Greystone Ladies Club at the next meeting. Ask her about her name hyphenation honoring her late father, or the rest of the story of how she met Reginald and about their fun, future travel plans to Germany!

Please visit our website,
greystoneladiesclub.com
to see:

- List of Board Members
- GLC Membership Form

Look for us on **Facebook**.



Lee Branch Shopping Center
611 Doug Baker Blvd., Suite 114
(under Santa Fe Day Spa)

\$10 OFF any purchase
of \$50 or more

With this coupon only • Not valid with other offers
or prior purchases • Expires 6-30-19

(205) 407-4400



the
WHITE HOUSE
INTERIORS

Generous designer and realtor programs available. Design and staging services available at low rates. Full service furniture store with furniture, lighting, accessories, bedding and everything in between.

BRING IN
THIS AD TO RECEIVE
10% OFF
ANY ONE SINGLE ITEM

MONDAY - SATURDAY 10-6
5406 HIGHWAY 280E
STE A100
BIRMINGHAM, AL 35242
205.518.0798
www.twhinteriors.com

Advertising supplement to the GLC Newsletter | Paid Advertisements appearing in this newsletter are not necessarily endorsed or recommended by the GLC, Inc.



In 1977 the Shelby Humane Society was founded to care for stray and abandoned animals. Each year they care for over 5,000 animals! They house 200 to 350 adoptable cats and dogs at any given time.

Not all of the pets are housed at the shelter though. They have developed an extensive network of foster homes to care for adoptable dogs and cats that need more attention to thrive.

The Humane Society provides a low-cost spay and neuter service as well. Through the program, they work with local veterinarians to provide deeply discounted spay and neutering services. They spay and neuter more than 2300 pets annually.

If you are interested in volunteering please contact the Shelby Humane Society at 205-669-3916.

Donations can be mailed to:

Shelby Humane Society
381 McDow Road
Columbiana, AL. 35051



Greystone Pet Sitting

205-369-9027

greystonepetsitting@gmail.com

Loving Care While You're Away

- 🐾 Pet Sitting/House Sitting
- 🐾 Overnight Stays Available
- 🐾 Dog Walking
- 🐾 Pet Shuttle to Vet/Groomer
- 🐾 Waste/Litter Box Cleaning
- 🐾 Plant Watering
- 🐾 Mail/Newspaper Retrieval
- 🐾 Trash/Recyclables Out

Experienced, responsible, mature adult living in North Lake at Greystone who loves animals and wants to attentively care for your pets. Call or text to schedule a visit in your home. Reasonable rates. References available.

**To make a difference
in someone's life you don't
have to be brilliant,
rich, beautiful, or perfect.
You just have to care.**

-Mandy Hale



APRIL PROGRAM HIGHLIGHTS





MELD FINANCIAL

INDEPENDENT WEALTH MANAGEMENT

Presents

Estate Planning with Lynn Campisi

Everyone needs a will, even young adults, especially if they have children, but according to the AARP more than 60% of Americans do not have one. As people age having proper estate planning documents is even more important.

Presenter: Lynn Campisi J.D., LL.M.

Location: Greystone Golf & Country Club - Founder's Clubhouse

Join Us: Tuesday, May 14, 2019 from 6:30 - 8:15 PM

A light supper will be provided. Reservations required:

www.meldfinancial.com | 205-967-4200



Coming in June

Financial Planning: What to Expect, Why it Matters

Presenter: Will Connor

Location: Greystone Golf & Country Club - Founder's Clubhouse

Join Us: Tuesday, June 11, 2019 from 6:30 - 8:15 PM

Triad Advisors and Meld Financial are not affiliated.

Securities offered through Triad Advisors, LLC. Member FINRA/SIPC. Advisory services offered through Meld Financial, Inc.

Advertising supplement to the GLC Newsletter | Paid Advertisements appearing in this newsletter are not necessarily endorsed or recommended by the GLC, Inc.

JULIE KIM
YOUR GREYSTONE SPECIALIST
205-222-9000/JKIM@REALTYSOUTH.COM



4006 St Charles Dr
\$4,350,000



5615 Canongate Ln
\$2,950,000



5020 Shandwick Cir
\$1,375,000



1319 Legacy Dr
\$899,900



4528 High Court Cir
\$799,900



1103 Greymoor Rd
\$799,000



5108 Greystone Way
\$750,000



7007 Montrose Rd
\$739,900



8042 Castlehill Rd
\$699,900



308 Woodward Ct
\$675,000



805 Aberlady Pl
\$669,000



5406 Greystone Way
\$579,000



Free market analysis and Free staging with listing!





APPEARANCE MATTERS

By Darlene Real Higginbotham - photography/fashion stylist and coach - 205-901-4808

At Nations Outfitters, we believe it's what you do in your clothes that makes you feel beautiful.

Not only do we want to provide you with the latest trends and styles, we also want to support those who are making our world a more beautiful place.

Nations Outfitters, Inc.



NATIONS
OUTFITTERS

nationsoutfitters.com



7360 Cahaba Valley Road
Suite 100
Birmingham, AL 35242

Advertising supplement to the GLC Newsletter | Paid Advertisements appearing in this newsletter are not necessarily endorsed or recommended by the GLC, Inc.



FOR
SALE



Leigh Anne Priest, Realtor
Top Producer
205.441.1269
lpriest@realtysouth.com

FAST CLOSINGS!
CALL ME TODAY!



RealtySouth
A Berkshire Hathaway Affiliate

Beautiful Lighting at an Affordable Price



Expertly Designed~~~Professionally Installed~~~Thoroughly Maintained



Call now for a complimentary design consultation.

Birmingham@outdoorlights.com (205) 991-5483 www.birmingham.outdoorlights.com



Only at
BIRMINGHAM
WHOLESALE FURNITURE



Luxury Living **SEE IT. LOVE IT. LIVE IT.**

**2200 2ND AVENUE SOUTH • DOWNTOWN BIRMINGHAM
205.588.1362 • BIRMINGHAMWHOLESALE.COM**



1020 Danberry Ln

55+ Neighborhood with Club House
Convenient Location • 3 Bedrooms on Main Level • Bonus Room Upstairs with Full Bath Screened Patio • Open Floor Plan

\$624,900

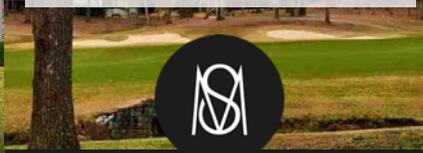


True One-Level Living

1070 Greymoor Rd

\$769,900

Golf View of Fairway #11 • 4 Bd/4.5 Baths • Lots of Windows • Just under 4,000 sq ft • Only One Step to Main Level Garage



SHERRY & MATT
REALTORS

LUXURY
PORTFOLIO
INTERNATIONAL



Sherry Best,
REALTOR®
205.540.7171



Matt Robinson,
Associate Broker
205.907.7171



www.sherryandmatt.com
sherryandmatt@realtysouth.com



Crazy ways to lose stubborn belly fat?

NOT COOL



Model. Not an actual patient.

An FDA-cleared approach that works?

THAT'S COOL

Tired of stubborn belly fat? Don't sweat it. Freeze it away with the CoolSculpting® treatment.



- Non-surgical
- Little or no downtime

Patient results and experience may vary.

Schedule your FREE consultation today!



The CoolSculpting® procedure is FDA-cleared for the treatment of visible fat bulges in the submental area, thigh, abdomen and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll), and upper arm. It is also FDA-cleared to affect the appearance of lax tissue with submental area treatments.

During the procedure you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, and cramping at the treatment site. These sensations subside as the area becomes numb. Following the procedure, typical side effects include temporary redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, or skin sensitivity, and sensation of fullness in the back of the throat after a submental area treatment. Rare side effects may also occur. The CoolSculpting® procedure is not for everyone. You should not have the CoolSculpting® procedure if you suffer from cryoglobulinemia, cold agglutinin disease, or paroxysmal cold hemoglobinuria. The CoolSculpting® procedure is not a treatment for obesity. Ask your doctor if CoolSculpting® is right for you. To learn more about what to expect, visit www.coolsculpting.com.

*CoolSculpting® is the treatment doctors use most for nonsurgical fat reduction. ©2018 Allergan. All rights reserved. COOLSCULPTING® and its design are registered trademarks of ZELTIQ Aesthetics, Inc., an Allergan affiliate. IC03668-B

DLA DERMATOLOGY & LASER OF ALABAMA

Dermatology and Laser of Alabama
(205) 870-3303
201 Office Park Dr #350
Birmingham, AL 35223
<https://birminghamskin.com/>

Advertising supplement to the GLC Newsletter | Paid Advertisements appearing in this newsletter are not necessarily endorsed or recommended by the GLC, Inc.

*Celebrate
Mom
in Style*

SHAY'S
JEWELERS



3301 Lorna Road • Hoover, AL • 205.978.5880
www.shaysjewelers.com

BIRMINGHAM *May* HAPPENINGS

Gumbo Gala – May 4. Sloss Furnace. This spicy event has grown into one of the city's most popular cooking competitions. Proceeds benefit Episcopal Place, which provides affordable, independent living for seniors and disabled adults.

Homestead Hollow Arts & Crafts Festival – May 10-12. Springville. See wood carving, blacksmithing, wood stove cooking, quilting, whiskey making at our original working still, tour our original cabins as they were built by the early settlers. Enjoy great food, music and children's activities.

Great Southern Beer Fest – May 11. Railroad Park. With the South truly emerging as the next craft beer frontier, the Great Southern Beer Festival combines craft beer from across the Southeast, country rock, and Southern food with a dash of soul.

Do Dah Day Festival – May 17-18. Rhodes and Caldwell Parks. Benefitting animal rescue services, this is one of the city's most wonderful and wacky events. Homemade floats and animals dressed in costume parade the streets of Highland Avenue.

Magic City Wine Fest – May 11. Birmingham Zoo. Come join us from 5:30pm to 8:30pm as we travel through several different regions spanning the globe. Attendees will be able to drink wine and beer specific to certain regions. Restaurants will also have food available for purchase.

Visit birminghamal.org for a full list of happenings around you!

Greystone Real Estate Home Sales Report



This information has been deemed reliable but cannot be guaranteed for its accuracy.
Verification of information should be obtained through independent resources.
Information supplied by Carolyn Ramey 205-447-2537

Your neighborhood expert.

Sold Date	Property Address	Beds	Baths	Garage	List Price	Sale Price	Year Built	CDOM
02/13/19	704 Guardbridge Ct	5	4.5	3	\$700,000	\$645,000	2006	174
02/15/19	1240 Braemer Ct	4	3	2	\$409,000	\$367,000	2005	299
02/26/19	8234 Castlehill Rd	4	4.5	3	\$699,900	\$600,000	1996	123
02/27/19	912 Linkside Way	3	3	2	\$353,900	\$348,000	1993	166
02/28/19	1500 Greystone Parc Cir	3	2.5	2	\$449,920	\$438,000	2005	6
03/04/19	1524 Greystone Parc Cir	4	3.5	2	\$419,900	\$370,000	2005	157
03/13/19	3616 Shandwick Pl	5	4.5	2	\$407,000	\$407,000	1992	0
03/21/19	644 Springbank Terr	4	4.5	3	\$684,900	\$665,000	2005	64
03/29/19	1234 Greystone Parc Dr	4	3.5	2	\$479,900	\$479,900	2005	13
03/29/19	5005 Aberdeen Way	5	4.5	4	\$525,000	\$525,000	1995	0
03/29/19	2012 Shandwick Terr	4	5.5	2	\$614,500	\$611,500	1993	1

Now is the best time to sell... Call me to get started!

Carolyn
RAMEY REALTOR®

FULL TIME GREYSTONE RESIDENT

205-447-2537

cramey.remax-alabama.com

CarolynRamey@Remax.net

Listing specialist offering:

- Proven results to sell for top dollar!
- Hands on step by step consultation for listing, design and renovation.
- Complimentary staging services
- Home valuation

RE/MAX
SOUTHERN HOMES

Each Office Independently Owned and Operated

