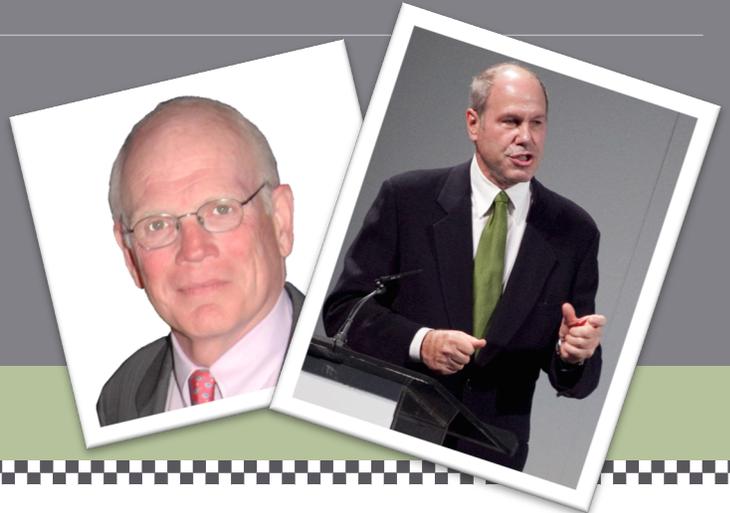
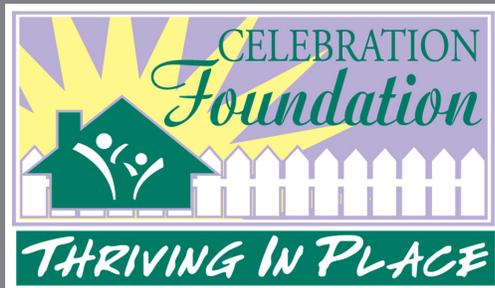


# NEWSLETTER



Issue 07, August/September 2016

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## Celebration Foundation's New Urbanism Committee Presents a conversation with: Michael Eisner and Peter Rummell

This year, Celebration will celebrate 20 years since the first residents started moving into their homes in 1996. The community has continued to grow and over 10,000 folks call it home.

The Celebration Foundation's New Urbanism Committee has featured a talk in November by one of the members of the original Celebration team for a couple of years. Joe Barnes and Tom Lewis have been guest speakers. In early November, Michael Eisner and Peter Rummell will be heading to Celebration to reminisce about Celebration...and how it all began.

### Information for ticket holders:

- Save the Date: Michael Eisner and Peter Rummell: Building the Dream, Celebration, FL
- Wednesday, November 2, 2016
- 7:00 – 8:30pm (Doors open at 6:30. Open seating with Ticket)
- Sponsored by Florida Hospital Celebration Health
- Nicholson Center, Celebration Health
- Please note: This event is sold out!

# Helen Cardenuto

## A Tribute by Gloria Niec

Helen looked a little startled when I first took her by the hand to join me when Rebirth Brass Band led a second line through the aisles at Community Presbyterian Church. Never having traveled to New Orleans, I learned the first line is the main section of the parade, while the second line is made up of those who follow a band just to enjoy the music. Well, Helen and I enjoyed marching through Community Pres to the loud, brass sound of Rebirth playing “When the Saints Go Marching In”. She was grinning from ear to ear.

Helen was always a supporter of the Celebration Foundation Concert Series. She loved hearing quality music in the church just down the road from where she lived. She liked to sit in the first or second row so she could see the faces of those performing though she told me she was a bit anxious when Steep Canyon Rangers played. She said one of the fiddlers was so

energetic, she thought he was going to come flying off the stage and land in her lap.

She lived in Celebration for almost 20 years. She was the first resident on Sycamore Street when she moved into her home on August 30, 1996. She often shared with me stories about the early days and all of the parties she attended. She loved block parties, parties in town, parties at neighbors. It was one thing that made Celebration special to her. I am so

glad Helen got to party with us during Christmas in July. A week later she was in hospice and she passed on.

Helen loved the Concert Series and always called early to buy her tickets and get her sponsorship in. She loved Thriving In Place, the activities, the rides, friends old and new. Some of the things we do as a Foundation bring us close to people in our community, we grow to love them, we care about them and we miss them.



Helen (right) with Barbara Ingraham celebrating her 90<sup>th</sup> birthday.

# Ruth Uffleman

## A Tribute by Gloria Niec

Dennis Dowd called the office at 2:35 on Thursday afternoon. He was at Ruth's house to pick her up for a doctor's appointment. He had knocked, called, knocked again and she wasn't answering. I told Dennis thank you, he could leave and we would take it from there. He said, "No, I think I will wait here till I hear from you. She might need something." It was a few minutes before Thriving Manager Mary Pat reached Ruth's daughter. She let us know that Ruth was in the hospital. I called Dennis to let him know.

Ruth Uffleman passed away on Friday, July 22 at 2:40 in the hospital. She was in her early 90's.

We all held back tears in the office when we learned she had passed. Like so many of our Thriving members, Ruth was more than an application in a folder in the file cabinet. Ruth loved our Monday and Friday lunches, she enjoyed her meals and friends. She was thrilled to see Tony Bennett perform at Dr. Phillips Center when Neal and Becky Lincoln organized the excursion. Just a month ago, she was dancing the Macarena when the Girl Scouts volunteered to teach the dance to Thriving members. A few weeks ago, she was delighted to ride in a convertible driven by



Sue Wagoner during the 4<sup>th</sup> of July Parade in town.

Ruth was a vivacious, funny, gentle woman. She glowed during the Glee Club performance at Community Presbyterian Church when the young men sang a song that I had never heard, but she knew word for word and danced in her seat in the front row. She shared with her Thriving friends that Prince Harry had kissed her cheek and hand at the Invictus Games and she was never going to wash either again. She appreciated the rides and attention from Thriving volunteers, and she let them know she was thankful.

We may talk policies, procedures, funding, scheduling and staffing when we talk about Thriving, but I hope you all really know the human side of this program. Thriving brought joy and friendship to Ruth during this last part of her life. She got to meet new neighbors and they got to know her. And we all cared.

Thriving is about volunteers who won't leave, about kids who dance with our seniors, about giving up a holiday to drive a neighbor in a parade, about making or serving a meal, about spending time with someone just to keep them company.

## Thriving In Place Members Eat VERY WELL!

Thriving In Place members have the opportunity to eat very well each Monday and Friday in the Jones Room at Lakeside Park. Mondays are open to Thriving members only for Lunch Bunch. On Fridays we open the doors to any and all Celebration residents for a small fee of \$5.

Our people like to eat and are extremely appreciative for those who have donated different kinds of food and desserts. All leave with a full belly and a smile on their face.

Thriving In Place wishes to express our gratitude:

- Aging in Place Safely, LLC
- Celebration Family Chiropractic
- Chick-Fil-A
- Flippers Pizza
- Menchie's loop west
- Mirasol Condominiums



If you haven't stopped in for lunch, stop by and grab a plate. The more the merrier!

*Are you interested in sponsoring one of our Thriving In Place lunches? Contact Mary Pat Rosenthal at 407-566-1234.*



### JONES ROOM NEEDS HELP!

We need people to manage the Jones Room. You do not have to be a designated volunteer to staff the room. Responsibilities include setting up the room for the day, closing it down at the end of the day, greeting visitors, and acting as a good will ambassador for the Thriving In Place program. You may choose the day and time that is most convenient for you. If you are interested, please contact Mary Pat at 407-566-1234.



**WE NEED YOU**



# Christmas in July: Santa Sighting in Celebration

Thriving In Place members and volunteers got an early start on the holidays by celebrating Christmas in July. Our own secret Santa, Karl Jaehrling, helped spread good cheer and our summer intern, Deb Keene worked with Thriving Manager Mary Pat Rosenthal to add all the touches that made the day so very festive. A decorated tree, centerpieces and gifts made the Jones Room the most welcoming place in Celebration for the day.

Every member and volunteer raved about the talents of Deb's dad, Steve, who cooked an amazing holiday dinner of roast chicken and pork with

all of the accompaniments. Deb's mom, Robin, helped with the decorating and put her gift wrapping talents to work.

"It was so much fun to plan this celebration with our members", said

Mary Pat, "We have such a great group of people, why not find a reason to party."

Thriving In Place is open to residents who are 55 and older or any age

managing a disability. The program provides many benefits to members...besides fun parties. For more information, please call 407-566-1234.



## Bringing Calm to Your Life Through Getting Rid of Clutter

By: Stephanie Garber, Professional Organizer

**Anything that does not have a purpose or bring you joy is clutter.** Get rid of it! Being overwhelmed or weighed down with "stuff" can make your life stressful and leave you feeling overwhelmed. It can also be unsafe, causing falls when blocking your path. Make this year the time where you can do one or two little things per day to remove clutter from your home. You will be amazed at the calm it brings you!

Here are some things that you can get rid of right now!!

- Matchboxes
- Old extra shopping bags
- Old calendars
- Old folders
- Clothes that are outdated or from old jobs/ schools
- Broken Christmas decorations
- Christmas lights that don't work
- Frayed towels
- Expired food (don't donate expired foods. They will just ditch it, as food banks are required to check the dates)
- Computer cords, TV cords, etc. that you don't use
- Old and outdated software
- CDs for old computer programs
- Old cell phones--or go online to sell these or trade them in
- Freebie or promotional t-shirts you never wear
- Old fortune cookie fortunes
- Old bank statements
- Old planners
- Toys your pets don't use
- Expired medication
- Dried-up nail polish
- Paid bills you don't need to keep
- Expired coupons
- DVDs you don't watch (nursing homes may use these for their residents)
- Snacks your pets don't eat
- Damaged clothing you can't mend
- Stained clothing you can't clean
- Old formal dresses
- Scratched non-stick cookware
- Old underwear or swimwear that's losing its stretch
- Outdated electronics
- Rusty jewelry
- Stockings with runs
- Pens that don't work
- Necklaces and bracelets with broken clasps
- Worn-out sheets and bedding
- Empty or near-empty bottles of cleaning products. When one is super low, I just open the new bottle and pour it in!
- Worn-out bath mats
- Broken electronics
- Purses you never use
- Flatware, plates, and glasses that don't match the rest of your collection
- Worn-out shoes
- Wedding invites
- Save-the-dates
- Wedding favors you don't use
- Old wallets that you don't use
- Broken kitchen equipment
- Spare furniture parts you don't need
- Furniture manuals

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*CONTINUED FROM PAGE 6**...Calm from Clutter*

- All those excess boxes
- Unused vases
- Extra tupperware you don't need or any that don't have tops
- Old mail
- Junk mail
- Travel brochures
- Old crayons or art supplies, plus markers that have run out of ink
- Random containers and jars
- Unused stationery, stickers, and sticky notes you would never use
- Old artwork or old children's artwork
- Used and ripped envelopes
- Broken or old iPhone cases
- Old unused batteries with no charge in them
- Extra and unused coffee mugs
- Old spices
- Address labels for your old house
- Wrinkled ribbon and bows for gift wrap
- Cards/gifts from your ex
- Frequent shopper cards you never use and those you have entered into your phone already
- The other side of a pair of lost earrings
- Scraps of wrapping paper
- Cards people have given you with no sentimental value
- Receipts you don't need
- Ticket stubs
- Socks with holes
- Dried flowers
- Magazines (I bring these to Doctors offices and leave them)
- CDs you don't listen to or if you don't have a CD player at home or in your car
- Hair accessories you don't use
- Shoes that don't fit or that you don't wear
- Extra photo prints
- Little knick-knacks you really don't like or are just taking up space
- Kitchen things you don't use
- Cooking utensils you have duplicates of
- Tired bras
- Scarves you never wear
- Clothes that don't fit
- Gifts you don't like
- Old towels
- Old makeup
- Old toiletries
- Surplus unused hangers
- Expired or sample-sized toiletries
- Extra buttons for which you no longer have the item of clothing
- Expired sauces
- Delete email subscriptions from sites
- Delete emails you don't need
- Delete unwanted music from your iTunes
- Delete unwanted apps from your mobile phone and tablets
- Games that are missing pieces
- Old schoolbooks you'll never use again
- Papers you have backed up on the computer
- Books you've already read and don't want to display
- Old manuals to electronics
- Mobile phone accessories you don't use anymore

Give it a try. I bet like me, you will find several on this list that you can clear out to make for a calmer surrounding!

Do you have more ideas to add to my list? Call or email me so I can share those with others in the future!

- Steph Garber
- Professional Organizer
- 321-939-0775
- [steph@FromChaosToOrder.net](mailto:steph@FromChaosToOrder.net)

# Living Room Theater

On August 19<sup>th</sup> TiP was treated to a performance by Living Room Theater which was most enjoyable. We enjoyed a series of short vignettes and music. Living Room Theater is an immersive theater experience, most often held in private homes. We were all completely engaged in the presentation. Our show consisted of 12 vignettes, which is shorter than their usual shows. (We were time constrained as Friday is the day Tai Chi is held in the Jones Room.) Usually the shows are each 70 minutes and like ours, consist of short and varied vignettes. These original works are



meant to take the audience on an emotional journey and ours was wonderful. We had an interesting discussion session afterwards as well.



The performers are Tisse Mallon (founder), Banks Helfrich and Jack Graham (also a musician). If you

would be interested in this concept for your home, friends and family, research their site at: <http://www.livingroomtheater.org>.

## Ping Pong Good for the Brain? A piece from ABC News



Oscar-winning actress [Susan Sarandon](#), puts on a good front.

"I have a paddle and I have a paddle case, which makes me look very professional," she confessed to a crowd at New York's American Museum of Natural History. "But, in fact, I suck."

Sarandon admits that despite co-owning the table tennis franchise, SPiN, her game is not for show. But according to one New York professor, Sarandon could be doing more

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*"Ping Pong Good for the Brain?"*

than just having a little fun with friends.

"In ping pong, we have enhanced motor functions, enhanced strategy functions and enhanced long-term memory functions," explained Dr. Wendy Suzuki, professor of neuroscience and psychology at New York University.

According to Suzuki, table tennis works parts of the brain that are responsible for movement, fine motor skills and strategy -- areas that could be growing stronger with each match. While scientists have yet to study the brain activity of [ping pong players](#), Suzuki believes the game enhances brain function unlike any other sport.

**Table Tennis Is the No. 1 Brain Sport, Scientists Say**

Wednesday night, researchers at The American Museum of Natural History invited Sarandon, Suzuki and a panel of table tennis enthusiasts to become part of their latest exhibition, "Brain: The Inside Story. "

For one night under the iconic blue whale, high above the museum floor,

visitors listened to the science behind one of America's favorite basement pastimes. While the ping pong discussion was limited to one night, the brain exhibition continues through the summer.

"Table tennis is the number one brain sport, so we figured this was a great way to get people interested in the brain because a lot of people play table tennis," explained Rob DeSalle, curator for the Museum.

Holding a human brain to get players'



attentions, Suzuki pointed out specific areas that are stimulated by playing table tennis.

According to Suzuki, there are three major areas affected by this high-speed game. The fine motor control and exquisite hand-eye coordination involved with dodging and diving for the ball engages and enhances the primary motor cortex and cerebellum, areas responsible for arm and hand movement.

**Ping Pong, Like Chess, Involves Strategy**

Secondly, by anticipating an opponent's shot, a player uses the prefrontal cortex

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*"Ping Pong Good for the Brain?"*

for strategic planning. Lastly, the aerobic exercise from the physical activity of the game stimulates the hippocampus, the part of the brain that is responsible for allowing us to form and retain long-term facts and events.

"There's a lot of strategy and the area that gets enhanced is the prefrontal cortex, critical not only in ping pong, but also in chess," said Suzuki.

That could explain why fellow panelist, Will Shortz, calls ping pong, "chess on steroids." Since 1993, Shortz has been the man responsible for deciding just how much strategy is needed to solve crossword puzzles for The New York Times.

A self-confessed table tennis addict and puzzle editor, Shortz says the key to both of his favorite activities is strategy.

"Crosswords and table tennis go great together, they're both mind sports," he said.

Last November, 11-year-old Alex Lipan focused all of his attention on that bouncing ball to become the top-ranked table tennis player, for ages 12 and under, in the state of New York.

"You have to constantly change your method and see your opponent's

weaknesses," he explained after the discussion, when visitors were invited to try their own strategies on ping pong tables set up inside the museum.

Lipan makes split-second decisions by anticipating the other player's moves. By doing so, Dr. Suzuki believes that Alex is actively strengthening and changing the way his brain reacts, possibly affecting the response time of other decisions.

Suzuki shared her hypothesis about what could be happening inside the minds of players.



"Given the speed and strategy that they (ping pong players) are using, you can imagine that they have developed fast instincts," she said.

If science one day proves a connection between table tennis and an increase in mental strength, ping pong could graduate from the basement to the classroom.

If you wish to see the video, it can be seen at:

<http://abcnews.go.com/Technology/brain-ping-pong/story?id=12721610>

Article submitted by: Wayne Sakaske

## Just For Fun

“The talent for being happy is appreciating and liking what you have, instead of what you don’t have.” Woody Allen

“It’s not how old you are, but how you are old.” Marie Dressler

“We are always the same age inside.” Gertrude Stein

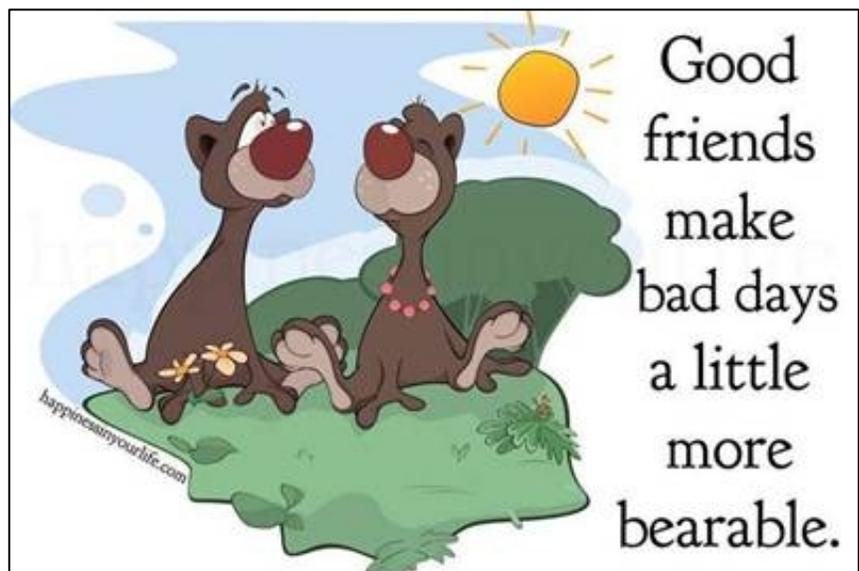
“Even in Paradise, it is not good to be alone.” Yiddish Proverb

“A smile is a curve that sets everything straight.” Phyllis Diller

“Stressed, spelled backwards, is desserts.” Loretta LaRoche

“Friendship is a sheltering tree.” Samuel Taylor Coleridge

“Laughter is an instant vacation.” Milton Berle



## Mini Lunch'N'Learn - Recap and Thank you's

Thrivng In Place members have had the opportunity to listen and learn from some of the area's top professionals. We greatly appreciate the time these individuals have taken out of their work schedules to come and visit with us and reveal their passions and talents. All have provided insight, education and even laughter. Here's a shout-out to those who have shared:

- Right at Home – Nikki Magyar
- Center for Personal Excellence – Dr. Linda Levine Silverman
- Celebration Family Chiropractic – Dr. Lauren Nickens
- Aging in Place Safely, LLC – Rebecca Seidler
- Living Room Theater – Tisse Mallon, Banks Helfrich & Jack Graham
- Florida Hospital – Abby Harrough
- Mirasol Condominiums – Natalia Perdomo

The Thrivng In Place lunch group thanks you!

*If you are interested in educating our Thrivng In Place members about your business or showcasing your talent, please contact Mary Pat Rosenthal at 407-566-1234.*

## Celebration Foundation Thrivng In Place



### Celebration Foundation

610 Sycamore St. Suite #110  
Celebration, FL., 34747

Celebration was founded with the belief that people need to be involved in their community to be truly fulfilled. The hope was, and continues to be, that Celebration will possess a community spirit that promotes this sense of belonging, shared values, and mutual dependence. As stakeholders, the Foundation hopes to help members build a strong sense of community that will endure and thrive for generations to come.