

NEWSLETTER



Issue 07, December 2016

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Why the Thriving In Place Program Excites Me

Basically, there are two things. I continue to be amazed by the number of accomplishments we've witnessed in the past year (since we initiated the program in October of 2015). And, I am inspired by the opportunities we have to grow the program and provide more comprehensive services in the future.

Some of the earliest questions in the "Thriving" development stage were:

- What discreet services might members be interested in receiving?
- What geographic area will our program include, Celebration or the broader Osceola Community?
- What price would provide program value and generate funds for expenses?
- Could we include services for those with disabilities?
- Will we be able to find space for our members to come together and enjoy each other's company and learn more about living happy and healthy lives, making this time, as Marc Middleton says, the best time of our lives?

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Mini Lunch'N'Learn

Thank You's

Thriving 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 sharing their passions and talents. All have provided insight, education and even laughter. Here's a shout-out to those who have shared:

- Aging Parent Advocacy – Jan Edwards
- Dignity Memorial - Jeanne Koepsell and Renee Walls
- Legal Shield – Dr. Deborah Livingston
- SHINE – Senior Resource Alliance – John Vassallo
- Community Presbyterian Church in Celebration – Carol Potochney
- Easy Organizing Tips - Stephanie Garber

The Thriving In Place lunch group thanks you!

If you are interested in educating our Thriving In Place members about your business or showcasing your talent, please contact Becky Varley at 407-566-1234.



Thriving In Place Members
Kudos to those sponsoring our recent lunches!

Chick-Fil-A
Flippers Pizza
Neal and Becky Lincoln
JJ Taylor

Thank you for sharing your time and delicious lunches with our group.

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. On Fridays we open the doors to any and all Celebration residents for a small fee of \$5.00.

Are you interested in sponsoring one of our Thriving In Place lunches? Contact Becky Varley at 407-566-1234.

WHO DO I CALL TO HELP ME DECLUTTER?

Decluttering is a job not many of us like, but upon completion it brings great calm to our lives. So, who can help you in this process?



Your adult children can be a tremendous help. They know you and your things and can work with you side by side to help you determine what you might still need and what can be given away, donated or sold. They may even be surprised to find some of their own things tucked in the back somewhere, which they left behind years ago, and can take care of those pronto! Their things should not be taking up your space.

If you find you just can't get started on your own, or your children are unavailable, you can call a Professional Organizer. That person will work right with you keeping you on track and getting the process in place so that you can also stay decluttered for the future. Professional Organizers work in a non-judgmental manner to help you get through the task.

Decluttering frees up your stress, reduces your chance of falls and brings calm into your life. And isn't that what we all seek?

Stephanie Garber
Professional Organizer
From Chaos to Order
Celebration, FL
steph@fromchaostoor.net

Visit our website at
FromChaosToOrder.net
301-593-2993 Cell

CELEBRATION FOUNDATION WELCOMES BECKY VARLEY Volunteer Coordinator

Please join us in welcoming Becky Varley as the new Volunteer Coordinator. Becky will be responsible for all aspects of the Celebration Foundation's Volunteer program. Although the majority of her time will be spent organizing and working with the TiP volunteers, Becky will also be the contact person for all other volunteer events held under Celebration Foundation.

Becky will also become a familiar face in the Jones Room at Lakeside Park. She will act as the coordinator for the popular Monday Lunch Bunches and the Friday Mini Lunch'N'Learns. We are thrilled that Becky has joined our team and look forward to watching her enthusiasm as she works with our great group of volunteers.

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Through the efforts of hard working Thrive Advisory Board members, Foundation Staff and a hearty group of Thrive Pioneers, we answered these questions and many more. We created a list of services and asked the Thrive Pioneers to test each service before we brought it on line. To get our program off the ground, we decided to focus on Celebration. We confirmed a price that makes sense for individuals and couples and is reasonable. While the revenue does not cover the cost of the program, the Foundation has found other sources of income to help. Most importantly, we recruited and trained a dedicated group of volunteers who truly constitute the heart of the program. We did choose, and rightly so, to serve those with disabilities.

Finding a location where our members could come together and Thrive was a bigger challenge. We approached the CROA Board and asked for five-day use of the Jones Room. Much to the Board's credit, our request was approved. We asked the Foundation Board to approve funds for a full-time coordinator for the Thrive Program and the request was approved. And, we have recently added a part-time position to assist.

The stage is set and many resources are in place to move to the next level of Thriving In Place. Members of the Advisory Board are scouring the community for a location that will accommodate a larger Thriving population, including office and support space. We continue to look for ways to expand and improve our transportation

services. We are meeting with community leaders to consider a partnership that will serve the needs of multiple users in the same location. We are seeking Florida Hospital's input on expanding and making health services more comprehensive. And, finally, we are looking far into the future to connect our program to state and national interests who have products and services that will be of great value to our members. We hope to be "first testers" of those products and services in ways that both support our members and benefit those companies with whom we partner.

In our relatively brief history, I am extremely proud of our Thriving In Place Advisory Board, Thrive Pioneers, Foundation Staff members and the leadership of our community. Here are the names of the Advisory Board members, past and present. They have my deepest appreciation!

Dave Berelsman, Lyn Berelsman, Audrey Byllott, Carol Coelho, Eileen Crawford, Des Cummings, Kim Kirschner, Karen Francis, Mike Harford, Mike Jackson, Mary Ann Kinser, Paul Kinser, Neal Lincoln, Anne Lucas, Floyd McCollum, Gloria Niec, Mary Pat Rosenthal, Jo Shelburn, Mona Somers, Cindy Swisher, Becky Varley, Steve Waring, Pat Wasson.



Paul Kinser
Thriving In Place
Advisory Council Chairman

Tips for Healthier Holidays and the New Year

From the USDA



Create healthy makeovers of your favorite recipes.

www.supertracker.usda.gov/myrecipe.aspx

Enjoy all food groups at your meals. Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green leaf salad; include fresh fruit for dessert, use low-fat milk instead of heavy cream in casseroles.

Make sure your protein is lean. Turkey; roast beef; fresh ham; some types of fish such as cod or flounder. Trim fat before cooking. Go easy on sauces and gravies.

Cheers to good health. Quench your thirst with low calorie options. Drink water with lemon and/or lime slices. Offer seltzer water with a splash of 100% fruit juice.



Bake healthier. Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting

amount of sugar in recipes in half. Use spices to add flavor such as cinnamon, allspice or nutmeg instead of salt.

Tweak the sweet. For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Have your guests make their own parfait with sliced fruit and low-fat yogurt.

Enjoy the celebration. Laugh, mingle, dance and play games. Focus on fun and enjoy the company of others.

Make exercise a part of the fun. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes and reusable water bottles.

Enjoy leftovers. Create delicious new meals by adding turkey to soups or salads. Use extra veggies in omelets, sandwiches or stews.

Give to others. Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.

For more information, you can go to: www.ChooseMyPlate.go

Howdy Partner

On October 31st, Thriving In Place members dressed up in their Western finery to celebrate October's Birthday Bash with a Harvest Hoedown.



Members kicked up their heels as they listened to the Western tunes of Gary Pinkston.

Chili and cornbread, greens for their health and good ole' root beer satisfied their empty bellies.

Karl Jaehrling led the group in the traditional Birthday song with a slight twang to the lyrics. Happy Fall to all our Thriving members and volunteers.

Soup for the Soul

I Heard a Bird Sing

by Oliver Harford

I heard a bird sing

In the dark of December

A magical thing

And sweet to remember.

"We are nearer to Spring

Than we were in September, "

I heard a bird sing

In the dark of December.

Submitted by: Lori Bruno

WE ARE THANKFUL



Thriving in Place celebrated Thanksgiving with a toast to friends and family. The early Thanksgiving lunch was enjoyed by all. The group was treated by a visit from Celebration High School's Girls' Soccer Team which is currently ranked 3rd in their district. Not only are the girls talented on the soccer field, they showed their kindness and hard work as they visited with our members and assisted in serving and clean-up detail. Thriving in Place wishes to thank the Soccer Team and wishes them well in their season.

Lollapalooza - Submitted by: Lori Bruno

Are you seeking a simple and unique gift-giving experience during this holiday season? Consider giving a "jar gift"!

You'll need:

- A glass jar and lid (available from Walmart or Dollar Tree)
- A theme
- Items related to your theme that are small enough to fit in the jar
- Festive/decorative ribbon

Method:

Fill your jar with the items you've collected. Arrange them in a visually pleasing order since they will be seen through the jar.

1. Place the lid on the jar.
2. Fasten ribbon around the base of the lid and tie in a bow.

That's it! Your lucky recipient can reuse the jar to hold coffee, tea, kitchen staples, bath powder, etc.

Stuck for ideas? Here are some themes to try:

1. "Orange" You Glad It's Christmas/Chanukah?

Add some pizzazz to the holiday with an unexpected splash of sunny color by filling your jar with a selection of orange or orange-wrapped items. These might include Tic-tac-toe, chewing gum, pencils, Goldfish crackers, cheeses, travel sized tissue pack, stickers, oranges and/or tangerines, etc. ...

2. Guy Food in a Jar

What kinds of food pair well with

your favorite fella? Suggestions may include bottled soda, beer or water, quest, beef jerky, candy bars, pizza fixings, coupons for his favorite restaurant, assorted nuts, cookies ...

3. TLC in a Jar

This is a welcome gift for anyone feeling under the weather. Add these to your collection: tissue travel packs, aspirin, Vicks, honey, lemon or herbal tea, cough drops, lip balm, Emergen-C ...

4. Ice Cream Party in a Jar

Just add ice cream! Fill your jar with an ice cream scoop, assorted sprinkles, nuts, Smuckers Magic Shell, fudge sauce, brownies, sugar or waffle cones, whipped cream...



Jim Bates-Withers

5. Comfy Cozies in a Jar

My favorite! Consider things like comfy sweats, soft socks, cozy scarf, scented candle, soft music, warm gloves, snuggly hat, cocoa, mini marshmallows, Ghirardelli chocolate, a holiday mug...

Ideas for themes are limited only by your imagination!

TIPS FOR A HAPPIER, MORE ORGANIZED LIFE

By Barbara Venuto

I recently read, “When you let go and make space, the Universe will bring you something better.” Then I took a good look at my closets. The closets in our homes are often where we store things we should have cleaned out long ago. If you want to tame the chaos and make way for the *something better*, then start by cleaning out your closets.

My rule is to empty the closet completely. If you have to decide what to keep rather than what to toss you will end up with fewer things. Be TOUGH! If you don’t love it, need it or wear it, then donate, sell or discard it.

If you are storing things for children who have been out of your house for a while then either ship their things to them or give them a date by which their things must be moved out of your house.

Are you storing a wedding dress that no one will ever wear again? Take a swatch to incorporate into the wedding bouquet of your daughter or granddaughter. Have a christening outfit made for a grandchild. Then dispose of the rest. Otherwise the wedding dress can be donated or



sold. Likewise, formal dresses can be donated for all those girls who cannot afford a dress for the prom.

Go through those boxes of photos. Pick two or three great shots for each

occasion, vacation, holiday etc. Toss the rest. Toss the pictures of landscape. Recycle the greeting cards after you update your address book. If you are holding onto things like loving letters from your parents, remembering

these were never intended for your eyes anyway, dispose of them in a respectful manner.

Dispose of all towels in your linen closet that are worn or frayed. You should have 2 and only 2 sets of sheets for each bed in your house. Store the flat sheet, fitted sheet

and extra pillowcases in a pillowcase. It will be much easier to change the bed linen when everything is in one neat package.

There is something very rewarding about clearing off a shelf or making extra room in a closet. Let’s all

make our space a better place.



CAN BRAIN TRAINING LOWER YOUR RISK OF DEMENTIA?

Yuko Hara, PhD
July 25, 2016

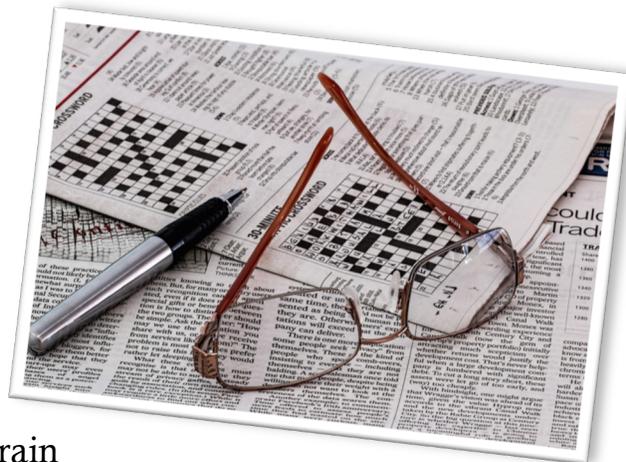
Cognitive training to promote brain health has generated a lot of interest and some controversy. New findings (PDF) from the Advanced Cognitive Training for Independent and Vital Elderly (ACTIVE) study released on July 24th, 2016 show that playing a brain training game may reduce the risk of developing dementia and prevent cognitive decline.

Scientists have known for years that lifelong learning is associated with cognitive health, and higher levels of cognitive activity at mid- or late-life are linked to delayed onset of cognitive impairment. But manufacturers of brain games have been criticized, and even fined, for not providing scientific evidence that they can prevent dementia. Now, for the first time, evidence shows that a certain type of brain exercise is effective.

The ACTIVE study is a large, 10-year clinical trial that tested the effects of different cognitive training programs on the incidence of cognitive decline and dementia in 2,832 healthy older adults (average age 73.6 years). The volunteers were randomly assigned to one of the following four groups: 1) memory training,



2) reasoning training, 3) computerized speed-of-processing training, and 4) no training. Participants in the training groups completed ten 60–75 minute training sessions over 5 weeks, and some participants received "booster" sessions (additional training after 1 and 3 years). Researchers followed up with the participants after 1, 2, 3, 5, and 10 years to measure their cognitive and functional changes.



After 10 years, people assigned to the speed-of-processing training had a 33 percent lower incidence of cognitive impairment and dementia than people receiving no training. The protective effect remained, even after adjusting for factors such as age, sex, race, and physical function. People who completed the "booster" sessions (up to 4 hours of additional training) had an even greater reduction—by 48%—in the incidence of cognitive impairment and dementia. When an effect is greater with more treatment, commonly referred to as a "dose-response relationship", there is more confidence that the treatment, in this case the speed-of-processing

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training, may be causing the effect.

Interestingly, people in the memory or reasoning training group did not experience this protective benefit. We cannot yet be sure that the benefits of speed-of-processing training are unique—the study only tested it against the no training group—but the preliminary data does suggest that it works better than the other types of training. The speed-of-processing training program was designed to improve the speed and accuracy of a person’s visual attention. In a computer screen, the participant identifies an object (e.g., a truck) at the center while at the same time identifying a target in the periphery (e.g., a car). As the participant gets more answers correct, the speed of presentation gets faster and the objects become increasingly similar. This type of brain training is available online as an exercise called "Double Decision" in BrainHQ.



See <http://www.brainhq.com/sites/default/files/pdfs/pr-faq.pdf> for further information on the ACTIVE study.

While these results are exciting and promising, the study has not yet been published in a peer-reviewed journal. The results will need to be replicated in another study in order to be certain that these effects are consistent and reliable. And some questions remain for future studies. The ACTIVE study examined healthy older adults—it is currently unknown whether this type of training is protective in people who are already suffering from cognitive decline or if it will protect younger people from cognitive decline and dementia many decades later. Also, what kinds of changes are occurring in the brain when people participate in this type of brain training? The mechanism in which brain training may offer protection is not known and warrants investigation.

Still, the ACTIVE trial is the first study to demonstrate that a lifestyle intervention may reduce dementia risk, which is good news for brain health.

Yuko Hara, PhD, is Assistant Director of Aging and Alzheimer's Prevention at the Alzheimer's Drug Discovery Foundation. Dr. Hara was previously an Assistant Professor in Neuroscience at the Icahn School of Medicine at Mount Sinai, where she remains an adjunct faculty member. Her research focused on brain aging, specifically how estrogens and reproductive aging influence the aging brain's synapses and mitochondria. She earned a doctorate in neurology and neuroscience at Weill Graduate School of Medical Sciences of Cornell University and a bachelor's degree in biology from Cornell University, with additional study at Keio University in Japan. Dr. Hara has authored numerous peer-reviewed publications, including articles in PNAS and Journal of Neuroscience.

Submitted by Wayne Sakaske





STROKE CLUB MEETING OSCEOLA COUNTY

When: Every Fourth Tuesday of the month

Time: 12:00pm – 1:00 pm

Where: Florida Hospital Celebration Health, The Palms Conference Room, First Floor, 400 Celebration Place, Celebration, Fl. 34747

Who: Anyone who has had a stroke and/or family members/ caregivers

Questions: Call Karen Kalich
407-303-5600 Ext. 1104589
Or cell # 407-341-5285

www.cfstrokeclub.com

A Vacation Idea

Hi,

John and I, and really everyone we know, would like to remain in our homes for all of our lives and are very grateful for Thriving in Place. We will help to keep it going in every way we can.

Our favorite mini vacation is to take a 3 or 4 night cruise out of Port Canaveral. It's a short drive and since the ships offer everything we could want in the way of dining and entertainment, we have as much variety as we want and as much relaxation as we want. Bon Voyage!



Okay, let's go!

Ann Fitzpatrick
Thriving In Place Member
and Volunteer

ATTENTION ALL MEMBERS AND VOLUNTEERS

MARK YOUR CALENDAR for Open House/Registration
STETSON LIFELONG LEARNING:

JANUARY 26, 2017 FROM 9:30am-11:30am



Celebration Foundation – Thriving in Place

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.



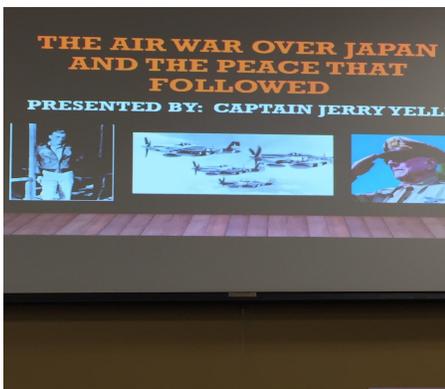
Celebration Foundation

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

THRIVING IN PLACE SNAPSHOTS



The Power of Young Voices: Thriving in Place was recently treated to performances from the Celebration Christian Homeschool Group. We were impressed by the poetry, songs and keyboard presentations, their sincerity and determination and we hope to be visited by them again in the near future.



TIP Veterans at Lecture at Stetson Lifelong Learning

Air Force Pilot, Captain Jerry Yellin, the Last Man Standing in WWII, spoke at Stetson in October. Two TIP Veterans, John Colacchio and Pilot Tony Gallego are pictured here with him.

