

NEWSLETTER



Issue 08, February 2017

Marion Northrup

By Evelyn Grosso



I went to visit Marion Northrup at the Good Samaritan Rehabilitation Facility on the Saturday before she passed away. Her granddaughter Caroline was visiting before she had to leave to go to the airport to pick up her Mom. We spent a couple of hours chatting and Marion looked well and said that she was doing better (she hardly ever complained) and that she was looking forward to her family's visit and to eventually returning home and to her activities.

As I left, I asked her if she would mind if I took her picture to share with her friends at Thriving In Place and in Celebration. She smilingly said okay. As you can partially see from the photo, she had been celebrating her birthday. I may have been the last person who took her photo. I know we will all be missing her at Thriving In Place, Celebrators and Stetson - more than I can say.

Please see Page 3 for more on our beloved Marion

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Thriving Book Club – Join Now!

*****Thriving In Place is creating a **Book Club** that will be open to all Celebration residents. The **first** meeting will be on Friday, February 17, 2017 at 10:00am in the Jones Room. The book selection is **Leaving Time** by Jodi Picoult. For further information, please contact the Celebration Foundation Office either at 610 Sycamore Street or call 407-566-1234.

Marion Northrup...on her Terms

By Gloria Niec

Marion Northrup and I shared a love of Wegmans. When either one of us would head up north to visit our families, we would ask each other...so do you have a Wegmans trip planned? Wegmans was my grocery store of choice in New Jersey. It was so good, my husband Steve and I would go there on date night. Marion would always tease me by reminding me that Wegmans started in Rochester, her hometown.

That was Marion. She always remembered something about you that she could share in conversation. She loved to hear about your adventures and she always had great stories about what she was planning. I loved listening to her travel tales as she journeyed around the world. She was intrepid and indomitable.

Marion was the inspiration for our Thriving In Place program. When I first started at the Foundation, she came in to introduce herself and during a conversation she mentioned she felt like she needed to leave the community because there weren't many programs or services geared to seniors. She also didn't have family close by and many of her friends were getting older. She didn't want to be a bother to anyone.

Because of her comment, we convened a group of people to talk about aging and Celebration. Eileen Crawford, a member of the Celebration Foundation Board, coined the name of the effort...Thriving In Place. The group looked at two tracks: enrichment and adult services.

Mary Ann Kinser contacted Stetson and in September of 2012, launched Lifelong Learning. We continued to explore how to provide services and in October of 2015, the Foundation opened the Thriving In Place Village to members.

Marion was one of our pioneers and first members of Thriving In Place. She made new friends, she had volunteers who eagerly signed up to provide rides or help her with errands. She enjoyed the lunches, speakers and activities. And we enjoyed her: Her spunk and her wit, her willingness to try something new and her sense of adventure.

Marion didn't want me to credit her with being the impetus for starting Thriving In Place, but she was. Because of her we are helping our neighbors stay in the homes they love, be with friends that they cherish and continue to be vibrant members of our community.

Just before Thanksgiving, Marion had health issues and began a stay at Celebration Health. She moved to Good Samaritan and passed away just after Christmas. Marion lived and loved life...on her terms. An oxygen tank and walker didn't slow her down and prevent her from traveling, visiting with her family, or going on excursions.

We miss her warm smile, the care she showed and her sense of humor. But memories live on and I know whenever I visit a Wegmans, I will think about Marion.

STETSON LIFELONG

Stetson Lifelong at Celebration Celebrates Fifth Anniversary

This spring Stetson Lifelong will celebrate five years of providing courses, lectures and other learning experiences for “mature adult” members of the community. In 2012, this lifelong learning program was developed through the Celebration Foundation’s quest to enable residents to live in their own homes leading healthy, safe, independent and productive lives. Believing that continued learning combined with social interaction is critical to maintaining health and independence, the program evolved in support of Thriving In Place goals.

Today Stetson Lifelong programs are designed and delivered by community volunteers in partnership with Stetson University. Tapping into the extensive academic backgrounds, professional expertise and life experiences of the

community, The Lifelong Committee recruits an all-volunteer team of instructors for each term. Courses meet once a week for three weeks. Topics range from New Urbanism (concepts of urban design used to create Celebration’s master plan and architecture), Visual Arts & Crafts (mediums such as drawing, watercolors, photography), Performing Arts, Health & Medicine, Literature, Technology, History and more. During the Spring 2017 term 48 courses, nine lectures, a concert and four clubs are available for members.

Additional information can be obtained on-line at stetson.edu/lifelong or by calling Midge McDaniel, Stetson Lifelong Registrar at 321-939-7619.



Registration Day

Attention All Book Lovers: Book Sale

*******RELIC** (Retired Teachers' group) is planning a Book Sale to be held at the 851 Building (Town Hall) on February 24 from 10-5pm and on February 25 from 10-2pm.

If you would like to donate books, please bring them to the 851 Building beginning on February 1st.

All proceeds from the sale of these books will go towards a scholarship fund for local students. For further information, please call Jackie Pinkston at 321-939-2277.



Deserving Honor

Recently Thriving In Place member, John Colacchio, was honored for his service to our country as the Hometown Hero of the USO during an Orlando Magic home game in the Amway Center in Orlando, FL. Congratulations to our friend!

WHY DO CRAFTS?

By Pat Jaehrling

Since the Thriving in Place start up, various crafts have been offered after Monday lunches in the Jones Room on a regular basis. Some seniors like doing the offered projects, some do not, and some debate back and forth if they should stay or not. It is an activity available for everyone but it is their choice if they do it.

The kind of craft offered might be a seasonal thing, something that someone has requested, or a project elected for its uniqueness. Each selection also must pass certain criteria because some of our seniors have vision impairment, limited dexterity in the hands and perhaps even short attention span. So whatever craft is planned, it must be adapted so that everyone has a feeling of success when the session is over. Most times individual kits are made in advance and passed out before instructions are given. This avoids general distribution chaos and guarantees every participant gets his or her needed supplies quickly. The benefit of making a craft stretches way beyond the making something creative.



Doing crafts in a group atmosphere brings everyone together in a positive way. We all know company reduces depression. It is also a way to pass time as some of our TIP members live alone

and some do not get around town easily. Most times when one person is having difficulties, another will say, "Let me help you." That act releases their stress and the helper feels good too. Any activity

using the hands and fingers provides unconscious exercise, a principle in occupational therapy.

By participating everyone rediscovers their creative spark and they leave with a feeling of accomplishment. "I'm telling my family I made this all by myself!" was said by one of our members. And what has been the most successful craft? That is difficult to answer without taking a census, but our members do like constructing items from food. The frog made from a Granny Smith apple is still talked about. Guess the frog will be a redo.

The old gloves tattered and torn
Rest upon the battered bench
Thinking of the delicate hands
That they once protected
Against the harmful thorns;
Of the many seasons
Working in the garden
Nurturing, feeding and guiding
The young plants,
Protecting them from
The frost and harmful bugs.
The petite hands
That they once protected
Have been gone now
For two seasons.
The gloves wonder why
They seem of use no more.
No garden or plants
To help tend.
No delicate hands to protect.
The tattered gloves
Just waiting for the end.

THE GLOVES

L.S. BOYLE



Brain Health

Of course we are all concerned about retaining our memories in the years to come. But how many ways can you think of to engage your brain besides the traditional crossword puzzle? It's not really about being "smarter", but being more involved in life and more open to new ideas and experiences. In other words, practice to create new and deeper memories.

So... learn a brand new subject...expand your passion or develop a new one...be a role model and teach others...connect with new friends and places...learn a different dance step...practice focus activities like yoga and meditation...try an unusual recipe...improve your sleep (we actually learn as we sleep!).

Doing something new everyday will develop and reinforce memory as well as other important facets of brain health. Enjoy!

The first ever meeting of the Brain Health Club is on Tuesday, February 21 at 10am at Stetson. There is also a Wellness Club that meets on the first Tuesday of every month. See you then!

Alexis Saire, MEd, MA
 The Fitness Centre & Day Spa at
 Celebration Health
 Florida Hospital Institute for Lifestyle
 Medicine
 407-340-9600
 407-303-4405

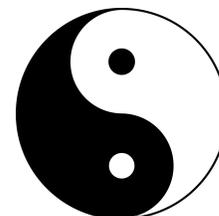
Tai Chi

Is Wellness on your New Years Resolutions list? Why not try tai chi?

When learned correctly and practiced regularly, tai chi can be an important part of improving your health and promoting wellness. The benefits of tai chi, as researched by the Mayo Clinic, include:

- *Decreased stress and anxiety
- *Increased aerobic capacity
- *Increased energy and stamina
- *Increased flexibility and balance
- *Increased muscle strength and definition

There are two classes on Fridays at 1:00pm and 2:00pm. Everyone is welcome! Cost is free for Thriving In Place members, \$5 for non-member Celebration residents. Whether you are new to Tai Chi or have just missed a few classes, it's never too late to join! We review each month and it's easy to learn.



GET RID OF WHAT YOU'RE NOT WEARING

I am constantly telling you readers, along with my clients, to get rid of anything in your closet that you never wear. A lot of people look at me and say, "I don't even know what I no longer wear!"

Here is an easy way to find out and it's always a good time to do so. Turn all the hangers backwards in your closet. (See photo) When you wear something,



be sure when you put it back that you hang the hanger the other direction, as one normally would. Anything still hung backwards on December 31, 2017 is something you should ditch. That means, pass along, donate or just trash an item if it is no longer of use to anyone. This is an easy chore, and something you can do NOW! Happy New Year! And happy organizing!

Stephanie Garber

Professional Organizer

From Chaos to Order

Serving the Celebration and Orlando areas

321-939-0775

steph@fromchaostorder.net



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

Elves with WINGS!

Much to the surprise of Lunch Bunch, Elves with WINGS came bearing gifts for all in attendance during a December lunch.

WINGS (Women's Initiative Nurturing Girls' Strength) members from the 5th grade and middle school classes brought holiday decorated gift bags to our folks as one of their many service projects for the Celebration community. The young elves personally selected appropriate gifts for the members and delivered them with great pride and interest in the Thriving In Place program.

The Thriving In Place members were surprised and delighted with this unexpected visit of such compassionate and caring young Elves with WINGS!



Members of WINGS and Thriving In Place

With Warm Thoughts

By Becky Varley

Recently David Weekley Homes contacted us and asked if we had any projects that they could do as they wanted to volunteer their time to help the community. Of course we did; we love our volunteers and appreciate all that they do for the community. We kindly asked them to make fleece knotted blankets for children in the hospital and also pet blankets to keep our furry four legged friends warm.

I went over, had a quick learning session and in no time at all they had completed many comfy, soft and warm blankets to comfort children and pets in the local area.

We want to thank the David Weekley Home team members for their time and crafting skills! What a wonderful project!



Mini Lunch'N'Learn Thank You's

Thriving In Place members were treated to various forms of entertainment, informational guest speakers and performers during the months of November and December 2016. We greatly appreciate the time these individuals have taken out of their hectic holiday schedules to enlighten and entertain us. Many thanks to all of you...

- **Valerie Lamm and Carol Hall from Florida Hospital - Celebration Health:** Offered their volunteer services to assist in the preparation of the holidays for our Thriving In Place members
- **Valada Flewellyn:** Stories and photos shared on the life of Dorothy Johnson
- **Celebration Christian Homeschool Group:** Children presented poetry and music showcasing their individual talents
- **Joseph Gitto of Bright Star of Brevard & Osceola Counties:** Enlightened all on home health services
- **Celebration Community Chorus – Brought the Christmas spirit as they entertained the group with Christmas carols**

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.

**Celebration
Community
Chorus**



Warm Christmas Memories: 2016

1



2



3



4



Santa with

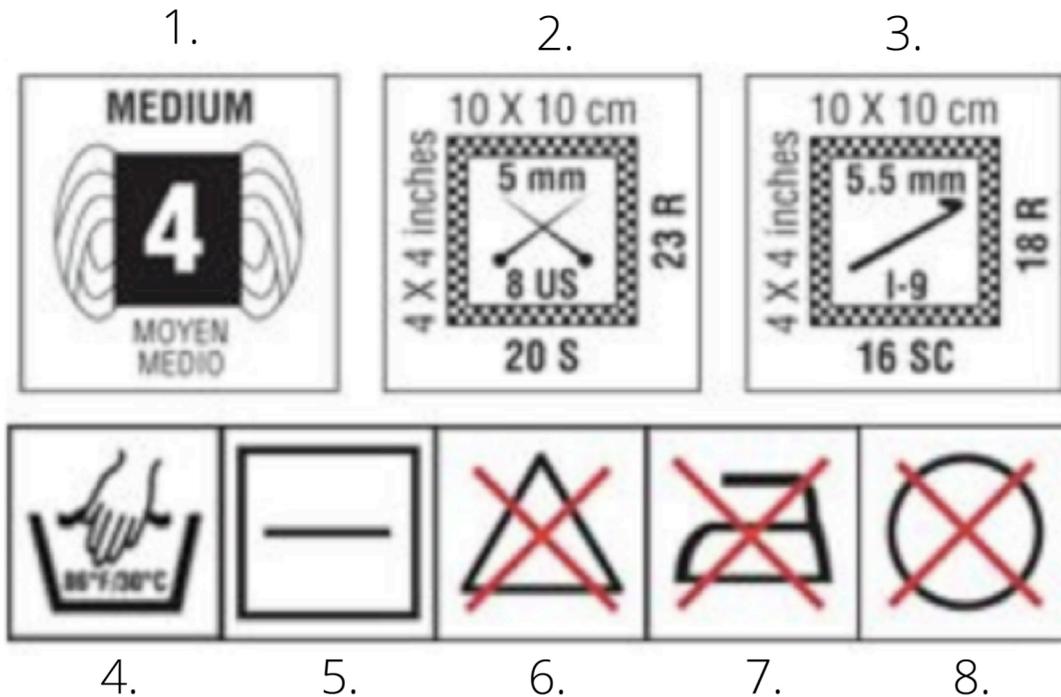
- 1. Bill Boyle**
- 2. Becky Varley**
- 3. Corinne Sakaske**
- 4. Jane Gibson**

KNITTERS & KNOTTERS

Our Knitters & Knotters group now meets weekly on Wednesdays from 1-3pm at the Jones Room thanks to Patti Fitzgibbons. Below is some information to assist those who want to buy yarn for a project to bring to work on.

HOW TO READ A YARN LABEL

From Lyon Brand Yarns



1. **WEIGHT:** Most yarns go by the [Craft Yarn Council of America's standard weight system](#). This system uses numbers to tell you what weight the yarn is. The numbers begin at 0 (fingering weight) and go all the way up to 6 (bulky). This is especially helpful information if you're substituting yarn.

2. **KNITTING GAUGE:** The **gauge** on your label can be really useful if you're going to draft your own pattern or substitute a yarn. Check out that little gauge square on the label. It tells us that using size 8 needles should give us 20 stitches and 23 rows in a 4 x 4 inch square. If you're substituting yarn, compare that gauge to the gauge in your pattern. Does it come close? Do you think you could go up or down a needle size to match the pattern gauge? This information is also handy if you are drafting your own pattern. I wanted to substitute a yarn different from that used in a pattern, so I checked out the gauge to see what size needles I should try to get the perfect stitch -- a stitch that isn't too tight or too open.

3. **CROCHETING GAUGE:** Crocheters rejoice! Yarn labels didn't forget about you. The same gauge information that knitters get is also on the label for crocheters.

4. **WASHING INSTRUCTIONS:** If you've ever accidentally felted (or shrunk) a sweater by washing it in hot water, you'll know why washing instructions are so important for a yarn label. This yarn can be hand washed in water that's 86 degrees Fahrenheit. Sometimes you may want to felt something on purpose, though; in that case, just ignore the washing instructions.

5. **DRYING INSTRUCTIONS:** Just like with washing, you don't want to dry your finished project only to find that it felted or became really fuzzy. This symbol can be a little less obvious than the washing instruction symbols. Here, the symbol -- a square with a line in the middle -- is telling us to let the item dry flat. If ever in doubt, Lion Brand Yarn has a nice list of [yarn laundering instruction symbols](#) you can refer to.

6. **BLEACHING:** This care instruction seems obvious to me. The triangle represents bleaching, and the big X through it is telling us to keep bleach far, far away from this yarn.

7. **IRONING INSTRUCTIONS:** The symbol on this yarn is a little iron with a red X through it. Clearly, that means that an iron should never touch this yarn! There are other

iron symbols too, with dots to indicate whether you can iron the yarn on low, medium, or high temperature. ([Yarn laundering instruction symbol guides](#) can be helpful in decoding ironing instructions, as well.)

8. DRY CLEANING INSTRUCTIONS

I've never dry-cleaned any of my crocheted items, but who knows when I might need to? The dry cleaning symbols on yarn labels are just as cryptic as the drying instructions. In this case, the circle with the slash through it tells us not to dry clean this yarn. I'd advise referring to [Lion Brand's yarn care symbols](#) for deciphering other dry clean symbols, because there are a lot of them!

| ABBREVIATIONS | | | |
|---------------|---|--|--|
| beg | begin/begins/beginning | Chain—ch: Yo, pull through lp on hook. | Front loop—front lp Back loop—back lp |
| bpdc | back post double crochet | | |
| bpsc | back post single crochet | Slip stitch—sl st: Insert hook in st, pull through both lps on hook. | Change colors: Drop first color; with 2nd color, pull through last 2 lps of st. |
| bptr | back post treble crochet | | |
| CC | contrasting color | Single crochet—sc: Insert hook in st, yo, pull through st, yo, pull through both lps on hook. | Half double crochet—hdc: Yo, insert hook in st, yo, pull through st, yo, pull through all 3 lps on hook. |
| ch(s) | chain(s) | | |
| ch- | refers to chain or space previously made (i.e., ch-1 space) | Double crochet—dc: Yo, insert hook in st, yo, pull through st, yo, pull through 2 lps twice. | Treble crochet—tr: Yo twice, insert hook in st, yo, pull through st, yo, pull through 2 lps 3 times. |
| ch sp(s) | chain space(s) | | |
| cl(s) | cluster(s) | Front post stitch—fp: Back post stitch—bp: When working post st, insert hook from right to left around post st on previous row. | |
| cm | centimeter(s) | | Double treble crochet—dtr: Yo 3 times, insert hook in st, yo, pull through st, yo, pull through 2 lps 4 times. |
| dc | double crochet (singular/plural) | | |
| dc dec | double crochet 2 or more stitches together, as indicated | Front post stitch—fp: Back post stitch—bp: When working post st, insert hook from right to left around post st on previous row. | |
| dec | decrease/decreases/decreasing | | Treble crochet decrease (tr dec): Holding back last lp of each st, tr in each of the sts indicated, yo, pull through all lps on hook. |
| dtr | double treble crochet | | |
| ext | extended | Single crochet—sc: Insert hook in st, yo, pull through st, yo, pull through both lps on hook. | |
| fpdc | front post double crochet | | Double crochet—dc: Yo, insert hook in st, yo, pull through st, yo, pull through 2 lps twice. |
| fpdc | front post double crochet | | |
| fpstr | front post treble crochet | | |
| g | gram(s) | | |
| hdc | half double crochet | | |
| hdc dec | half double crochet 2 or more stitches together, as indicated | | |
| inc | increase/increases/increasing | | |
| lp(s) | loop(s) | | |
| MC | main color | | |
| mm | millimeter(s) | | |
| oz | ounce(s) | | |
| pc | popcorn(s) | | |
| rem | remain/remains/remaining | | |
| rep(s) | repeat(s) | | |
| rnd(s) | round(s) | | |
| RS | right side | | |
| sc | single crochet (singular/plural) | | |
| sc dec | single crochet 2 or more stitches together, as indicated | | |
| sk | skip/skipped/skipping | | |
| sl st(s) | slip stitch(es) | | |
| sp(s) | space(s)/spaced | | |
| st(s) | stitch(es) | | |
| tog | together | | |
| tr | treble crochet | | |
| trtr | triple treble | | |
| WS | wrong side | | |
| yd(s) | yard(s) | | |
| yo | yarn over | | |

| | | |
|---|---|---|
| Single crochet decrease (sc dec): (Insert hook, yo, draw lp through) in each of the sts indicated, yo, draw through all lps on hook. | Half double crochet decrease (hdc dec): (Yo, insert hook, yo, draw lp through) in each of the sts indicated, yo, draw through all lps on hook. | Double crochet decrease (dc dec): (Yo, insert hook, yo, draw loop through, draw through 2 lps on hook) in each of the sts indicated, yo, draw through all lps on hook. |
| | | |
| Example of 2-sc dec | Example of 2-hdc dec | Example of 2-dc dec |

| UNITED STATES | UNITED KINGDOM |
|-------------------------------|-----------------------------|
| sl st (slip stitch) = | sc (single crochet) |
| sc (single crochet) = | dc (double crochet) |
| hdc (half double crochet) = | htr (half treble crochet) |
| dc (double crochet) = | tr (treble crochet) |
| tr (treble crochet) = | dtr (double treble crochet) |
| dtr (double treble crochet) = | ttr (triple treble crochet) |
| skip = | miss |

THRIVING IN PLACE FACTS AND FIGURES

| | |
|---|------------|
| Member Count: | 75 |
| Volunteer Count: | 88 |
| Service Requests completed fiscal year beginning 10.1.16 <i>(Fiscal Year runs October 1 through September 30)</i> | 366 |

If you know of anyone interested in joining Thriving In Place or becoming a volunteer, please have him or her contact the Thriving In Place office at (407) 566-1234.



**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

