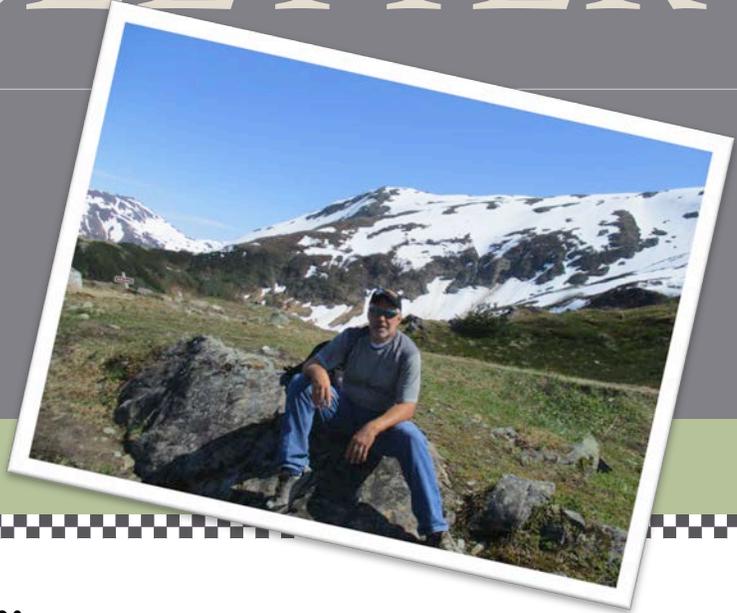
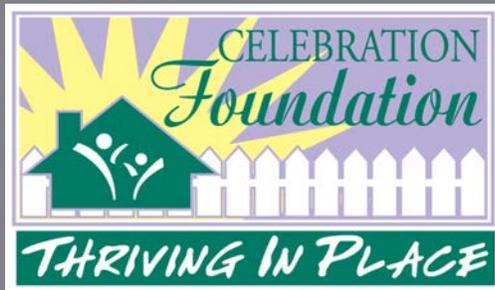


# NEWSLETTER



Issue 12, October 2017

## Message from Neal Lincoln:

Becky and I first moved to town in October 2014. My dream was to sit on the front porch, and her dream was to visit Disneyworld as much as possible! Eventually, we decided there may be some more productive things we could do with our free time!

We knocked on the door of the Celebration Foundation, and lo and behold, they had this program they were starting called "Thriving In Place." The program's plan was to allow all those folks who had achieved "AARP" status, and those living with a disability, the chance to independently live in their own homes as long as possible.

This program appealed to both of us, and we immediately volunteered. Pretty soon we were both very involved (I was the manager of the program when we officially launched in October of 2015,

and Becky was the head of the Excursion Team)

Because of all the great work that had been done by the Celebration Foundation before we got to town, we had a list of committed volunteers, "Beta" members, and ideas for services, so all I had to do was get the program off the ground, and coordinate "Supply and Demand."

Every day was like visiting family! The volunteers were and continue to be incredible (and frankly, the rock that the whole program rests on), and the members are not only participating as part of the program, but regularly participate in efforts to improve the program, and are often our best ambassadors to the community.

Eventually the program grew to

*(Continued on page 4...)*



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### Thriving In Place Facts and Figures

<b>Member Count:</b>	<b>91</b>
<b>Volunteer Count:</b>	<b>92</b>

**Service Requests completed fiscal year beginning 10.1.16 - 08.31.17: 1445**

*(Fiscal Year runs October 1 through September 30)*

**If you know of anyone interested in joining Thriving In Place or becoming a volunteer, please have them contact the Thriving office at (405) 566-1234.**



**HAPPY**  
2-Year  
**ANNIVERSARY**

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**THRIVING IN PLACE**

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**02**

You've come a long way...

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91	Members
92	Volunteers
164	Lunches Served
2,595	Service Requests Completed
3,217	Volunteer Hours

Thank you to all friends and supporters!

*(Message from Neal Lincoln - Continued from page 1...)*

the point where they needed a “Full Time” manager. Luckily, Mary Pat had started working for the Foundation a little while before so it didn’t take long to fill that gap, and the program never missed a beat.

So now I am happy to have been chosen as the new Chairman of the Thriving In Place Advisory Council as Mr. Paul Kinser is moving on to be the

new Chairman of the Celebration Foundation Board) and once again, I will endeavor to continue all the great work that was done before I arrived.

As was true with Paul, I have an open door! If you have an idea to make the program better, or a constructive criticism, let me know! I am happy I get to keep hanging around with my “Thriving family.”

## World Renowned Tiffany Glass Collection

*By: Paul and Mary Ann Kinser*

On Wednesday, August 23rd, twenty-one intrepid Thriving in Place “excursionists” mastered bus and train schedules to visit the Morse Museum in Winter Park and enjoy the world-renowned Tiffany Glass Collection. We used our favorite bus (center aisle, decent seats, air conditioned) and relaxed as Julio, our driver, deposited us at the south terminal of the Sun Rail Train. From there we departed for a 45-minute ride to Park Avenue, Winter Park, lounging in clean, bright, cool rail cars, with big windows, sans traffic. Round trip- \$1.75



The Morse Museum is dark, cool and quiet. The displays of amazing glass sculptures, lamps and sconces are backlit in ways that make the artist’s work even

more dramatic. The last stop was “The Chapel,” truly a work of genius.

Lunch was taken at Boca of Winter Park where we enjoyed our own room of high backed, comfy, upholstered benches and good food. Before the return to the train station, many shopped the “fashionable Winter Park” and at least one ring was purchased (not by me!).

At about 4:30 we boarded the southbound Sun Rail train for the trip back. Happily, Julio was there to meet us with our favorite bus and we made it back to Celebration around 5:15. Altogether, it was a fun and informative outing. As always, the camaraderie among intrepid excursionists was the best part.

Thanks to all for attending!

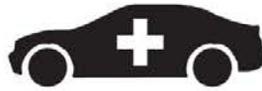


# Thriving In Place since October 15, 2015



Membership Age 70+

**67%**



Number of Transports to the Celebration Medical Community

**136**



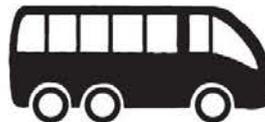
Volunteers hours served

**2,676**



Total Service Requests Completed

**2,335**



Number of Members Enjoying Social Excursions out of Celebration

**158**



Number of Lunch Bunches and Mini-Lunch'N'Learns

**147**



Number of Transports for Socialization

**323**



Total Volunteers

**97**



Thrive Members and Celebration residents fed for lunch

**3,675**



Total Members Served

**105**



Dollar Value of Volunteer Hours

**\$56,206.50**



[www.thecelebrationfoundation.org](http://www.thecelebrationfoundation.org)

Thriving In Place  
609 Celebration Avenue  
Celebration FL  
407-572-9850



(June 30, 2017)

## Planning to Live to 100? Volunteer!

*By: Eric J. Schneidewind, AARP President*

In science labs all over the world, researchers are exploring ways to delay the effects of aging and extend our years of healthy life.

Already, we're living nearly three decades longer on average than our ancestors from a century ago. A 10-year-old child today has a 50 percent chance of living to be at least 104.

If you're wondering what you-or your 10-year-old-might do with all that extra time on Earth, I have an idea.

Volunteer. Share your skills and your passion with others. Find a need and devote your time to filling it. It's the closest thing to a silver bullet we have discovered for personal and societal well-being.

Most of us who have volunteered know the positive jolt of what's been called "giver's high." But the benefits of contributing your talents to others go way beyond that transitory buzz.

The obvious payoff is the social good done: A littered block becomes an urban garden, the hungry are fed, or social isolation is eased, among countless other examples.

Donating one's time to benefit others has deep individual value as well. A growing body of research tells us that those who volunteer have lower mortality rates and less depression, along with a greater sense of control over one's life and higher rates of self-esteem and

happiness. Using health and volunteering data from the U.S. Census Bureau and the Centers for Disease Control and Prevention, one report found that states with a high volunteer rate even have lower incidences of heart disease. Some studies showed that volunteers who devote about 100 hours or more per year to volunteer activities are the most likely to experience health benefits.

Findings indicate that – in general – the older the volunteer, the greater the personal benefits of volunteering.

I know from my own experience that many of us lose our sense of purpose as we transition out of a career or end our role as caregiver to a spouse or family member. Volunteering can renew that sense of purpose and prevent the social isolation that is a recognized health hazard of our later years.

I think you will find that AARP is an excellent place to begin exploring your own volunteer journey.

Article submitted by Wayne Sakaske

For further details, please see:  
<http://www.aarp.org/politics-society/advocacy/info-2017/planning-to-live-to-age-100-volunteer-schneidewind.html>

# Solar Eclipse 2017

Monday, August 21, 2017, Thriving In Place joined in with the rest of the United States in viewing the Solar Eclipse of 2017.

In true Thrive fashion, the Eclipse was used as an excuse to have a party. Spearheaded by Jane Gibson and Phyllis Boyle, more than 30 members and volunteers were treated to an Ice Cream Sundae bar with toppings and a moment by moment viewing of the Eclipse's time frame while enjoying the comforts of the Jones Room at Lakeside Park.

Everyone participated in the excitement by using special glasses to view this amazing wonder. Although the view was not in "totality", there were many words of "that's incredible" as all viewed this moment in history.

If you missed the Solar Eclipse of 2017, your next opportunity to witness another marvel will be April 8, 2024 over North America.



## Mini-Lunch 'N' Learn

### Thank You For Sharing Your Time!

Our group has had the opportunity to listen and learn from some of the area's top professionals. Thriving In Place appreciates the time these individuals have taken out of their work schedules to come and visit with our folks. All have provided insight, education and even laughter.

#### We would like to thank:

Adventist Care Centers – Mike Rabuka, NHA and Denise Grasso, Director of Professional Relations

BrightStar Care – Joseph Gitto, Certified Senior Advisor, Owner-Operator

Compass Research – Deb Snow

Framework Health, Inc. – Linda Royer, PhD, RN

Malatino & Associates at Morgan Stanley – Andrew Zelman and James Malatino



The Thriving In Place lunch group thanks you for sharing your knowledge and skills with your neighbors of Celebration.

If you are interested in educating our Thriving In Place members about your business or showcasing your talent, please contact Mary Pat Rosenthal at 407-572-9850.





# Poet's Corner

## THE GLORY OF WAR By William Boyle

The question is asked: What is war good for?

As the song says, “nothing” I have to disagree with the song.

War is good for many things.

One of the things war is good for is the medical profession and the greed of the industrial-military complex, that are making profits out of the misery of war.

What is war good for? It is good for killing millions of people and maiming many more, it is good for pitting brother against brother as civil wars do. It is also good for creating fathers who are only remembered by a photograph. Widows who have to raise children without a father. The warriors in combat are not fighting for God, country or apple pie. They are fighting for their fellow combatants, and trying to stay alive.

War is freezing, roasting, being terrified, being stuck in hell and the only way out is getting maimed, being killed or killing another human being.

Yes, some wars have to be fought to defend our way of life, others, because of greed, religious power and the failure of governments. Yes! There is much sacrifice, bravery and pain in war. Only the poets, story tellers and politicians talk of the glory of war.

Look into the eyes of the wounded, maimed, the survivors and the eyes of the warriors to see the unspoken horrors of war.

## MY CATS SNOWSKI AND GINGER JINGLES

By J.J. Taylor

Bright and bushy tailed

Whiskers are a twitching

Fur a silky velvet tone

Waiting at the door

Greet me with a meow

A head butt too

Round and round my legs  
they go

Nipping at my toes

Feed me, feed me, that  
sound I know

Purring with content

What will they do next?

Curl up for a nap perhaps

Or take off to run, tumble  
and play.

# THE 9 QUALITIES THAT HELP YOU THRIVE UNDER PRESSURE

[Amanda MacMillan / Health.com](#)

September 13, 2017

For more, visit [time.com/time-health/](http://time.com/time-health/)

In new and challenging situations, some people fold under pressure and some manage to squeak by. And then there are the people who really thrive—blossoming in the face of uncertainty or adversity. Now, researchers say they've pinpointed a number of personality traits and external factors that, when combined, can predict a person's chances of thriving.

For their recent paper, [published in the journal \*European Psychologist\*](#), scientists from the University of Bath in the U.K. reviewed a wide variety of research on what makes people thrive in all types of circumstances—physically, professionally, athletically, artistically and academically, to name a few. From those studies, they came up with two lists of variables—nine personal traits and six outside influences—that are common among people who continuously grow, learn and succeed in life.

People don't have to possess every component on these lists in order to thrive, say the authors, but a combination of a few from each list could certainly help. That formula could include any or all of the following:

## Qualities

The person should be ...

- optimistic
- spiritual or religious
- motivated
- proactive
- someone who enjoys learning
- flexible
- adaptable
- socially competent
- someone with self-confidence and self-esteem

## External factors

The person should have ...

- opportunity
- support from employers, family, or others
- a manageable level of challenges and difficulties
- a calm environment
- a high degree of autonomy
- the trust of others

These lists may not be very surprising—but the authors say that until now, there has been no real consensus for exactly what characteristics and circumstances help people thrive, or what we can do to increase our chances of doing so.

To sum up their research, lead author Daniel Brown, now a sport and exercise scientist at the University of Portsmouth in the U.K., says that the act of thriving seems to come down to “feeling good about life and yourself and being good at something.”

While some people maybe more naturally prone to thriving than others, Brown says there are things we can do to cultivate these important traits within ourselves. For starters, he recommends relying on **internal motivations** (things that are truly important to you) rather than external ones (things society *say* should be important to you), and trying to always look at new situations as opportunities for gain and growth.

There may be ways we can encourage thriving in others, as well—like our kids, our partners, or our employees. “It’s likely to be important for individuals to feel they have a choice in what they are doing, that they hold close and supportive relationships with people around them, and that they perceive themselves having some level of competence in the tasks they are completing,” Brown told *Health* via email.

More studies are needed to determine which factors are most important for thriving in specific scenarios, and the differences between thriving under serious adversity versus everyday stress, the authors wrote in their paper. But they hope their research is a good stepping-stone for understanding the psychology behind what it takes to be our best selves, no matter what life throws our way.

Submitted by: Nancy Ku

This article was originally published on Health.com.  
It has also been published by Time Magazine, Mental Health category.



[time.com/time-health/](http://time.com/time-health/)



[www.health.com](http://www.health.com)



## Thriving In Place Members

# Kudos to those sponsoring our recent lunches!

Chick-Fil-A

Flippers Pizza

Adventist Care Centers

Dr. Duane McRorie, DPM, Celebration Foot & Ankle Institute

Malatino and Associates at Morgan Stanley

Volterra , A Tuscan Isle Community

Windsor At Celebration

Mike and Debi Jackson

Steven and Robin Keene

JJ Taylor

SEVERAL ANONYMOUS THRIVING MEMBERS

**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.

*Are you interested in sponsoring one of our Thriving In Place lunches? Contact Mary Pat Rosenthal at 407-572-9850.*

# ORGANIZATIONAL TIPS

*Get organized and make your life simpler!*

One of the toughest areas to organize is PAPER! Sometimes we feel we are drowning in it, and it doesn't have to be that way. I believe that organizing your health care papers is URGENT! If you haven't done so yet, get a couple of hours on your calendar for this week in order to get that project going.

I handle the health insurance paperwork for both my husband and myself. I found the easiest way to do it is to have a health folder, a dental folder, a records folder and a prescription folder for each of us. In addition, we each have a Flexible Spending Account for healthcare, so I have a folder for each of those as well, even though we can both use one another's FSA funds.

In the health folder, I keep the bills and the explanation of benefits stapled to each other as well as a notation on the bill of the balance amount paid by me, what credit card I used and the

date. In the dental folder is everything to do with any dental procedures – again stapled together and notated as above. In all folders, I have the oldest in the back and the most recent in the front.



In the records folder, I keep things like our lab results, test results, injections, etc. so that those can be referred to later. In the prescription folder, I obviously keep the paperwork for each prescription filled during the calendar year.

Finally, the FSA folders hold anything concerning our flexible spending account. Several times a year I'll check on the balance in each of our accounts and make a notation so that I know how much is left in each account, as I don't want to leave any unused funds which we would forfeit. I also update every year by getting rid of anything in the folders from the previous calendar that that I know I will no longer need. For example, in the records folder I keep only the most current sheets of lab records. For bills that have been closed out I discard those

papers by shredding them. It's not too overwhelming a job when you keep with that regularly. Give it a try and see if you agree. If you have any questions, feel free to contact me at [steph@fromchaostorder.net](mailto:steph@fromchaostorder.net).



*“Organizing healthcare information is a daunting task, but it is not an impossible task. We’ve had people walk on the moon. This is a lot more doable.” - Bill Maris*

Stephanie Garber  
 Professional Organizer  
 Serving Celebration and Orlando areas  
 321-939-0775  
[steph@fromchaostorder.net](mailto:steph@fromchaostorder.net)

***Get your free credit report ... here's how!***

In getting and keeping organized, there is a lot to remember. One thing is your credit.

The government requires that a free credit report be provided upon request once a year from each of the 3 major credit bureaus, Equifax, Experian and TransUnion. Be careful which site you go to as there are many “fake” sites out there trying to get money or info from you. The only reputable site for all 3 bureaus is

<https://www.annualcreditreport.com>.

I like to order one every 4 months, or you can order all 3 at one time. They are similar but not identical. Be sure to check them carefully upon receipt and report any errors.

**FEELING OLDER? HERE'S HOW TO EMBRACE IT.**

*The New York Times, September 12, 2017*

The realization that you are getting older can come in waves.

You watch movies and point to the actors, saying: “She’s dead. Oh, he’s dead, too.” Your parents move to a retirement community they call God’s waiting room. You hear more snap, crackle and pop in your joints than in your breakfast cereal. In society, youthfulness is glorified and getting older is cast as something to avoid, but as your age increases, your quality of

life does not necessarily have to decrease, experts said.

Here’s what you should know:

**What is ‘old’?** Most people wouldn’t say that a 38-year-old qualifies, but once you pass the median age of 37.8, you may statistically be considered “old,” said [Tom Ludwig](#), emeritus professor of psychology at Hope College in Holland, Mich. Studies show that people start

*(Continued on page 15...)*

*(Continued from page 14...)*

feeling old in their 60s, and a [Pew Research Center survey](#) found that nearly 3,000 respondents said 68 was the average age at which old age begins. [Daniel B. Kaplan](#), an assistant professor of social work at Adelphi University in Garden City, N.Y., said in an email that living to an advanced age was a relatively recent achievement. “The average human life span gained more years during the 20th century than in all prior millennia combined,” he wrote, adding that the average life expectancy in the United States is 79.1.



**Gain perspective** [Dr. Gayatri Devi](#), a neurologist at Lenox Hill Hospital in Manhattan, said that your outlook can make a difference. She recalled a patient who frequently said, “Old age has an ugly face.” The patient died when she was 84.

Another patient, who was 98, told Dr. Devi that when she was younger she looked like the actress Elizabeth Taylor. When the doctor told her that it must be difficult for someone who was once that beautiful to have aged, the patient remonstrated: “What do you mean? Am I not still beautiful?”

That patient is now 100.

**Diversify your friends** Dr. Devi said a patient who died at 101 had told her to try to have a friend “from every decade of life.” He had befriended an array of people, including Dr. Devi’s

daughter, who was 12 at the time. Having friends from multiple generations can help head off the loneliness that can come when others move, die, get sick or are no longer mobile. “It speaks to an antisegregation of the aged, maintenance of community, as well as keeping in touch with modern advances to prevent being accused of being an old fogey,” she said.

**Get ready** Many of the problems that adults face as they get older are unrelated to the normal part of aging. The quality of your later life is partly under your control. Choices about lifestyles and behaviors can influence the effects of so-called secondary aging. Exercise and proper sleeping and eating habits will help your physical health, which will benefit your mental and cognitive health, Mr. Ludwig said. People should prepare for the later stages of their life as they would starting a family or helping a child gain independence. Seek financial advice to help adapt to changes in your income and plan for the costs of health care, Mr. Kaplan wrote. Discuss with your family

*(Continued on page 3...)*

(Continued from page 15...)

and friends what you expect from old age and what type of lifestyle you desire.

**Embrace the positives** [Older adults](#) are generally happier and less stressed and worried than middle-aged and young adults, Mr. Kaplan wrote. Although there can be declines in health and income, “the vast majority of older adults enjoy improvements in the emotional aspects of life” because they are more focused on positive information, he wrote. Mr. Ludwig said the reality of aging was not as bad as stereotypes would suggest. While you might not be able to do all the things you once did when you were younger — he advises against playing tackle football with teenagers, for instance — there are ways you can compensate by finding other activities that are rewarding. Find something [to commit to improving](#), whether it’s tennis or cabinetry. Mr. Ludwig suggested focusing on helping others, especially younger people. Remember, too, that you are not the only one feeling sore or slowing down, he said. “There are millions of Americans waking up with those aches and pains,” Mr. Ludwig said. “What is the alternative to aging? It’s dying young.”

**Reject ageist attitudes** Though it is true that as we age, we may gain some weight and lose some of our intellectual abilities, it is no reason to



give in to stereotypes about older adults. Myths about older people — that they are disconnected or crotchety — are perpetuated in the news media and our culture. Advancements in technology have accelerated the stereotype that older people can’t keep up, Mr. Ludwig said. [Leslie K. Hasche](#), an associate professor at the University of Denver Graduate School of Social Work, said she supported AARP’s [“Disrupt Aging” initiative](#), which seeks to counter social and cultural myths about what it means to be old. “Too often, the myths create barriers or limits, which get in the way of older adults staying connected or pursuing what is meaningful to them,” she wrote in an email. Various milestones —

birthdays, changes in careers and the deaths of siblings and peers — are reminders of the passage of time, but you should not lose focus on finding meaning and quality in life, Mr. Kaplan wrote. “For many people, old age creeps up slowly and sometimes without

fanfare or acknowledgment,” he wrote. “While most people enjoy relative continuity over the decades, being able to adapt to the changing context of our lives is the key to success throughout life.”

*Article submitted by:  
Barbara Ingraham*

## Kitchen Corner



## Chicken Casserole for a Crowd



### INGREDIENTS

8 cups chopped cooked chicken  
(I used breasts, but thighs or  
a combination of the two would  
work)

1 1/2 cups finely chopped onions

4 cups chopped celery

1 cup chopped carrots

2 cans (8  
ounces) sliced water chestnuts

2 cans cream of mushroom soup

2 cans cream of chicken soup

3 cups chicken broth

4 cups chow mein noodles,  
divided

8 ounces cashews or slivered  
almonds

### INSTRUCTIONS

Combine chicken, onions, celery, carrots,  
water chestnuts, soup, broth and 3 cups  
chow mein noodles

in a large baking dish. Mix well.

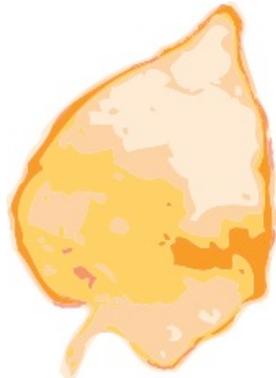
Bake at 350 degrees for 45 minutes.

Sprinkle with remaining 1 cup chow mein  
noodles and nuts.

May be prepared and stored in refrigerator  
before baking.

*Serves 20*

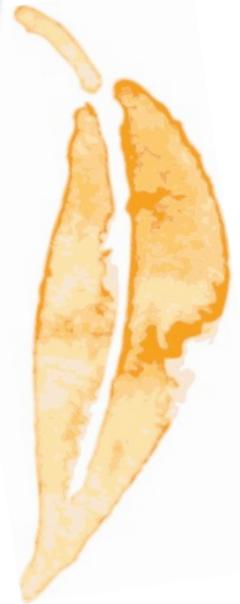
# Happy Memories



# Happy Memories



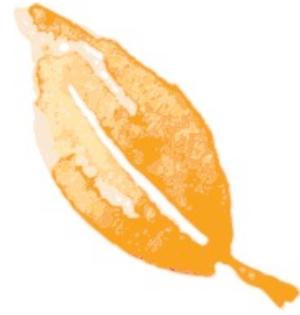
# Happy Memories



# Happy Memories



# Happy Memories



# Happy Memories



## 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

