

# NEWSLETTER



Issue 13, December 2017

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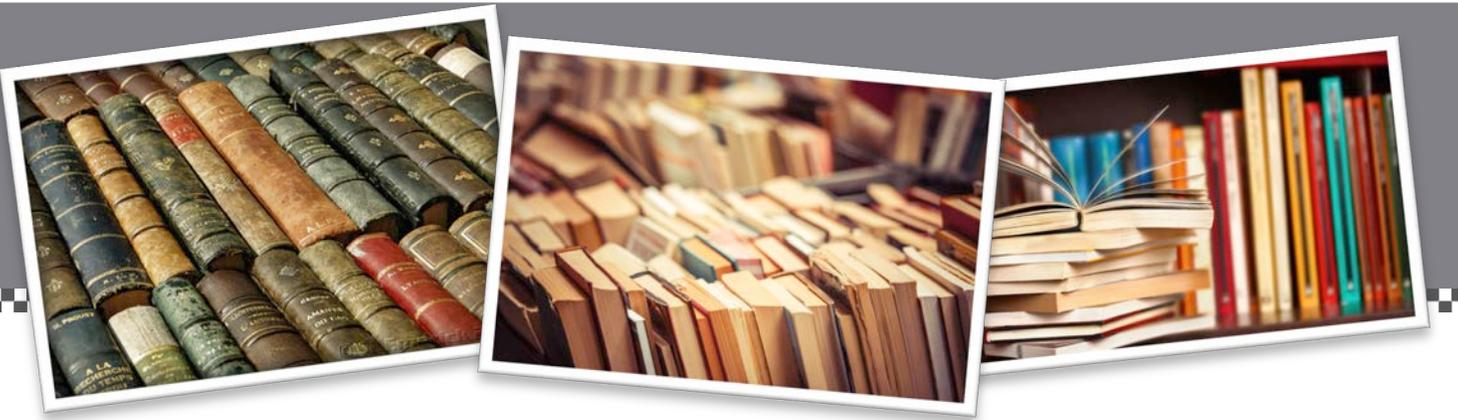
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### Thriving In Place Facts and Figures

Member Count:	100
Volunteer Count:	85
Service Requests this Fiscal year:	124

If you know of anyone interested in joining Thriving In Place or becoming a volunteer, please have them contact the Thriving office at (407) 572-9850.



## Come Read with Us!

If you like to read good books, get together with friends and have lively discussions, this is the club for you! Coordinated by Jane Gibson, The Thriving In Place Book Club meets once a month, usually the fourth Thursday, at 10 a.m. in the Thriving In Place office at 609 Celebration Avenue. At that meeting, the group discusses the book-of-the-month for about an hour and chooses the book to be read for the following month. Whoever is available then adjourns for lunch, indicating that the Book Club has also become a social club for its members. In addition to reading and discussing a book each month, the club

also occasionally gets together for movies at a member's house while holding pot luck dinners and other miscellaneous activities. Most recently, the group had a pumpkin-painting party to start off the fall holidays.

Recent books the Club has chosen to read and discuss include *The Dinner* by Herman Koch, *The Stars are on Fire* by Anita Shreve, *The Kite Runner* by Khaled Hosseini, and *A Man Called Ove* by Fredrik Backman. These choices reflect the eclectic interests of the group. Each month, one member brings three suggested

titles to the meeting from which the club votes on the book to read for the following month.

If you are interested in joining the Thriving In Place Book Club, come to our next meeting on Thursday, December 28, 2017 at 10 a.m. at the Thriving In Place headquarters, 609 Celebration Avenue, or speak to Mary Pat, Becky, or Jane. You do not have to be a Thriving In Place member to join.



Join Book Club Today!

# Remembering Barb Walsh

November 8, 1937 – October 7, 2017

My Very Best Friend at Thriving In Place  
*Evelyn Grosso*



I met Barb shortly after joining Thriving In Place and can't say for sure what drew us to each other...she was from Chicago and I was born in Brooklyn, but we clicked as friends, and she told me on more than one occasion that one of her sons told her something like "Mom I knew you would find someone like you from a big city". She lived with her beloved daughter, Michele (Mickey) and son-in-law Steve in Artisan Park. I got to know and like Michele and we went to see a comedy at Dr. Phillips ("Assisted Living") and had lunch at The Cheesecake Factory.

We were happy to know about each other's families and share confidences as best friends do. It was nice to have someone with whom to vent after a

stressful day. I admired her sense of style, and she always looked attractive... you wouldn't have guessed that she suffered almost constant pain from a broken back due to an accident years ago. She hated not having her hair done regularly or her manicures, and loved wearing jewelry. On our last trip on Sun Rail to Winter Park, she was delighted to purchase an inexpensive ring from one of the shops on Park Avenue and showed it off at the next lunch. She was an avid book reader and was very involved when Jane Gibson formed our Book Club at Thriving In Place, although we also attended the Don and Dolores Book Club at Stetson. At Stetson, we checked each other's calendars for our similar

choices. She thrived on friendships and returned friendships with those who gave it.

Another fond memory was the time we went to Disney (Epcot) with Beverly Fearon and Maria Monar, two dear friends at Thriving. She cried and said this was the first time she had ever been to Disney. She loved Spaceship Earth and Soarin' and had a wonderful day. We went another day to Animal Kingdom and she loved "Festival of the Lion King". These experiences helped enrich her life during this past year.

Although she loved the volunteers who drove her to lunches at Thriving In Place and to some of her classes at Stetson, Laura, Brad, Terry Wicks, Cheryl, Grover, (forgive me if I

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(...Continued from Pg. 3)

have forgotten anyone), she missed being independent. I filled in on many occasions when I could but she was frustrated on occasions when she couldn't find anyone to drive her to Walgreens, her hairdresser or her other errands. Not being able to finance a car, I am happy to say that she drove herself for a month with my car which she purchased a month ago when I purchased a newer car. I took her to get a cell phone a few months ago, which eased her trip in July to visit her other daughter,

Kathy, and her two sons, Tommy and Michael, and their families in Chicago for her 80<sup>th</sup> birthday.

We went on the Thriving In Place excursions together and I signed her up for every trip on the Thriving In Place calendar (although sometimes I had to bend her arm). We bickered occasionally (mostly about her smoking) and I kidded her by saying "We're almost like an old married couple". I will miss our almost daily chats and although I knew something was amiss that last week

(she didn't come to lunch, our Book Club and those classes at Stetson that she loved), it just wouldn't have occurred to me that she was in serious trouble. I last spoke to her the day before she passed. I will miss her terribly, although I can smile about our many funny stories.

Although I, together with her family and friends will miss her presence, I am comforted with the thought that she is at peace and watching over me as her dear friend.

## Join us for Chair Yoga

*If you can sit, you can get fit* is the overriding mantra behind the chair yoga classes taught by Donna Mogilski. "The chair replaces the yoga mat and becomes an extension of the body, taking full advantage of yoga's fitness and health potential," Donna explains.

Chair exercise is for anyone who can no longer get on the floor including those with injuries and seniors who may be less limber. Yoga's benefits include improved flexibility, increased muscle strength, better posture, increased blood flow, lower blood

sugar, increased bone strength, boosted immunity and lower blood pressure.

"Each class focuses on the needs of the participants with lots of modifications depending on their requests and medical history," Donna said. "Each class ends with Sava Sana, aromatherapy and gentle massage."

Donna volunteer teaches for "Thriving In Place" in Celebration, Fridays at 1:00 at the Jones Room and is a Registered Yoga Teacher (RYT) 200 with additional certification in Lakshmi

Voelker Chair Yoga, adding Lymphatic Yoga to her repertoire this winter. As the founder of Momme-cise Prenatal Fitness in 1982, Donna worked with ACOG on Guidelines for Exercise and Pregnancy, has been a featured speaker at national fitness conferences, appeared on television and was a frequent magazine contributor for Shape Magazine. She is certified in STEP and Water Aerobics and is a charter member of International

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# HAPPY BIRTHDAY

to our  
Thriving In Place  
Members  
& Volunteers



December 1

Barbara Ingraham  
Renee Tabor

December 9

Michael Smith

December 12

Stephanie Garber

December 14

Phyllis Boyle  
Dyann Maruji

December 21

Paul Petzler



December 23

Jennie Tschanz

December 25

Kim Kirschner

January 9

Patricia McGoldrick

January 11

Bill Connelly

January 19

Dale Lack



January 24

Becky Lincoln

January 26

Judy Nelson

January 30

Mary Costello

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Dance Exercise Association. She specializes in restorative and gentle yoga classes and loves to weave interesting music into her classes. A native of Southern California, Donna along with her husband Ed and

two dogs joined her daughter Meredith and her family in Celebration a year ago. She volunteers to give back to her community and derives inspiration from her class participants!

For more information, please contact Donna at [MogiYogi@aol.com](mailto:MogiYogi@aol.com).

## Message from the Party Planning Committee

Thriving In Place (TiP) now has a party planning committee, consisting of Jane Gibson and Phyllis Boyle, both of whom are TiP members and volunteers. The committee was the idea of Mary Pat Rosenthal and Becky Varley who were looking for creative ways to entertain TiP members.

Initial ideas from Jane and Phyllis were to have monthly “Ice Cream Sundae Fundays” and English style tea parties. The get togethers are limited to 20 members each due to the space constraints of the TiP location at 609 Celebration Avenue and have been enthusiastically received by our members.

The Committee, also recently hosted a Halloween Party at the October 30<sup>th</sup> Lunch Bunch, with beautiful Halloween decorations, “Trick or Treat” bags and a costume

contest for those wanting to dress up. Members voted for their favorite costumes and the prize was won by Evelyn Grosso who dressed as Dolly Parton.

Future plans include an “Ice Cream Sundae Funday” on December 8<sup>th</sup>, a Christmas Party at the TiP luncheon on December 18<sup>th</sup> with gifts for all, and “Tea Time with Phyllis and Jane” on December 19<sup>th</sup>.

We hope you will join us. Let us know if you have ideas for other functions you would like your committee to consider as we move into a new year.



## Your Clothes Closet is Waiting to be Organized!



If it has been a year or more since you totally decluttered your closet, now is the time. *Remember the rule of clutter--anything that does not bring you great joy or serve a purpose.* That should help you decide what to get rid of.

First you want to clear out everything from the closet so it is totally bare. (Also good time to vacuum the floor while it is empty!) Each item you take out should go in one of the following piles:

**Keep** It fits, makes you look great, serves a purpose as you go places where it is suited, and you love it! If it needs repair, buttons replaced, hemming etc, set it aside to get it to the alterations lady! Put those in your car so you know to drop them off when you are next in that area.

**Donate** It no longer fits or doesn't flatter you, maybe it is too young for you now or you no longer attend the kind of affairs it is suited for--donate it so it can bring someone else joy and give you more closet space. If you think you might someday wear it, but haven't in the last year, let it go.

**Ditch** Worn bare clothes that are of no use to anyone can be trashed, or ripped up to use as rags.

Decide how you want your closet organized before beginning to replace the items you are keeping. I like all my tops together, short sleeve to long with order of color. I do the same for my slacks, etc. Do what works best for YOU!

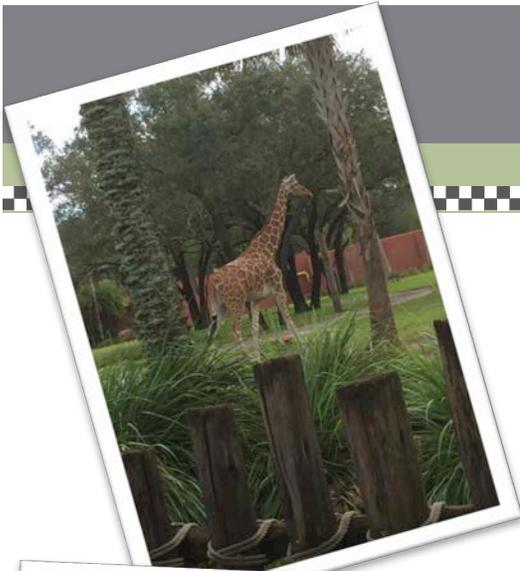
Allow some time for this chore. You'll be rewarded with extra closet space at the end and an organized clothing, shoe and handbag supply. Plus, your donations are going to help others! And, making life easier to find what you want adds calm to your life. Get rid of the clutter--you deserve the calm.



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

## Excursion to Animal Kingdom Lodge

*By Rene Baron*



October 13<sup>th</sup> turned out to be a lucky day for the people who went on the excursion to Sanaa. We gathered at the Thriving office and were whisked off to the Animal Kingdom Lodge, Kidani Village.

We were able to see Giraffes, zebras and wildebeasts roaming around the grounds as we waited for our own cultural tour of the Sanaa Restaurant. Sanaa means artwork in Swahili and we were introduced to many fine examples of African artwork by Fifi, our tour guide.

Fifi is a resident of Botswana and during our short tour, she talked about her homeland as she explained about the decor and artwork of the restaurant. When the tour was over, a chef brought out two large platters of their signature Naan bread with several spreads for us to enjoy. Dinner followed and the consensus of the group was that the food was excellent.

What a treat it was to be able to eat as we viewed African animals roaming just outside the windows!



## How to Think like Cleopatra

*By Ashton Lauren, November 2017*

Remember how we would bounce back from things when we were young? Imagine if we could retain our wisdom and have the youthful resistance and adaptability of our younger years. Many of us equate the spry, mental plasticity of adolescence with the plethora of brain cells that we are told decline with age. This is where we get the saying “time is wasted on the young” as we feel regret for an expenditure we don’t feel we can recoup. While brain cells may decline as we age, science is looking at our cells through a whole new lens. The discovery

of cell expression, has confirmed that we can indeed reactivate dormant cells. This reactivation means we are no longer thinking about the volume of cells in our physiological bank, but just *how* we are using the ones we already have. Although scientific studies are in the early stages, this new area of science is changing the way we think. We are transitioning from a belief that we are genetically predisposed to elements outside of our control. Rather, we are examining the growing evidence that cell expression is

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largely a result of external stimuli. Evidently, societal conditioning may be more responsible for our preconceptions of our abilities throughout the course of our life than we ever imagined.

Let's look at how society has affected our mental agility throughout the ages. Over the course of our lives, we develop and foster three

types of intelligences. Each intelligence is significantly predominant at varying times.

When we are infants, we use our instinctual intelligence. We

can define that instinctual intelligence is our innate ability to do things that come naturally to us. Instinct is evident in many species and is widely recognized as actions and thoughts that exist with no prior learning, observational or otherwise. They are considered the inherent behavioral responses that are designed to benefit our survival and the proliferation of our species. Many people

exhibit instincts when they intuitively run from danger or recoil at the sight of a spider. However, our instincts are most commonly exhibited when we are infants. As infants, we cry instinctively when we need attention, we suck our thumbs for comfort and we even eat dirt when our diet lacks minerals or roughage.

As we get older, society teaches us new behaviors



and the instincts of our formative years wane. The new behaviors we learn are standing, walking, talking and using our hands with dexterity. These behaviors in the learning stage all require our fluid intelligence. Fluid intelligence can be described as our problem-solving capability, or our ability to know what to do in the moment. For example, parents demonstratively congratulate children who

eventually stand unassisted instead of crawling. This encouragement of our problem-solving abilities makes us yearn for more continued approval. Hence, our fluid intelligence reigns and becomes more prevalent as our instinctual behaviors dissipate. In our formative years, our fluid intelligence is expressed through heuristic learning practices such as the iconic coming of age experience of learning to drive a car. Simultaneously, the pedagogical method of schools where adolescents spend a majority of their time, is reinforced by

society's reverence for facts. This fact-based discipline requires the use of our concrete intelligence. Even before the first day of preschool, concrete learning gets webbed into every aspect of our lives. More so, we continue to prescribe to its importance by our dependence on media sources for guidelines of behavior, knowledge and entertainment. In response to our devotion

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for concrete information, recent developments in technology have saturated our lives with a gamut of media sources that now make this information more overwhelming than ever. Tragically, we have slowly removed ourselves from our instinctual nature and divorced ourselves from the confidence of being able to handle things in the moment, or what is more commonly known as *change*.

Therefore, we unwittingly affect our gene expression. When our environment and consequently our behavior no longer require a certain action or belief, the genes responsible for that behavior turn off. They become dormant, as their 'expression', or lack thereof, is a response to the body's continual environmental adaptation.

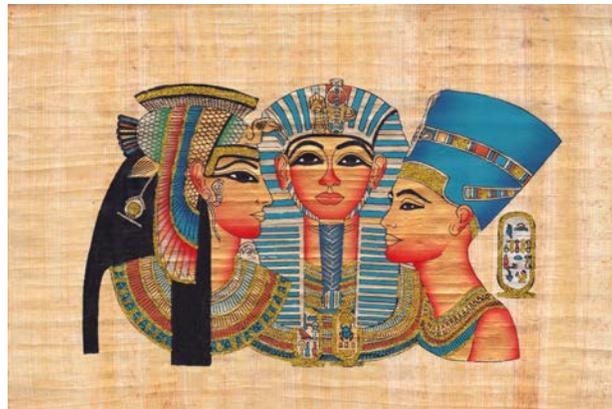
So how did this come about? In the age of the Roman Empire when Cleopatra reigned, the average lifespan was 39 years. We can

ascertain that at that time she maintained a good use of all three intelligences; instinctual, fluid and concrete. Additionally, there was more hands-on problem solving with a large volume of labor based activity and the strategizing of empire and army. This daily incorporation of fluid intelligence with concrete intelligence was unified with the customary and routine devotion to spiritual practices. Which, is an environment conducive to fostering an understanding of the inner self and therefore one's instincts. Since then, developments in modern medicine and general improvements in the quality of our lives enable us to live longer than ever before. Presently, the average life expectancy in North America is 80 years. This translates to a much longer time period spent focusing on concrete knowledge without the integration and

implementation of our fluid and instinctual intelligences. What does it mean for our future? It means if you want to be more like Cleopatra, all you have to do is think your way out of the concrete walls that bind you.

*Ashton Lauren has over 24 years' experience as a wellness chef and lifestyle coach. She has lived and worked in Australia, Vancouver, Bali, Mexico, Las Vegas and New York. Ashton's passion is derived from her own experience with health issues. Ashton has conquered the challenges associated with having two autoimmune disorders and a blood disorder. She is also familiar with symptomatic secondary conditions, which she overcame, such as weight gain, fatigue, chronic pain and situational depression. Ashton is a tireless advocate for community wellness and believes there is a way to achieve wellness with work-life balance.*

*Consequently, she developed The Intuitive Wellness Program in response to people seeking a flexible wellness plan that could be custom made to their needs while being effortless to achieve.*



## Mini-Lunch 'N' Learn

**Thank You  
For Sharing Your Time!**

Thriving In Place thanks you for spending your time and talents with our group during lunch. We were enlightened and entertained.

We would like to thank:

**Celebration  
Christian  
Homeschool  
Group**

&

**Touching  
Hearts®** at home  
*The heart of home care.*



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.



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



Our members are grateful and appreciative of the funds to feed our hungry stomachs. Lunches would not be possible without your financial support!

Thriving In Place lunches are held every 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 adult Celebration resident 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.*

We would like to thank:

- Chick-Fil-A
- Flippers Pizza
- Dr. Duane McRorie, DPM,  
Celebration Foot & Ankle  
Institute
- Touching Hearts at Home
- Windsor At Celebration
- Mike and Debi Jackson
- Steven and Robin Keene
- JJ Taylor
- SEVERAL ANONYMOUS  
TiP MEMBERS



Every November, our nation takes time to recognize all of our amazing Veterans who served our country to preserve our freedom, rights and liberty. I want to send a thank you out to all of you brave men and women for all you have done for our nation.

It also made me realize that this was an opportune time to reach out to the Veteran community and make sure you are all aware of a specific benefit that is available to you. This benefit is known as Veterans Aid & Attendance.

What is VA Aid and Attendance?

The Aid and Attendance (A&A) Pension provides benefits for veterans and surviving spouses who require the regular attendance of another person to assist in eating, bathing, dressing and undressing or taking care of the needs of nature. It also includes individuals who are blind or a patient in a nursing home because of mental or physical incapacity. Assisted care in an assisting living facility also qualifies. To be clear, these are not for war related injuries but to help us cope with the realities of day to day living as we age.

What is the criteria for qualifying?

To qualify for A&A it needs to be established by your physician that you require daily assistance by others to dress, undress, bath, cook, eat, put on or take off prosthetics, leave home etc. You DO NOT have to require assistance with all of these. There simply needs to be adequate medical evidence that you cannot function

completely on your own.

What determines eligibility for Aid & Attendance benefits?

Any War-Time Veteran having served a minimum of (90) days of active duty, including one (1) day during a period of War, is eligible to apply for the Aid & Attendance Pension. A surviving spouse (marriage must have ended due to death of veteran) of a War-Time Veteran may also apply. The individual applying must also qualify both medically and financially.

To qualify medically, a War-Time Veteran or surviving spouse must need the assistance of another person to perform daily tasks, such as eating, dressing, undressing, taking care of the needs of nature, etc. Being blind or in a nursing home for mental or physical incapacity, or residing in an assisted living facility also qualifies.

To qualify financially, an applicant must have, on average, less than \$80,000 in assets, EXCLUDING their primary residence and primary automobile. There is also an income test which looks at the income the veteran and / or spouse receives offset by the cost for out of pocket medical costs, Medicare premiums and the cost of custodial care. Unlike Medicare and Medicaid there is no look back period so, through the use of proper Estate Planning techniques, it is possible to position yourself to be eligible to qualify for benefits prior to the actual filing. It is

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recommended that you work with a qualified Estate Planning / Elder Law attorney if you determine that you exceed these financial thresholds.

I want to point out that there is no fee for processing the Aid & Attendance application. In fact, federal law prohibits charging for assistance with preparing the Aid & Attendance application. The only time you will incur any costs would be if you engaged an attorney to do Estate Planning or Trust work as part of the application process.

What is the process for applying for A & A?

This can be a very lengthy and time-consuming process. Eligibility must be proven by filing the proper Veterans Application for Pension or Compensation. (**Form 21-534 surviving spouse**) (**Form 21-526 Veteran**.) This application will require a copy of the DD Form 214 or separation papers, Medical Evaluation from a physician, current medical issues, net worth limitations, and net income, along with out-of-pocket medical expenses.

There are several sources available to help you with this process including your local Veteran's Administration office. Depending on your current financial situation you may need to consult with an Elder Law Attorney to help guide you through the process.

How long does it take to get approved?

Each case is unique and carries its own set of challenges. How complete the application package is will also impact the process. You can expect that it will take between 4-6 months on average for your application to be processed and to receive a

determination letter. Due to the current backlog of claims to be processed this timeframe can be much longer.

Many families can't afford to pay for care while waiting for the pension to be approved and funds to be released, which places an additional burden. Some Assisted Living Facilities will work with you if they know the resident qualifies for A&A. Fortunately, all benefits are retro-dated to the original filing date.

If you or your loved one is 70 or older, you should request the application process be expedited. The VA's own law states that applications for benefits for a veteran/ widow 70 or older are to be given priority. It is advised that you include a cover letter with the application noting this request.

What type of benefits can I expect if I qualify?

- Eligible Veteran – up to \$1,794 per month
- Surviving Spouse – up to \$1,153 per month
- Married Veteran – up to \$2,127 per month
- Veteran Couple – up to \$2,846 per month

The Aid & Attendance benefit is a tremendous benefit that has helped countless families give their loved one the care and attention they need and deserve that might otherwise be affordable. The process is time consuming and complex and the various nuances and pitfalls cannot be addressed in an article. I strongly recommend you seek the guidance of a professional who is well versed in assisting Veterans and their families in obtaining this benefit. I don't personally do this type of

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work, however, I will be glad to share the resources I trust and regularly refer to the families we provide care for.

I can be reached at  
[joe.gitto@brightstarcare.com](mailto:joe.gitto@brightstarcare.com).

Joe is a Certified Senior Advisor and owns the BrightStar Home Health agency with his wife. They have helped many families in the Osceola and Brevard County communities. BrightStar is a private duty home health agency that provides companion care, personal care and skilled care in the home. Visit us at [www.brightstarcare.com/kissimmee-osceola](http://www.brightstarcare.com/kissimmee-osceola) to learn more about how we may help your loved one age in place.

*What are the war periods approved by congress?*

Indian Wars: January 1, 1817, through December 31, 1898. The veteran must have served thirty days or more, or for the duration of such Indian War. Service must have been with the U.S. forces against Indian tribes or nations.

Spanish-American War: April 21, 1898, through July 4, 1902, including the Philippine Insurrection and the Boxer Rebellion. Also included are those individuals engaged in the Moro Province hostilities through July 15, 1903.

Mexican Border War: May 9, 1916, through April 5, 1917. The veteran must have served for one day or more in Mexico, on the borders thereof, or in the waters adjacent thereto.

World War I: April 6, 1917, through November 11, 1918, extended to April 1, 1920, for those who served in the Soviet Union. Service after November 11, 1918, through July 2, 1921, qualifies for benefits purposes if active duty was performed for any period during the basic World War I period.

World War II: December 7, 1941, through December 31, 1946, extended to July 25, 1947, where continuous with active duty on or before December 31, 1946.

Korean Conflict: June 27, 1950, through January 31, 1955.

Vietnam Era: August 5, 1964, through May 7, 1975.<sup>90</sup> However, February 28, 1961, through May 7, 1975, for a veteran who served in the Republic of Vietnam during that period.

Persian Gulf War: August 2, 1990, through a date to be prescribed by Presidential proclamation.

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# Poet's Corner

## MY FAVORITE THINGS

### Lyrics to the tune of The Sound of Music

*Submitted by Karl Jaehrling*

Maalox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in strings,  
These are a few of my favorite things.

Cadillacs and cataracts and hearing aids and glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favorite things.

When the pipes leak, when the bones creak, when the knees go bad,  
I simply remember my favorite things,  
And then I don't feel so bad.



Hot tea and crumpets and corn pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heating pads and hot meals they bring,  
These are a few of my favorite things.

Back pains, confused brains and no need for sinnin',  
Thin bones and fractures and hair that is thinnin',  
And we won't mention our short-shrunken frames,  
When we remember our favorite things.

When the joints ache, when the hips break, when the eyes grow dim,  
Then I remember the great life I've had,  
And then I don't feel so bad.

## HALLOWEEN

By: L.S. Boyle with help from his editor

Something unholy is near.  
Enter the dark with dread.  
This is the night the living fear.

Hold close all you hold dear.  
There's a body without a head.  
This is the night the living fear.

Zombies stagger by eating ears.  
This is the night courage has fled.  
This is the night the living fear.

Vampires are drinking blood beers.  
Children hide under their bed.  
This is the night the living fear.

Witches and Warlocks now appear.  
Goblins and ghouls arise from the dead.  
This is the night the living fear.



## His Name Was Fleming

*Submitted By Karl Jaehrling*

His name was Fleming, and he was a poor Scottish farmer. One day, while trying to make a living for his family, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog. There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved.

"I want to repay you," said the nobleman. "You saved my son's life."

"No, I can't accept payment for what I did," the Scottish farmer replied waving off the offer. At that moment, the farmer's own son came to the door of the family hovel.

"Is that your son?" the nobleman asked.

"Yes," the farmer replied proudly.

"I'll make you a deal.

Let me provide him with the level of education my own son will enjoy. If the lad is anything like his father, he'll no doubt grow to be a man we both will be proud of." And that he did. Farmer Fleming's son attended the very best schools and in time graduated from St. Mary's Hospital Medical School in London and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of penicillin.

Years afterward, the same nobleman's son who was saved from the bog was stricken with pneumonia.

What saved his life this time? Penicillin.

The name of the nobleman? Lord Randolph Churchill.

His son's name? Sir Winston Churchill.

Someone once said "What goes around, comes around."

## Loneliness Can Be Deadly for Elders; Friends are the Antidote

New York Times

December 16, 2016

*Submitted by Barbara Ingraham*

The circle shrinks. As the years pass, older people attend too many funerals. Friendships that sustained them for decades lapse when companions and confidants retire or move away or grow ill.

These days Sylvia Frank, who moved into an independent living residence in Lower Manhattan in 2014, can email or call one longtime friend in Florida. Another, in Queens, is slipping into dementia and will most likely exclaim, "I haven't spoken to you in months!" when, in fact, they talked the day before.

But even at advanced ages, new relationships take root. Ms. Frank's son kept telling her that a colleague's cousin, Judy Sanderoff, was about to move into the same facility. They sought each other out.

Now, Mrs. Frank, 91, and Ms. Sanderoff, 96, eat breakfast together almost daily; they have dinner, à deux or with other friends, many evenings. Ms. Sanderoff spent Thanksgiving with Ms. Frank's family in Brooklyn.

Together, they have signed up for bus trips to the Museum of

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Arts and Design, to historic sites in Harlem, to a Pennsylvania casino. With Ms. Frank speaking into her friend's good ear, they talk about news, politics and their families.

When Ms. Frank didn't come downstairs for breakfast one recent morning, Ms. Sanderoff was on the phone to ask why. For her part, Ms. Frank (sounding as if Neil Simon writes their dialogue) has been scrutinizing her friend's diet.

Ms. Frank: What's the point of taking blood pressure medication if you're going to douse everything in salt?

Ms. Sanderoff: So, don't look.

But seriously. "At this age, it's said you make acquaintances," Ms. Sanderoff told me. "But I feel I've made a true friend in Sylvia."

I've been talking, in this season of auld lang syne, with older people who have formed friendships late in life. Though they mourn their losses, they are grateful for the capacity to still find warmth, shared values and interests, understanding and trust from former strangers. "The need we've had our entire lives — people who know us, value us, who bring us joy — that never goes away," said Barbara Moscovitz, senior geriatric social worker at Massachusetts General Hospital.

The way we prioritize friendships may evolve. Laura Carstensen, a Stanford University psychologist, developed an influential theory called "socioemotional selectivity": As people sense their remaining time growing brief, they shed superficial relationships to concentrate on those they find most meaningful.



"They invest more in their remaining connections," said Gary Kennedy, director of geriatric psychiatry at Montefiore Medical Center. "They optimize friendships, rather than try to maximize them."

A [tide](#) of recent research underscores the importance of such bonds. Social isolation and loneliness can take a serious toll on elders, psychologically and physically. (Over 75, almost a quarter of men and nearly 46 percent of women live alone, the Census Bureau reports.)

We can understand the risks of isolation and an underpopulated, disconnected life. "For a host of reasons, no one is addressing the individual's daily needs — food, medication, medical appointments," Ms. Moscovitz explains. "The refrigerator is empty, but there's no one to call. People suffer despair, humiliation."

They also [suffer higher mortality rates](#) and increased risk of depression, cognitive decline and illnesses like coronary artery disease.

But people who aren't isolated can still feel lonely, a more subjective state. "My friends moved to Florida and California and said, 'Come visit!,'" said Shelley Youner, 79, who recently moved into the Hebrew Home in Riverdale,

in the Bronx. (More dialogue by Neil Simon.) "I could have heard from President Obama sooner than my friends."

Loneliness brings its own dangers; studies have shown associations with [higher blood pressure](#), with [nursing home admissions](#), with [risky health behaviors](#) like inactivity and

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smoking, and with [dementia](#).

Researchers at the University of California, San Francisco, followed 1,600 participants (average age: 71) and found that those who reported loneliness were more likely to develop difficulties with activities of daily living. Even when the [study](#) controlled for socioeconomic status and health, the lonely had higher mortality: Nearly 23 percent died within six years, compared with 14 percent of those who weren't lonely.

It's heartening, therefore, to hear Ms. Youner kvell about her new friend, Shirley Zweibel, 87.

"We're constantly having a conversation," Ms. Youner said. "Shelley can't stop talking, that's the reason," Ms. Zweibel bantered. But, she added: "When you're a kid and say you have a friend, you don't even know what that means. At this age, it goes deeper."

In fact, older adults have probably developed important relational skills, said Rosemary Blieszner, distinguished professor of human development at Virginia Tech and a longtime friendship researcher.

"They're pretty tolerant of friends' imperfections and idiosyncrasies, more than young adults," she said. "You bring a lot more experience to your friendships when you're older. You know what's worth fighting about and not worth fighting about." I couldn't help noticing how many of the elders I spoke with had benefited from living in retirement communities and nursing homes — the very destinations so many people dread. They can provide proximity, shared activities and a larger pool of prospective friends.

Flo Jakubiak, 85, left her condo in Sun

City, Ariz., a year ago, when she felt herself growing socially cut off. "Nobody there knew I existed," she said. In an independent living center, she has found friends with whom to share meals, movies and canasta games.

But happenstance plays a role, too. Sandi Schwartz met her two closest friends a few years back when she ran into an acquaintance at a bus stop in Fair Lawn, N.J. Ms. Schwartz's partner had recently been institutionalized, she told the woman, confessing to loneliness and depression. A stranger sitting at the stop took Ms. Schwartz's phone number, said she would call — and did.

"I always tell her she saved my life," Ms. Schwartz said. Now she and two close friends, all in their early 80s, are on the phone daily and go out weekly.

With strong evidence that friendship does, indeed, help save lives and promote health, social workers and researchers wish we could pay more attention to its central role. Activity directors, senior center staff members and family caregivers: Are there better ways to help elders stay in touch with the friends they care about, or meet new ones? We're all willing to drive relatives to doctors' appointments; driving them to spend time with friends may matter as much.

"I've seen those tender moments," said Sylvia Frank's younger son, Michael Lasky. Last spring, Ms. Frank developed a serious heart problem and spent two weeks in a hospital, then another two in rehab. By phone, Mr. Lasky kept a worried Judy Sanderoff apprised of his mother's condition. When he took her home after a month, they found an unexpected welcome. "Judy had put balloons on my mom's front door," Mr. Lasky said. "Then she came downstairs and they hugged each other for a good 10 minutes."

# Happy Memories



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*Thriving In Place  
has had a busy 2017!*

Thriving In Place opened the doors to its new location at 609 Celebration Avenue. The grand opening was celebrated with an Open House attended by Thriving In Place members, volunteers, neighbors and friends of Celebration Foundation. The evening event was planned and staffed mainly by Thriving In Place members and volunteers.

The very next day, Thriving In Place volunteers, Steph Garber and Becky Lincoln, hosted a fashion show in the Jones Room at Lakeside Park. Clothes were donated by Celebration retailer, Soft as a Grape, and were modeled by Thriving In Place members and volunteers.

In April, Thriving In Place and Celebrators were treated to a “Prom” sponsored and hosted by the students from Celebration High School. Karen Francis and John Fitzpatrick were named Prom Queen and King. The students and those more advanced in age compared different styles of dancing as they listened to the sounds of Dave Plant. It remains to be seen which age group had more fun.

National Volunteer Week was celebrated in April with a Hawaiian Themed Happy Hour at the Windmill Golf Course and Club. Tokens of appreciation were handed out to all Celebration Foundation volunteers. None of our work would be complete if not for the dedication of our loyal volunteers.

Thriving In Place hosted a viewing party for the 2017 Eclipse. Snacks and appropriate eyewear were provided as the group experienced the remarkable historical sighting event.

Activities were canceled due to the arrival of Irma. All were provided with instructions as how to best prepare their homes for the unknown power of Irma. Sandbags were scooped and delivered to those needing assistance. Fortunately, Celebration was spared the major damage that other communities experienced.

Thriving In Place participated in Celebration’s Porch and Yard Sale. Friends and neighbors all contributed to the treasures to be sold. A few volunteers braved the blazing heat on sale day to bring home a bonus of \$574 to be deposited into Thriving In Place’s piggy bank.

The highly reviewed Thriving In Place newsletter acquired a sponsor to offset the cost of publication in a format that looks professional and is easy to

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read. Many thanks to BrightStar Care for helping us achieve this first.

The Thriving In Place Excursion Committee got to work and planned exciting trips for everyone to participate. By the end of December 2017, the group will have completed 12 excursions. They have seen numerous plays and traveled as far as Sanford.

During 2017, the group was treated to 36 speakers and/or entertainers. We learned facts about everything from Parkinson's to Wine Pairings. Thriving In Place appreciates the educational opportunities but also enjoys the lighthearted presentations. One of the sweetest groups that performed was the Celebration Christian Homeschool Group. The performers range in approximate age from 3 to 10 years old. Their innocent little voices and big eyes softened the hearts of all of us.

Thriving In Place has held 94 Lunch Bunches and Mini-Lunch'N'Learns in 2017. Our group loves to eat and socialize. As the lunches have grown in attendance many Thriving In Place members and friends of Thriving In Place have offered their financial support to subsidize food costs. A big boost to lunches this year has been the addition of our food committee. Oftentimes, they treat the group to homemade delights which are greatly appreciated by our hungry folks.

The year 2017 also saw the start of the following lineup of activities:

- Coffee on the Corner
- Sundae Funday
- Tea Party
- Bingo
- Wreath Making
- Book Club

All new activities are led by Thriving In Place members and volunteers.

Thriving In Place began January 2017 with 74 members. Thriving In Place will close out the year with 94 active members and 85 volunteers. We attribute this growth to all of you. Our members and volunteers are the best form of advertisement our organization could ever have. We thank you for playing a part in this wonderful program as it continues to grow.

Who knows what the year 2018 will bring. Thriving In Place is ready and waiting with help from all of you.

We wish all of you a healthy, happy and safe holiday.

*~ Becky and Mary Pat*



## 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 Newsletter  
is proudly sponsored by BrightStar Care.**

