



# THRIVING IN PLACE NEWSLETTER

Celebration  
Foundation

THRIVING IN PLACE

June 2018 Edition

Issue 16, June 2018

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### Thriving In Place – Facts and Figures

Member Count:	105
Volunteer Count:	95
Service Requests this Fiscal Year*:	889
(*Fiscal Year runs Oct 1 through Sept 30)	

# NEW ACTIVITIES

## Coming Soon!



*Tuesday, June 5, 2018*

**Wine and Cheese from 3-5 pm**

Imperium Food & Wine

\$6.00

*Thursday, June 7, 2018*

**Texas Hold'em from 1-3 pm**

Thriving In Place Game Room

\$2.00 contribution to the game winner



*Wednesday, June 13,  
2018*

**Volunteer Appreciation  
Breakfast**

8-10 am **\*\*come and go\*\***



Be on alert for more details  
in June's Calendar and Weekly Emails!

# THRIVING IN PLACE 2018 FUNDRAISING CAMPAIGN

SUBMITTED BY: Don & Kathy Gordy

Some of our members have helped to organize a fundraising campaign for Thriving In Place. Our volunteers are great and very generous with donating their time. The Thriving In Place program also needs financial support from the Celebration community.

Thriving in Place is a not-for-profit Celebration-based membership program designed to assist older adults in our community (501(c)3 organization). At this time, member dues cover about one third of the annual program budget. Thriving members are familiar with the benefits

available, and each person uses them in a different way. Thriving helps members maintain an independent lifestyle by connecting volunteer services and volunteer resources to provide transportation, meals, education, wellness, etc. We combat the isolation of aging by providing social and cultural activities, as well as check-in phone calls and visits.

We are seeking individuals and companies to become part of our family as a “Friends of Thrive” contributor. There are several levels of sponsorship (Giving Tree), each with different benefits.

## GIVING TREE - SPONSORSHIP LEVELS

<p><b>Seedlings: \$100</b> Sponsor Decal and Lunch &amp; Learn</p>	<p><b>Trunk: \$500</b> Sponsor Decal and Lunch &amp; Learn, recognized in upcoming newsletter</p>
<p><b>Roots: \$250</b> Sponsor Decal and Lunch &amp; Learn</p>	<p><b>Branch: \$1000</b> Sponsor Decal and Lunch &amp; Learn, recognized in three newsletters</p>
<p><b>Tree of Life: \$2500</b> Sponsor Decal and Lunch &amp; Learn, and recognized in the newsletter for one year, and invited to be an Honored Guest or Guest Speaker at a Lunch &amp; Learn</p>	

Are you ready to become a ‘Friends of Thrive’ contributor? Do you know of a business or individual who would like to become more involved and financially support this Celebration-based community program?

*All Thrive members and volunteers are ambassadors for Thriving In Place; you can help by contributing, referring a potential sponsor or recruiting a new member. All contributions to Thriving In Place are sincerely appreciated.*

**Call Thriving In Place at (407)572-9850 for more details and to make your contribution.**

## Lunch with Thrive

Our members are grateful and appreciative of the funds to feed our hungry stomachs. Lunch gatherings are a special time for our members to visit with their friends whom have become their families.

Thriving In Place lunches are held in the Activities' Room at 851 Celebration Ave. If you are not a current member of Thriving In Place, please feel free to join us for a small \$5 contribution.

Check the monthly calendar for the special **BROWN BAG MONDAYS!** We've put a little bit of a twist on the regular lunches and ask everyone to bring their own sack lunch. It's fun to see everyone's choice when they are in charge of their own food selection. Remember to check the calendar for **BROWN BAG MONDAYS!**

### See What You Missed on Brown Bag Monday, May 14<sup>th</sup> 2018:

Dance Like a Chicken Day is for those who like to do the "Chicken Dance". All 'ya gotta do is dance like a chicken. While any dance song will do, there's no dance like the Chicken Dance.

It's tradition at every wedding reception to play and to dance the Chicken Dance. It gets people of all ages up dancing and mingling. It puts a smile on everyone's face.



The Chicken Dance is not limited to weddings. It is also played at other social events where there is a band and dancing. The only problem is that events are way too infrequent for a chicken dance lover! We used Brown Bag Monday as an opportunity to dance like a chicken. Those who were present were not disappointed!!



## Mini Lunch 'N' Learn

Thank you to our friends of Thriving In Place!

Many thanks to those who have shared their time, talents and information with Thriving In Place.

**Merrill Gardens Senior Living** – Nutrition & Osteoporosis  
**Echevarria Travel** – Actively Moving & Learning with Travel  
**Robert Tata** – Wine Appreciation  
**Lez'lie Reynolds** – Strangers to Best Friends

Thriving In Place appreciates the education and the fun from experts in a variety of fields. These opportunities are evidence we're never too old to learn.

### *Congratulations!*

Thriving In Place  
Congratulates

*Joe and Shirly Beam*

Married on Sunday May 6, 2018

*May your lives together be filled  
with Joy and Happiness!*



# HAPPY BIRTHDAY

to our  
Thriving In Place  
Members  
& Volunteers

## June

- 6.1 Anne McGrath
- 6.9 Rob Hair
- 6.15 George Long
- 6.17 Vivian Lai Chin
- 6.18 Susan Lovely
- 6.19 Ana Pagotto
- 6.20 Grover Wigglesworth
- 6.21 Val Collins
- 6.23 Kathy Petzer
- 6.23 Fran Schultz
- 6.30 Sheri McCalmon



## July

- 7.3 Paul Collins
- 7.6 Cathy Smith
- 7.10 Lucille Covell
- 7.11 Pat Jaehrling
- 7.12 Linda Ajello
- 7.12 Jim Mantia
- 7.13 JoAnn Brennan
- 7.14 Karl Jaehrling
- 7.15 Nancy Burnett
- 7.18 Ruth Ann Petrigliano
- 7.18 Celia McFadden
- 7.24 Pat Wehman
- 7.25 George Burnett

# HAPPY BIRTHDAY!



## Report to Duty

Staff Sergeant, John Colacchio, Flight Officer Tony Gallego and Colonel William A. Connelly reporting to duty April 4, 2018, 0900, destination Denny's Restaurant for the Battle of the Pancakes.

Many articles have been written about the above three gentlemen. All reference their lives as former military personnel. But outside of their service to our country, they are 3 men who have become friends with histories only they can understand.

Monday thru Friday, the threesome convenes every morning for coffee and breakfast. Their meeting location may change, but their conversations have a

common thread – respect for each other interspersed with good natured humor. The humor is not only saved for each other.

Friendly jabs are shared with the employees of their gathering spots in such a way that everyone knows their names when they enter.

When remembering their “war” stories, each one patiently listens without interruption of tales as if they were their own to tell. Most amazingly, they brag on each other and can't wait to boast of the others' accomplishments or awards such as the 2-time Purple Heart Recipient. And even more amazing is how modest each gentleman is regarding their own personal achievements in serving our country evidencing the strong

and humble leaders they played in battle. All 3 of these unselfish men were drafted either in their senior year of high school or immediately after graduation. Only 18 years of age, each one lived in different parts of our country and enlisted in different arms of the military. Individually all have experienced the good and the bad of war time.

Conversing with John, Tony and Bill, you learn not only about their personal reflections on the draft, WWII and Vietnam, you become enlightened of their personal lives and their paths to current day. Their friendships began over a simple cup of coffee and grew

into daily breakfasts of companionship between 3 men living in Celebration.

This new friendship and respect they now share with each other, is a true reflection of how

they lived their lives in the military. Honor, leadership and regard for their fellow soldiers is shown with each other. The belief of “first on and last off the battlefield” still holds true even for the Battle of the Pancakes at Denny's Restaurant.

*Staff Sergeant John Colacchio, Flight Officer Tony Gallego and Colonel William A. Connelly currently serve as active members of Thriving In Place. If you would like to learn more about Thriving In Place, please contact Mary Pat Rosenthal, 407-572-9850.*



## Going Once, Going Twice... We're Having an Auction!

We're so excited! Thriving In Place member, Vivian Lai-Chin, has generously donated her wonderful collection of Disney purses and handbags to be auctioned off as a fund raiser for Thriving In Place. These unique and colorful bags are in great condition and would make a fantastic addition to your Celebration wardrobe. All the bags are pictured on this and the following pages and have been assigned a number for bidding purposes. This is a fundraiser for Thriving In Place, so each bag will go to the highest bidder, not the first bidder. So, take a look, make your selection, and place your bid! Bidding will start 9:00 am on June 4.

In order to be completely impartial, one of our volunteers is going to track the bids. To place your bid, please send Pat Wehman an e-mail at: [pgwehman@hotmail.com](mailto:pgwehman@hotmail.com). Please put **Purse Auction in the subject line** and then **include your full name, the number of the bag, and your bid amount**. Please do not bid using the bag description (ie: the red one), we need the bag number from the photo. Bidding will close at noon (12:00 pm) on Thursday, June 14<sup>th</sup> so the winners will be announced at the Friday lunch. You do not need to attend the Friday lunch as winning

bidders will also be notified by e-mail. If you have bid on a bag and have been subsequently outbid, you'll be notified in the event you want to raise your bid amount.

We hope you'll join in on the fun! Again, please send your Purse Auction e-mail to [pgwehman@hotmail.com](mailto:pgwehman@hotmail.com). Include your full name, the number of the bag that you're bidding on, and your bid amount. Good luck!

### **DON'T FORGET:**

**Bidding starts 9:00 am on  
Monday, June 4<sup>th</sup>**

**Bidding ends at 12:00pm (noon) on  
Thursday, June 14<sup>th</sup>**

**Winners will be announced at the  
Friday lunch on June 15**

**You may view the purses at  
Thriving In Place office  
690 Celebration Avenue  
M-F, 9 am – 5 pm**

**All Bids start at \$10.00**



## Auction Items #1 - #9



# Auction Items #10 - #22





## Elderly Fall Prevention

*From Joe Gitto at BrightStar Care*

Elderly fall prevention is more critical than ever before. Each year, one in every three adults age 65 and older falls and the results can be life-altering.

Every day seniors across the country endure falls while others have risk factors that they might not even be aware of, making the topic of falls prevention a critical one. Falls can cause moderate to severe injuries, such as hip fractures and head injuries, and even instill a fear of falling again that can be debilitating. What's more is they can increase the risk of early death.

After a fall occurs, many people will begin taking measures to ensure that the safety of their aging loved one is never compromised. Home modification is traditionally the first step. What folks may not realize is there are many other factors that come into play, in addition to an unsafe home environment, that may contribute to falls. It is vital to identify these issues and address them appropriately and before a fall occurs.

When you think of fall prevention, you might automatically envision stairs, uneven ground or a slippery surface, but there are other

seemingly unseen risk factors that could put you or a loved one at risk of falling at home.

1. Impaired Vision – Cataracts and glaucoma alter depth perception, visual acuity, peripheral vision and susceptibility to glare.
2. Medication and side effects – Many drugs reduce mental alertness, affect balance and gait and cause drops in blood pressure while standing. Mixing medications increases these effects causing falls.
3. Weakness and Poor Balance – weakness and lack of mobility leads to many falls. It is important to exercise regularly to boost strength and muscle tone.
4. Chronic Conditions – Parkinson's, heart disease and other conditions increase the risk of falling.
5. Home Hazards – Most homes are full of falling hazards, clutter, poor lighting, loose or broken hand rails, bathrooms with no grab bars, loose rugs, cracked or uneven sidewalks to name a few.

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As the body changes with age, such things as poor vision, loss of muscle strength, and joint stiffness make us more likely to fall. Below are some additional details about age-related fall risk factors:

- ✓ Muscle strength decreases gradually with age. Joint tendons and ligaments lose their flexibility and limit motion. For example, lack of muscle and reduced range of motion can cause low foot swing, which might make your clients trip over their own feet. Regular exercise is the key to help your loved one remain as independent as possible.
- ✓ Reflexes begin to slow as a person ages, making it hard for them to react quickly and "catch" their balance.
- ✓ Vision diminishes with advancing age, and this directly effects the sensory systems involved with movement. Depth perception is an important part of vision, as it allows an individual to tell how far away certain objects are. As a person's vision so does their depth perception, judge distance and easily causing a fall.
- ✓ Some people begin to lose their hearing as they get older. If you don't hear well, you may not be aware of obstacles (or other people) in your path. In addition, the ears contain sensory cells that affect the ability to balance. With age, these cells gradually decrease-and cannot be replaced. This means that older people may have a problem keeping their balance.
- ✓ Forgetfulness can be a common problem among the elderly. Forgetting where things are located or how to do certain tasks may create a lot of extra stress for them. They could become upset or rushed, increasing their chances of falling.



worsens, making it hard to fall.

As people age, changes in sleep patterns are very common. Many seniors have trouble falling asleep and often wake up after only a few hours. Falls can occur during a restless night, especially in a dark room.

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In addition, many diseases and disorders, such as Parkinson's disease and arthritis, put individuals at risk for falls. Anyone who take several different medications is also at risk. Side effects of some medications may include dizziness, confusion, and/or drowsiness which could all contribute to a fall. Below are a few common disorders and there potential to increase the risk of a fall:

- ✓ Arthritis can cause permanent crippling, nonreversible effects that put a person at high risk for a fall. In addition, some injuries to the knees, hips, and back do not heal completely, causing limited range of motion.
- ✓ Osteoporosis is a condition that causes bones to become weak and "brittle." Elderly women are especially at risk for osteoporosis, meaning that even a slight fall can lead to a severely broken bone.
- ✓ Sore feet, from foot disorders such as nail problems, corns, blisters or heel pain can also cause falls.
- ✓ Some individuals may experience a drop in blood pressure upon standing. This problem can be caused by a number of conditions, including diabetes, Parkinson's Disease, heart failure, dehydration, infection, and a number of medications. The sudden drop in blood pressure can cause dizziness, leading to a fall.
- ✓ The side effects of some medicines can upset balance and cause a fall. Medicines for depression, sleep problems and high blood pressure often cause falls. Some medicines for diabetes and heart conditions can also affect a person's balance.



- ✓ People who take four or more medications are at high risk for falling, especially if any of their medications have changed in the past two weeks.
- ✓ Being mentally or cognitively impaired puts a person at high risk for a fall. This includes people diagnosed with mental retardation, autism or dementia.

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...Continued from Pg. 13

Falls can have simple everyday causes such as tripping over something on the floor, stumbling on a loose rug or falling at night on the way to the bathroom. Look for these potential safety hazards in your environment:

- ✓ Wet walking surfaces.
- ✓ Loose area rugs or mats.
- ✓ Highly polished floors.
- ✓ Frayed or torn carpeting.
- ✓ Clutter on the floor.
- ✓ Uneven stairs.
- ✓ Stairs without handrails.
- ✓ Electrical cords on the floor.
- ✓ Poorly fitting shoes or slippers.
- ✓ Poor lighting.
- ✓ Slippery bathtub or shower.
- ✓ Ice, snow, mud or fallen leaves – not so much a problem for us Floridians!

When you walk through a room, do you have to walk around furniture? If so, encourage your loved one to allow you to move the furniture so your path is clear.

Are there any throw rugs on the floor? If yes, remove.

Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor? If so, pick them up.

Do you see any wires or cords in the walking path? If yes, tuck them away or remove completely.

Our goal at Brightstar is to help individuals to age in place as long as possible. While we are there to help with any required care, we believe that an ounce of prevention is worth a 100- pounds of cure. Its never to early to start focusing on creating a safe environment and reduce the risk of a life changing fall for you or your loved one.

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.

**P- 407-572-0070 (Osceola)**  
**[joe.gitto@brightstarcare.com](mailto:joe.gitto@brightstarcare.com)**

**C - 407-488-3214**  
**[www.CareAnswers.com](http://www.CareAnswers.com)**

## How to Be Supportive to Friends Experiencing Loss

Submitted by Dale Lack

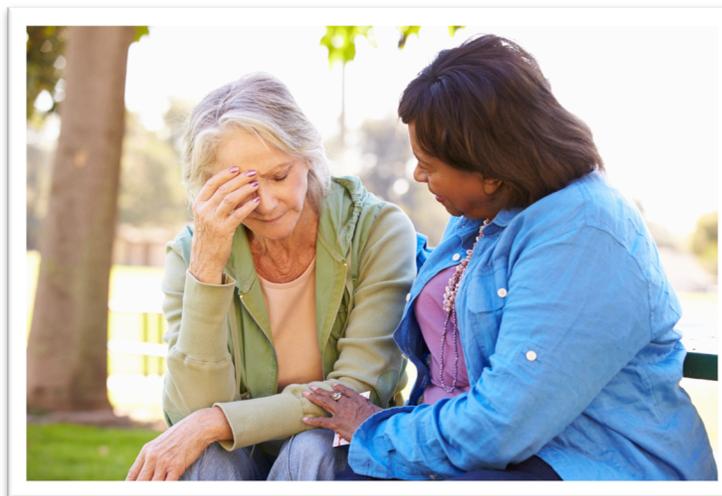
A "Support" crash course to guide you through difficult times

By [Ken Druck](#), January 5, 2018

*Editor's note: This essay is the latest in a series from author and speaker Ken Druck, based on work in his book [Courageous Aging](#), which is about how all people can make peace with, and find joy in, every stage of life.)*

Loss is an inescapable part of life. Whether we've lost someone to death, or are going through a *living loss* such as divorce, retirement, a life-threatening illness, a debilitating injury or a life-altering condition like dementia or addiction, support can make all the difference in helping us summon the strength, faith and courage to fight our way back into life.

Although we may want to reach out and lend a hand of support to our friends, family members and



colleagues who are grieving, we're not always sure of how. Despite our best intentions, most of us could benefit from an advanced course on "Support." As someone who was worked with bereaved individuals, families and communities for 35 years, I believe that being there for someone in their time of need is one of the most caring, courageous and sacred things we can do.

Let this list of "Dos and Don'ts" guide you to say and do the kinds of things that have proven genuinely helpful to those who are grieving the loss of a family member, friend or colleague:

### Do

- **Express your condolences.** A simple, sincere "I'm so sorry for your loss," a soft hand on a shoulder or a caring hug are usually perfect.
- **Be present.** Stay in touch even when others begin to disappear.
- **Show you genuinely care through kind words and**

**actions.** It's OK to also show that you care with your tears of sorrow.

- **Be a safe harbor for others to express their feelings.** Allow them to grieve without fear of being judged, analyzed, fixed, cured, saved or healed.
- **Use your listening skills.** Listen patiently, and ask open-ended questions to see how they're doing, what they need and/or how you can be helpful.
- **Give them multiple options for what you could do to help.** By doing so, they'll know you're serious. Listen intently, and do what *they* ask.
- **Give grieving individuals every opportunity to talk about those who have passed.** If given the chance, you can also tell stories acknowledging the lives of the people they lost — the special qualities they possessed and their loving relationship with those they left behind.
- **When they bring up the loss, respond in a way that shows them you were listening, and that you genuinely care.**
- **Ask their preferences.** Ask them how they would like your support on special dates such as birthdays, "angel-versaries" (days of their passing) or holidays.
- **Show genuine concern,**

**kindness, understanding, patience, empathy and compassion.**

This is a time to put your ego on the shelf and be of service to others.

- **Stay humble, flexible, relaxed and at ease when you're with those who are grieving.**
- **Assist them in getting the support they need.** This may include professional help from grief counselors or coaches — or even psychiatrists, if necessary. Assure them it's not only OK, it's smart.
- **Encourage them to ease back in.** In the case of grieving colleagues, encourage them to ease their way back into work a few hours at a time until they can handle longer stretches of sustained activity. (Also, tell them that taking a leave of absence is OK and may be necessary. Most companies have [bereavement policies](#) that allow time off, and many employers will make special arrangements when asked.) When they are back, support them to set up a "back-up" or "buddy" system in case they have a meltdown or need to step back and take a break.
- Invite them (without the least bit of pressure) to join you for lunch coffee, or a walk.

And now, DON'T:

- **Don't assume you know how they feel or what they want.**
- **Don't put a psychological, religious or spiritual spin on their losses.**
- **Don't use clichés** — for example, “The glass is half-full.” Just be positive and supportive.
- **Refrain from anything that might be interpreted as a “Hurry up.”** Don't tell them, “You'll get over it,” “Time heals all wounds” or “In time, you will have closure” or any similar types of advice.
- **Don't give unsolicited advice or play “shrink” with them.**
- **Don't compare your loss to theirs.**
- **Don't suggest a quick fix to take away the pain.**
- **Don't take it personally if they're not responding to you in the way you'd hoped.** Remember, it's not about you!
- **Don't be insensitive.** Don't allow your own feelings of helplessness, impatience or intolerance of their continuing sorrow to cause you to say something insensitive.
- **Don't ask how they're doing or**



**pose any other casual**

**question.** Tell them they (and their families) continue to be in your thoughts and prayers.

- **Don't control the conversation.** Let them take the lead on what they wish to talk about; and ask respectful, open-ended questions to draw them out.

- **Don't avoid, gloss over, act cute, change the subject or pretend that nothing has happened — or if you do, that nothing was said.**

- **Don't smother them with**

**too much caregiving attention.**

- **Don't ignore your own triggers.** Don't hide, deny, repress, avoid, displace, dumb down or “medicate” the feelings of sorrow, anger, or guilt that may have been triggered by their losses.
- **Don't make executive decisions about what they need without consulting them.** Ask them what they would *like* to have happen.

To find out more about Dr. Ken Druck's Compassionate Workplace programs, Family Council Meetings, articles on grief and bereavement coaching, please go to [www.kendruck.com](http://www.kendruck.com).

## Starting the Morning Off Right.

I always try to start the morning with positive thoughts. I also think stretching before starting my day helps a lot.

I just read some great ideas in 'Real Simple,' one of my favorite magazines, including ideas from one of my favorite gurus of organizing, Julie Morgenstern. She states, "The mere act of making your bed can bring a sense of calm and take you out of sleepy-time mode." Julie Morgenstern, author of [Time Management from the Inside Out](#) adds "Make it easy by getting a quilt that you can toss on

top rather than blankets that need to be tucked in, she says. With practice, it'll become a habit." I totally agree.

Check out

<https://www.realsimple.com/health/morning-routine-makeover>

and find out more suggestions on becoming a morning person!

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

## Email Received from: Medicare.gov

Find out the status of your new Medicare card.

You may have heard that we started mailing new Medicare cards to everyone with Medicare. Hang tight — mailing takes some time across the country, and **you might get your card at a different time than friends or neighbors in your state.**

We've got 3 ways for you to find out when you should expect your new Medicare card in the mail:

- **Check out the map on [Medicare.gov/NewCard](https://www.medicare.gov/NewCard).** Keep coming back to check the status of card mailings in your state. Remember, once card mailings begin in your state, it'll take about a month to finish.
- **Keep an eye on your email.** We'll send you an email update when new Medicare cards start mailing in your state.
- **Log in to your [MyMedicare.gov](https://www.medicare.gov) account** to see if your new card has mailed. Don't have an account yet? Sign up now at [MyMedicare.gov](https://www.medicare.gov)— it's a free, secure, and easy way to access all your Medicare information in one place.

Want to learn more about your new Medicare card? Here are **[10 things you should know](#)**. Read up so you're ready before your new card arrives!

From email received from [www.medicare.gov](https://www.medicare.gov)



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Let's face it - English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in a pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, 2 geese. So one moose, 2 meese? One index, 2 indices? Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat? Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a

recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell? How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which, an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

PS. - Why doesn't 'Buick' rhyme with 'quick'? AND If a male goat is called a ram and a donkey is called an ass, why is a ram-in-the-ass called a goose? :)



# Happy Memories



# Happy Memories



# Happy Memories



# Celebration Foundation - Thriving In Place

**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) 572-9850.**

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  
Thriving In Place

Celebration Foundation  
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Celebration, FL. 34747



## Thriving In Place Newsletter is proudly sponsored by BrightStar Care.

