



Celebration Foundation

THRIVING IN PLACE

THRIVING IN PLACE NEWSLETTER

August 2018 Edition

Issue 17, August 2018

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Thriving In Place – Facts and Figures

Member Count:	109
Volunteer Count:	103
Service Requests this Fiscal Year*:	1,104
(*Fiscal Year runs Oct 1 through Sept 30)	



For more information or to Join/Volunteer, please contact the Thriving In Place office at (407) 572-9850

Support The Celebration Foundation



AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the Celebration Foundation.

This may not seem like a lot of money, but if we can get all our friends to donate to the Celebration Foundation through AmazonSmile the pennies add up fast. Join now! It's easy.

Here's how:

- Go to smile.amazon.com and login as you normally would.
- Choose your charity, we are listed as Celebration Foundation, Inc.
- When you order something, if it is eligible for AmazonSmile, it will say so. For example, if you ordered: "15 Piece Memory Foam Bath Rug Set Bathroom Rugs with Fabric Shower Curtain and Decorative Rings," under the price it says eligible for AmazonSmile donation.
- Thanks for shopping and supporting the Celebration Foundation!

Sign up for AmazonSmile and a portion of your eligible purchases will go to the Celebration Foundation. AmazonSmile is the same Amazon you know. **Same products, same prices, same Amazon Prime benefits.**

Visit <https://smile.amazon.com/> and choose Celebration Foundation, Inc. under supporting.

*Submitted by Gloria Niec
Celebration Foundation
Executive Director*

Fun Outings!

Un-wine-ding at the Imperium

Twenty-five Thriving members attended the "Unwind at the Imperium Event" on June 5 and the threat of rain passed right over us. We filled the restaurant's outdoor patio and echoes of conversations could be heard throughout the community parking lot. Each of us enjoyed a glass of wine, a beer, soft



drink or lemonade, which was paired with a cheese/cracker plate. Many of us also sought refills, using happy hour drink special to our advantage. Everyone had a delightful time; stay tuned for the next gathering.



Brown Bag Lunch - June

Monday June 11, Thriving members enjoyed a brown bag lunch sponsored by our very own member JJ Taylor. After noshing on our favorite lunch choices and lively conversations, a corn hole face-off ensued. As the playing field was narrowed down one defeat after another, the remaining playoff winners were Beverly, Marian Otto, and Kathy Gordy. It didn't take long for Marian to win it all - a gift card generously donated by the lunch sponsor JJ Taylor. Oh what fun, we so enjoyed the time together.



Brown Bag Lunch Schedule

Bring your own sack lunch and Thrive will provide water and coffee!

Monday, August 13

Monday, August 27

Birthday Bash: Cake and Ice Cream Provided

September 17



A Surprise for Thriving In Place

It is no surprise in January when Celebration residents witness a flash of runners charging down the streets of Celebration on an early Sunday morning. It is no surprise that avid runners from all over the world travel to participate in one of the prettiest neighborhood's marathons. It's no surprise that the whole community of Celebration joins in the excitement and support of a great event showcasing health and camaraderie.

It was a surprise for Thriving In Place to be one of the many recipients of the generosity of the Town of Celebration Marathon and Half Marathon 2018. Sue and Phil Smith, and David Berelsman, representatives of the Marathon, visited a recent Thrive lunch and presented a donation check in the amount of \$15,000. The Marathon and Half Marathon requires a lot of hours, hard work and sweat of many dedicated folks in Celebration. The fruits of their labor are then shared with several not-for profits in this area. Thriving In Place is beyond thankful to be a recipient along with the other well deserving organizations.



Medicare.gov

Avoid Scams

Copy of Email: Submitted by Dale Lack

What should you do if someone calls and asks for your information, for money, or threatens to cancel your health benefits if you don't share your personal information? **Hang up! It's a scam.** Scam artists may try to steal your personal information by calling you and asking for your current Medicare Number to get your [new Medicare card](#).

Medicare will never call uninvited and ask you to give personal information or money to get your new Medicare Number or card. [Learn what to do](#) if you get a suspicious call like this.

Remember: Your new Medicare card will automatically come to you in the mail. You don't need to do anything, as long as your address is up-to-date with the Social Security Administration. If you need to update or verify your address, visit your [My Social Security account](#).

Sincerely,

The Medicare Team

Remember to Vote!

**PLEASE REMEMBER TO VOTE IN THE PRIMARY
AUGUST 28, 2018**

Primary Election - **August 28, 2018**

*Early Voting - August 17, 2018 - August 26, 2018

SNOWBALL EXPRESS

is a program that serves the children of our fallen military heroes, surviving spouses, and Gold Star families. We bring these special groups together to provide hope, new memories, and healing - and this year, we are excited to bring them to **Orlando** for the very first time.

VOLUNTEERS NEEDED!

We need your help! We will be in the Orlando area **December 8-12, 2018**, and we need approximately *1,500* volunteers to help make this event happen.

Who are we looking for?

- **Medical Teams:** Doctors, Physician Assistants, Nurses, EMTs, and Mental Health Professionals
- **Volunteer Teams:** Individuals from all walks of life, Corporate teams, High School sports teams, JROTC, Boy Scout and Girl Scout troops, Churches, social groups, running groups - you name it!

To volunteer, please register at:

signup.snowballexpress.org

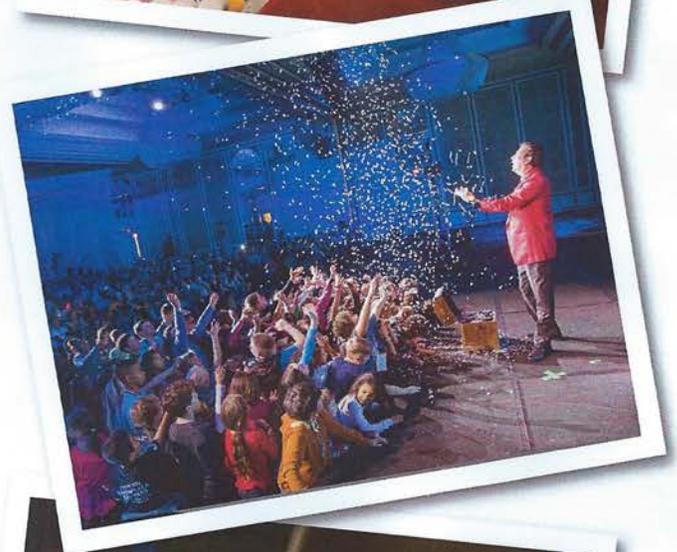
To volunteer as a group, please also have a representative contact Michelle Carline:

Phone: (940) 783-2190

Email: m.carline@snowballexpress.org

Questions? Contact Kara Carline:

Email: volunteercoordinator@snowballexpress.org



PRESENTING SPONSOR



HAPPY BIRTHDAY

to our
Thriving In Place
Members
& Volunteers

August

- 8.1 Jim Bates Withers
- 8.1 Cheryl Tschanz
- 8.8 Evelyn Grosso
- 8.10 Susan Jacobson
- 8.19 Phil Cocks
- 8.19 Rhonda McColgan
- 8.23 Nancy Ku
- 8.26 Mary Ann Kinser
- 8.26 Angela Gambuzza
- 8.27 Jack Bevacqua
- 8.27 Don Gordy
- 8.27 Terry Wick

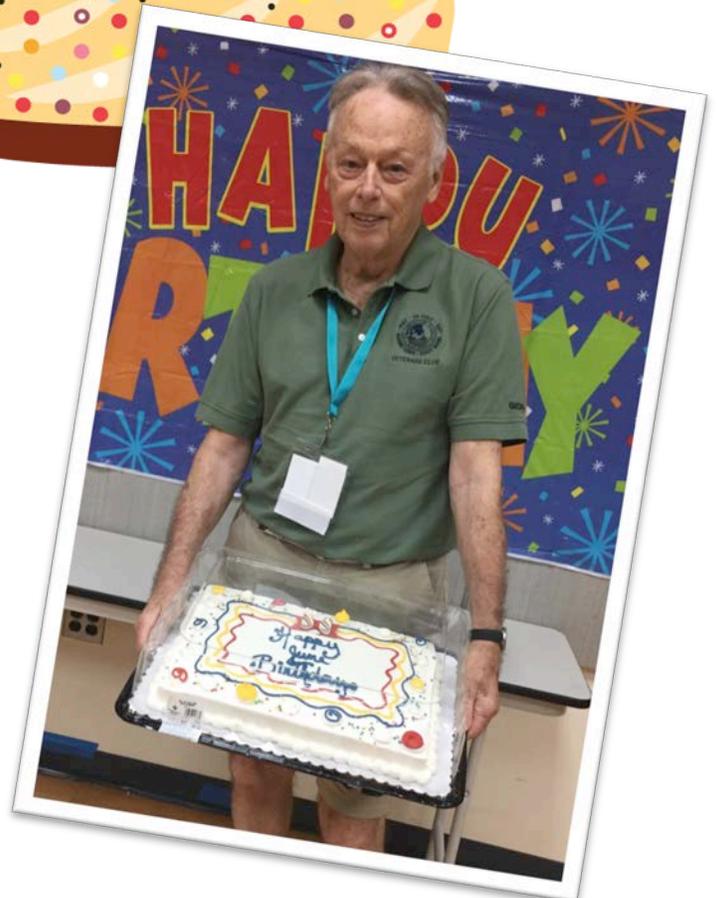
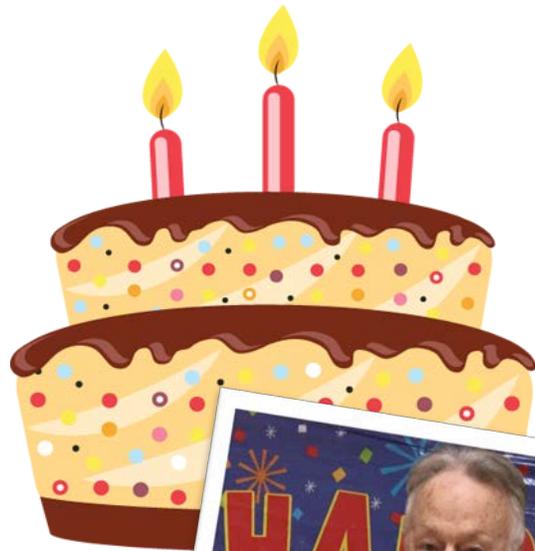


September

- 9.1 Bob Niles
- 9.6 Ginny Wallace
- 9.7 Richard Davids
- 9.9 Lyn Berelsman
- 9.9 Jane McVicker
- 9.10 Ann Alton
- 9.11 Carol Coelho
- 9.12 JJ Taylor
- 9.19 Corinne Sakaske
- 9.21 Flo King
- 9.22 Michele Murray
- 9.25 Christina Anderson
- 9.25 Karen Conley
- 9.28 Mike Donahue
- 9.29 Maridell B. Hair
- 9.30 Don McCalmon



HAPPY BIRTHDAY!



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

Celebration High School Choir – with Loretta Morgan and Friends

Stephanie Garber – Professional Organizer
“Downsizing While Protecting Memories”

Nikki Magyar – Right at Home
“Make-up After 50”

Steve and Laurie Piscitelli – “Professional Authors”

Florida Cosmetic Center

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.

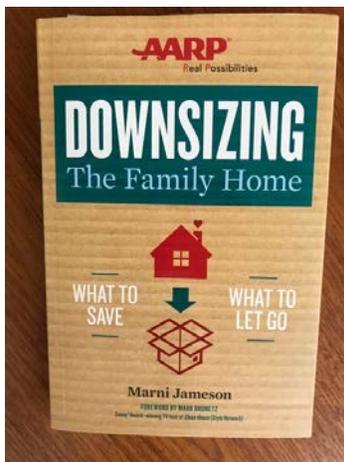


From Stephanie...

Recently I was honored to speak to TIP at a Lunch 'n' Learn. It was so nice seeing so many friends and sharing my passion for decluttering and getting organized.

I think the following resources might be of help to you as you work on your home and downsize and find the easiest way to live as we approach the older years.

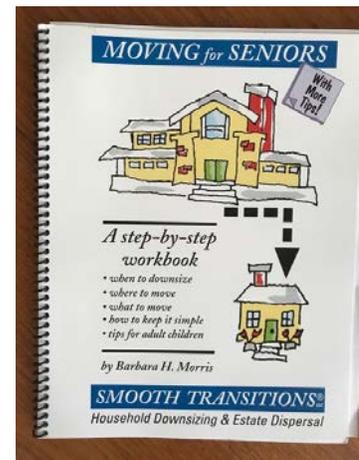
I love this article Organizing for Aging in Place by Jeri Dansky available online <https://unclutterer.com/2015/05/28/organizing-for-aging-in-place/>



Downsizing The Family Home—AARP

ISBN 978-1-4549-1633-8

(Also available as an audiobook for immediate download)



Moving for Seniors—A step-by-step Workbook

ISBN 978-0-9671239-0-5

(Spiral bound)



Don't Toss my Memories in the Trash

ISBN 978-0-9788189-3-7

Stephanie Garber
Professional Organizer
Serving Celebration & Orlando areas
321-939-0775
steph@fromchaostooder.net

The Happy Stitchers!

Thriving In Place is hosting a “Sit & Stitch” event open to Celebration residents! Sit and Stitch while socializing with knitting &

enjoying some goodies and others who share a passion for crocheting.



Yarn, hooks and needles will be provided for beginners. Those with experience are asked to bring their own hooks/needles/yarn.

The “Happy Stitchers” are a group of ladies who share a passion for stitching. You will learn how to knot or crochet; read a pattern; learn new stitches and techniques as well as learn how to read a yarn label.

You are welcome to work on a personal project or for charity. We currently make baby and chemo hats for Celebration Hospital. Celebration Hospital has more than 200 babies born each month. They now have a NIC Unit so they will be needing premie hats and blankets. In addition, Celebration Hospital is always in need of lapghans, twiddle muffs and adult hats.



Save the Date

Wednesday, September 5, 2018

1:00-3:00pm

690 Celebration Ave - Refreshments

RSVP Requested: 407-572-9850 or thriving@celebrationfoundation.org

Good Morning Sunshine

By Becky Varley

Celebration Foundation recently hosted a Volunteer Appreciation Party for all our wonderful volunteers. These people take time out of their busy life schedules to help others within the community. Volunteers donate their time to help others out of the kindness of their hearts, neighbors helping neighbors.

We use volunteers for all Celebration Foundation programs:

Campus Express, Concert Series, Holiday Home Tour & Winter Wonderland, Lifelong, New Urbanism, Osceola Connected, Scholarship Program, Thriving In Place, WINGS.

Volunteers are caring, compassionate, enthusiastic & hard working, and the list can go on and on for the qualities of a volunteer.

We hosted our appreciation party at Johnson Hall, our new location at 690 Celebration Avenue. While visiting with fellow volunteers we enjoyed a beautiful morning while having delicious pancakes, sausage and fruit for breakfast.

The room was filled with great food, conversation and friends!

Thank you for being a valued volunteer! We appreciate each and every one of you and all you do for our community! Don't forget to thank a volunteer!

If you are interested in becoming a volunteer with Celebration Foundation, please contact me at 407.572.9850 or volunteers@celebrationfoundation.org



THRIVING IN PLACE 2018 FUNDRAISING CAMPAIGN

Friends of Thrive – Giving Tree

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 in getting this off the ground and running. Many ongoing thanks to them and our heartfelt gratitude for our donors.

Through these efforts, \$7,923 has been raised as donations for Thriving In Place. Our Tree is growing and we need a little more tender loving care.

Seedlings: \$100

Celebration Food & Ankle Institute – Dr. Duane McRorie
 Indulgences By Mary Ashton
 Gloria Niec
 Marian Otto
 Ajello Family: Dan, Linda, Megan and Erin**
 Anonymous Thriving In Place Member and Volunteer **

Roots: \$250

NeJame Psychological Services, LLC
 Turner Drugs – Jack Turner and Larry Turner
 Pat Wehman
 Kathy Gorman**

Trunk: \$500

Vivian Lai Chin **

Branch: \$1000

Front Street Dental
 Connie Ku and Nancy Ku
 Celebration Garden Club**
 Disney Voluntears Ears to You through Art and Beth Ramos**

Other:

Miller’s Ale House - \$25

In Kind:

Michele and Charles Murray - \$500

Donation exceeded the designated amount



Celebration Foundation
 Thriving In Place

As members we forget that our annual dues only cover approximately one-third of Thriving In Place’s expenses. Thrive operates as a not-for-profit organization employing 2 staff members who organize and support this

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THRIVING IN PLACE 2018 FUNDRAISING CAMPAIGN

(... Continued from Pg. 12)

program. Expenses are a part of operational existence in any business, profit or non-profit.

All Thrive members and volunteers are ambassadors for Thriving In Place; you can help by contributing, referring a potential sponsor or recruiting new members. Please visit our web-site at www.celebrationfoundation.org. Thriving In Place has its own page and anyone interested in making a donation may proceed directly from the website. Funds will be earmarked for Thriving In Place. You may call Mary Pat at 407-572-9850 for more details.

Remember, you may not need all the services today, tomorrow, or even next year. But your neighbor may depend on them for today, tomorrow and the next several years.

COMBINATION OF DISNEY AND CELEBRATION FOUNDATION

Submitted by Art and Beth Ramos

When we retired to Florida to work at Walt Disney World, we chose to settle in Celebration because it was "Disney's Town" AND, as a new community, defined by 5 pillars (A Sense of Place, A Sense of Community, Technology, Education and Health). These 5 pillars spoke to our core values. We liked the idea of contributing a little to our new (practically brand new) home community of Celebration.

Fourteen years later the idea of being settled has taken on a deeper meaning as we've made friends, become involved in the community and, let's be honest, joined the wisdom generation. Thank goodness others in Celebration "settled" a few

years ahead of us and in partnership with the Celebration Foundation, they brought Thriving In Place and Celebration Lifelong into being a path for the 5 pillars to continue to grow in our lives. Our sense of community has expanded since joining both organizations as we participate in the events that interest us and volunteer so that by giving back to Celebration our "little bit" will contribute to their continued growth.

Our Disney connection of working part-time hours is helping to donate to both Thriving In Place and Lifelong. The Disney Company encourages volunteerism by turning Cast Member Volunteer Hours into dollars for our

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favorite 501 (3)c. This year The Disney Company gave The Celebration Foundation/Thriving In Place \$2000 and an additional \$1000 to Celebration Lifelong for our simple volunteer efforts.

We had high hopes for a rich and active life when we came here fourteen years ago. Celebration Foundation's programs and Disney opportunities have exceeded our expectations.

New Thriving Activities



Texas Hold 'Em

Thursday's - 1:00 pm - \$2
690 Celebration Ave.

Monday Matinee's

2nd Monday of each month - 1:00 pm
690 Celebration Avenue



Thrive supplies the drinks; You supply your snacks



Thriving After Hours

Every other month 5-7 pm \$5 Admission

****Check your calendar****

690 Celebration Avenue

50/50 Drawing

Adult beverages and snacks provided

Tai Chi

Tracey is Back!

Check your calendar for new classes
starting in August

Classes will not interfere with Chair Yoga**



Upcoming Excursions

By: Rene Baron

One of the nice benefits of your membership in Thriving In Place is the opportunity for excursions to fun places throughout the local area. Our aim is to have at least one excursion per month. Your Excursion committee has been hard at work making plans for upcoming events. The committee consists of Rene Baron (Chair), Becky Lincoln, Evelyn Grosso, and Pat McGoldrick. We have been researching to find fun destinations and experiences for you and I think we have come up with something for everyone to enjoy.

In August we will be enjoying a casual dinner and the Yeehaa Bob show at Port Orleans Resort. Yeehaa Bob is one of the most popular entertainment options at any of the Disney resorts. He combines his great boogie woogie piano skills with comedy and singing to provide a wonderful evening for adults. We also have a trip to the Winter Garden theater planned to see *Gypsy*, a musical loosely based on the life of Gypsy Rose Lee, a famous striptease artist.

September will bring a trip to

enjoy the Hoop-de-doo Musical Review at Disney's Fort Wilderness. It is a western-themed vaudeville dinner show that includes foot-stompin' music, nostalgic comedy and an all-you-care-to-eat dinner. You can't leave there without a big smile on your face and a full stomach.

Based on the good time everyone had last year, we'll return to Hollerbach's in October to again enjoy authentic German

food and entertainment.

November will bring a trip on the General Von Kessinger's Express: A train trip and WWII re-enactment. This event is organized by highly recognized re-enactors who have appeared on the

History Channel, National Geographic and NBC Nightly News. "Allied troops are quickly approaching Gen. Von Kessinger's camp. If your papers are in order, you will be permitted to escape with the General on his train racing across the French countryside as French Resistance, U.S. and British give chase." We've got more plans up our sleeves, but I'll save those for next time.



Moving to Windsor

By: Pat Jaehrling

I didn't want to do it. Really. I wasn't going to move to Windsor. I would have to give up so much. All my crafts supplies, beloved books, special things we had collected over the years, and the place we had called home for the longest period in our lives. We were members of Thriving In Place with the intentions of staying put and I wasn't planning to change course.

But fate intervened. I had a stroke which left my right side so weak I needed some assistance in my everyday living. By then Windsor had started their recruitment program and Karl had signed us up even though I still wasn't convinced it was for me. When my doctor suggested I might need assisted living Karl jumped on that and took me to talk with Kevin Trout. I revolted at the idea because I would be losing even more freedom, something my husband didn't comprehend at the time. Angie Layfield and Kevin sided with me however, and said I wasn't quite ready for that. They then made the suggestion which finally won me over. We should get a home care aide to come in and help and we should switch our choice of apartments to

one for disabilities. I could bring my craft supplies with me if I was willing to share with others.

The decision to move to Windsor was only the start. Now it became what do we keep and what goes. Not an easy task especially when you have memories attached. We hired James from Brendle Estate Sales to sell all those precious items we would not be able to fit into the new apartment – artwork, the lladros, all the pewter, the

linens, cut-glass, dishes and of course the furniture for which there was no room. The books were separated between English and German. Karl started tossing the German books

into the garbage a few each day and I protested. He felt no one would read them and was determined to get rid of them. I said we'd dispose of them but not in that fashion. I asked a German born friend if she would like some and thank heavens, she agreed to take all of them. The English ones ended up with the RELICs just in time for their annual sale. Books are good friends to me and I hate to see any destroyed.

One of my biggest problems was getting rid of clothes. I admit I had way too many, hoarding those

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WINDSOR
at CELEBRATION

A Senior Living Community

(... Continued from Pg. 16)

favorites which were too small, hoping I'd lose the weight so I could wear them again. I realized it was hopeless and ended up filling 4 huge boxes. We started by taking an assortment to Avalon Exchange in Winter Park and tried selling item. The management was very picky, selecting mostly silk blouses and some other pieces. I didn't make much money but at least it was a start at reducing the volume. Then dear friends Judy Nelson and Carol Anne Swagler helped me re-sort. I had trouble lifting anything and it was a chore to fold the clothes. Their assistance was priceless. We placed suits and tailored dresses in a box for Dress for Success. Extravagant dresses, jackets, bags, belts, hats, anything the slightness theatrical went to the Winter Park Playhouse. All the rest was designated for the Hope Center on 192.

Next came the food. We were well stocked with canned goods, frozen items and ingredients for baking, not to mention the snacks. I like to be prepared for anything that might arise so always made sure there was ample in the pantry. Only in the future there was not going to be the space to store everything. So my home care aide and I went through everything checking the expiration dates and again sorting. All excess went directly to the Hope Center. Plastic tableware and drinking glasses, as well as paper cups went to Thriving In Place.

Karl was occupied with cleaning

out the garage and storage room. He had all kinds of handyman tools, equipment and hardware which had to be disposed of since he would no longer have use for them. Chris, our son, had inherited tools from his grandfather so had no need for them but he did want a special storage unit from Germany. I had stacked lots of different baking utensils there too and also would no longer have the space to store them. We sorted early enough that these things went into the Celebration Yard and Porch sale beginning of March. We had no desire to do the sale ourselves since the volume was three pick-up truck loads. It was donated to the youth at Commpres for their summer camp trip.

We started packing up boxes already on February 28th with Meghan's Movers. Anything that we possibly could spare for the next weeks was to be packed and stacked in the condo. Karl was concerned there would be too much to do at the last minute and he wanted as much as possible out of the way. That same day the company sent over a carpenter to look at our bed. It is German made and lower than standard American ones which had been okay until I had the stroke. I was having problems getting out of bed. The thought was to raise the height so to make it easier for me by making a platform to set the bed on. They offered to make it and come

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back the next day and set it up. We hadn't expected such service and were surprised. They kept their word. Only now the bed is too high and I struggle to get into bed. Still it is good exercise.

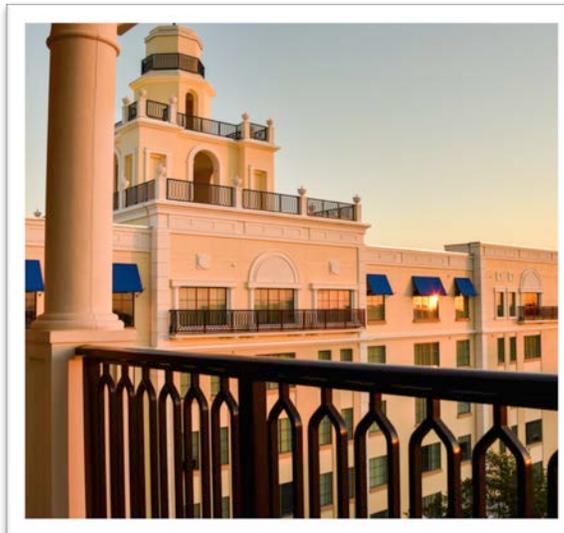
Since we were not allowed to enter Windsor while it was under construction we engaged Cory who is a staging stylist with Meghan's Movers to measure, order and put up drapes in the new apartment. We like to sleep in a darkened room and the bedroom overlooks the front of the building which is well lit at night. The drapes did not arrive in time for the move, but she substituted spares until she had ours.

Architects don't really consider the needs of the elderly. Even as modern as Windsor is, it was lacking good shelving in the pantry, kitchen and closets. We asked Martin from MD Carpentry to fix that for us. We definitely needed better use of the storage. And I cannot get down on my hands and knees anymore to reach the back of cupboards. Pull out drawers are so much more practical. I have what is called a handicapped bathroom but in the beginning there were no grab bars. I had to ask for

them.

I am a creative person so my stuff looks messy but I usually can find whatever I need. The disorder drives Karl crazy so he asked Meghan's Movers to come about a week before the move to help me clean up. A friend also dropped in to help. I could have pulled my hair out that day. We literally went around in circles and didn't accomplish what should have been done. Each was doing what they thought right and didn't ask for my input.

The packers came back the day before we were to move into Windsor. That's when things really got chaotic. All I could do was sit in the middle of it and watch. There were at least 8 people milling around,



packing the last of the boxes. They had a unique method of using saran wrap rolls to wrap around the loose items that couldn't fit in boxes. The men disassembled the teak cabinet pieces and stacked them for transport the next day. Karl ran out to Publix and picked up sandwiches and donuts for the packers to eat. It is a German custom to furnish food when moving so we were just keeping the tradition. The packers seemed appreciative since they hadn't brought any lunches along themselves. It also helps to keep

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(... Continued from Pg. 18)

them working. Still they didn't stay and finish up what needed to be done. That meant the next morning, moving day, they were still scurrying around.

We were on the Windsor schedule to arrive at two o'clock and start unpacking there. As it got to be 3, Windsor called and asked how things were going. The movers said it would be another half hour but it was closer to 4 o'clock when the truck pulled out of Mirasol. Karl had packed the car with possessions we wanted to keep

with us. We roughly cleaned up the condo after everyone was out and then headed over to Windsor ourselves.

We drove up to the main entrance and the valet was there waiting to help us. I was surprised to see a red carpet rolled out and wondered what was going on. Windsor had rolled out the welcoming mat for us! All the personnel were in line to personally greet us. It was the first gesture to their saying "Welcome Home!" in a new place that we would be spending the remaining years of our lives.

Rest, Peace, and Happy

Source: Unknown

Information shared from Thriving In Place Member & Volunteer: Terry Wick

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital. Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.

2. Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what

you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.

3. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.

4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your

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partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together

5. Don't stress over the little things. Like paying a little extra on price quotes. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

6. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."

7. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

8. Don't lose sight of fashion trends for your age but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.

9. ALWAYS stay up-to-date. Read newspapers, watch the news. Go

online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

10. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

11. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.

12. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great,

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(... Continued from Pg. 20)

but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.

15. Even if you don't feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

16. Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long

stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

17. Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

18. If you've been offended by someone – forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

19. If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and

(Continued on Pg. 22...)

(... Continued from Pg. 21)

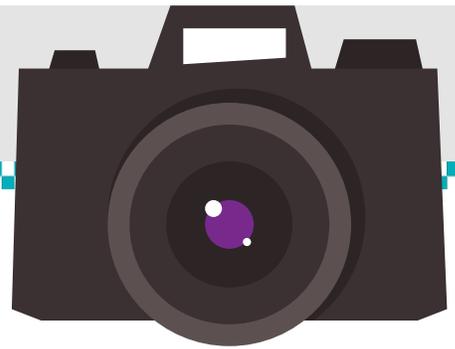
let that memory sway them.

20. Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation.

21. Take no notice of what others say about you and even less notice of what they might be thinking. They'll do

it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

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

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