



Celebration  
Foundation

THRIVING IN PLACE

# THRIVING IN PLACE NEWSLETTER

October 2018 Edition

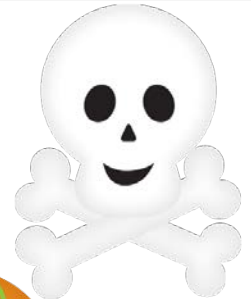
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## Thriving In Place – Facts and Figures

Member Count:	110
Volunteer Count:	106
Service Requests this Fiscal Year*:	1,294
(*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**

## Extra, Extra – A Good Time Had By All

Kathy Gordy

The Thriving In Place Excursion Committee arranged for an outing to the Garden Theatre, which is now showing "Gypsy." We traveled in style and arrived with time to explore a little part of Winter Garden. Some headed for ice cream (Scoops) or coffee (Axum Coffee); others walked to window-shop, enjoy the local sights or check out some of the restaurants (Chef's Table).

"Let me entertain you, let me make your smile" was exactly what happened. Some in attendance said the lead role of Momma Rose - played by Andrea Canny, sounded just like Ethel Merman and she definitely had strong vocals. The rest of the cast members shined in their own roles, making it an evening of pure entertainment. Here are Kathy and Paul Petzer posing with the stars of the show. Hope to have you join us for an excursion soon - merriment, fellowship and always delightful.



## What is Chair Yoga?

Donna Mogilski

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

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

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(... Continued from Pg. 2)

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

Donna conducts chair yoga each Friday for Thriving In Place members and their guests. Each class is based on the needs of the students. There may be a focus on neck and shoulders, lower back, working with weights and practicing double chair yoga. Each class ends with savasana, (yoga pose of total relaxation) aromatherapy and a gentle massage.

Chair yoga is open to all adult Celebration residents for \$5 per session each Friday at 1:00 pm in the Activities' Room of Town Hall, 851 Celebration Ave. Upon arrival all students are asked to complete a short medical history and waiver.

Instructor, Donna Mogilski is a Registered Yoga Teacher 200 with additional certification in Lakshmi Voelker Chair Yoga as well as in the final stages of becoming a Registered Lymphatic Yoga Teacher. She specializes in restorative, chair, lymphatic and gentle yoga.

If you are interested in participating in the next Chair Yoga class or learning more about Thriving In Place, please contact Mary Pat Rosenthal @ 407-572-9850.

*"I want to say Donna is one of three top teachers of yoga and I have observed hundreds of teachers in my career. She is warm, caring and loving with her students. At the beginning of*

*each class she asks if there is anything special someone would like to work on. In one class I spoke up and mentioned I had suffered from a stiff neck for 5 days. Donna said, 'Let's work on neck exercises today!'. Do you know that evening I no longer had that nagging pain in my neck! I*

*love Donna and Chair Yoga. It is one of the best things Thriving does for me each week."*

*Thriving In Place member and regular participant of Chair Yoga*



## ***New Happenings...***



### **Monday Matinee's**

1<sup>st</sup> Monday of each month - 2:30 pm  
690 Celebration Avenue

Thrive supplies the drinks; You supply your snacks

### **Line Dancing for Thrive!**

2<sup>nd</sup> & 4<sup>th</sup> Mondays each month - 2:30 pm  
Starting Monday, October 8  
690 Celebration Avenue

Learn the latest steps from Emy of  
Serendipity Dance Studio



### **Thriving After Hours**

Every other month 5-7 pm \$5 Admission

**Wednesday, November 14th**

690 Celebration Avenue

50/50 Drawing

Adult beverages and snacks provided



### **Tai Chi**

Instructor Tracey Podraza  
Every Monday -1:00pm  
690 Celebration Avenue





# Try Tai Chi for Balance & Fall Prevention

*Original Article: The ancient practice targets physical and cognitive fundamentals*

Article By: [Debbie L. Miller](#), July 9, 2018

Source: Next Avenue

Submitted by: Connie & Nancy Ku

Patricia Bethke Bing, 75, a retired community organizer in Knoxville, Tenn., has been practicing Tai chi for approximately 20 years. She practices three days a week, for 40 minutes, with a group of people around her age.

"I decided to do Tai chi for the health benefits, both mental and physical. I have no specific health issues, but I was looking to keep my good health and improve my leg

strength," said Bing. "Tai chi practice helps me to maintain my good balance, strength, and flexibility."

Tai chi, also known as Tai chi chuan, is a Chinese martial art performed with slow, controlled postures and movements. Enthusiasts practice it for defense or health, or both.

## Tai Chi Is Helpful for Balance

Recently, several studies have addressed the benefits of Tai chi for older adults. A 2014 analysis of

research on Tai chi and balance, ["Improvement of balance control and flexibility in the elderly Tai Chi Chuan \(TCC\) practitioners"](#) in the

Archives of Gerontology and Geriatrics concluded that "TCC

practice was beneficial to improve the balance control ability and flexibility of older adults, which may be the reason for preventing falls."

Peter M. Wayne, associate professor of medicine, Harvard Medical School, and director of research at the Osher Center for Integrative Medicine at Brigham and Women's Hospital and Harvard Medical School, has been studying the health effects of Tai chi for 18 years and practicing it for 40.

"Across multiple studies, Tai chi appears to reduce risk of falling by 20 to 45 percent and is considered one of the best exercises available for ambulatory older adults with balance



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(... Continued from Pg. 5)

concerns," Wayne explained.

### **Falling: A Serious Risk for Older Adults**

Falls are the leading cause of accidental death among people age 65 and older. "In an effort to find ways to prevent falls among older adults, researchers have been investigating specific

exercises, like Tai chi, that target both the physical and cognitive fundamentals of mobility," said Brad Manor, director of Mobility and Brain Function

Lab at the Institute for Aging Research at Hebrew Senior Life and assistant professor of medicine at Harvard Medical School.

"We and others have shown that regular Tai chi practice aids the muscular system, movement coordination, balance, and even higher-level cognitive skills such as complex reaction time and problem solving," Manor said, "which together enable us to move throughout our environment and complete our daily activities safely without falling."



Many factors work together to prevent falling, including balance and stability. "Unfortunately, even falls that don't result in injury or death often have a very real and significant negative impact on quality of life," Manor said. The result? A cycle of fear and risk of future falls. "These falls often lead to fear of falling, reduced physical activity, depression and lack of social engagement — all of which,

in turn, increase the risk of suffering another fall."

Biomechanics (how we measure and control our movement, how it changes with age and

how movement relates to balance) is an important factor in the balance/fall equation.

"Our balance control system is incredibly complex and, with aging, there is a decline in sensory and muscle function," Manor said. Tai chi helps with the ability to maintain balance, especially when we're doing more than one thing at the same time (dual tasking), a skill which also decreases as we age.

(Continued on Pg. 7...)

(... Continued from Pg. 6)

## Research Confirms the Benefits of Tai Chi

The National Center for Complementary and Integrative Health (NCCIH), part of the government's National Institutes of Health, summarized the benefits of Tai chi and concluded that "Practicing tai chi may help to improve balance and stability in older people."

At Beacon Hill, a residential living community in Lombard, Ill., one of the residents leads an hour-long Tai chi class two days a week. "During the class, residents, who are between 62 and 93 years of age, sit or stand, depending on what feels most

comfortable," said Marc H. Raben, director of lifestyle at Beacon Hill.

Tai chi's benefits go beyond the physical. "It is highly spiritual and also helps with focusing and calming the mind, as well as with balance," Raben added. Several studies have shown tai chi to be helpful for those suffering from depression, hypertension, arthritis and fibromyalgia.

"Tai chi helps me mentally, as one must concentrate on the moves and the sequence in order to get the full benefit," Bing explained. "I find the practice calming and centering, and it helps me emotionally. Tai chi is a pause from daily stresses and a safe comfortable place to be quiet."

## Busy Hands, Happy Heart

Kathy Gordy

The Happy Stitchers, led by Thriving Member Patti Fitzgibbons, held a "Sit and Stitch" event. There was a buffet of sweet and savory snacks for all to enjoy and chatter echoed throughout the room. *Come one, come all they sing in unison!* You too can learn to crochet or knit, as instructors patiently guide you stitch by stitch to create a hat, scarf or something of your own. Thriving In Place hosts this weekly activity with Patti's passion for the craft. You will find Happy Stitchers enjoying conversation and sharing talents every Wednesday afternoon, 1-3 pm, at 690 Celebration Ave. Projects made by loving hands are donated to Florida Hospital for babies and cancer patients – making for a very happy heart indeed.





## Early Voting:

October 26 – November 4, 2018

There are 13 proposed amendments to the Florida Constitution that are certified for the 2018 General Election ballot. They will appear on the General Election ballot.

Copies of these proposed constitutional amendments are available on the FLORIDA DEPARTMENT OF STATE DIVISION OF ELECTIONS' WEBSITE at [www.dos.elections.myflorida.com/initiatives](http://www.dos.elections.myflorida.com/initiatives).



## It's the Third Thursday of the Month... and You Have Nothing to Do?

Kathy Gordy

**Nonsense....** Join other Thriving members for Coffee on the Corner from 9:30 – 11:30 am. Stop by Thriving's great room (690 building), you will find coffee and tea to sip, sweet treats to nibble upon and conversations buzzing. The event coordinator, Thriving member, JayJay Taylor, greets everyone attending. She will encourage you to place your name into a drawing and a lucky someone will win a delightful prize. Recent winners include: Billy Dickerson - Kilwin's gift card (I scream for ice cream); Corrine Sakaske - Indulgences by Mary Aston gift certificate (feeling awesome); JoAnn Brennan - Toni Michaels gift card (your hair is perfect); Susan Lovely - Columbia gift cards (what favorite dish did you order?); Pete Crowe - Celebration Hat (looking sharp in that cap); and Kathy Gordy - Publix gift card (I'm thinking produce aisle). So, if it is the third Thursday of the month, stop by – join your Thriving Friends for **"Coffee On The Corner."**



A "Shout Out" to JayJay for her sponsorship of this monthly activity!



## 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](http://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](mailto:m.carline@snowballexpress.org)

**Questions?** Contact Kara Carline:

Email: [volunteercoordinator@snowballexpress.org](mailto:volunteercoordinator@snowballexpress.org)



PRESENTING SPONSOR

**SNOWBALL EXPRESS**

American Airlines

**BUY STUFF****SELL STUFF****DONATE STUFF**

Thriving In Place is excited to announce a **FREE** advertisement opportunity for our Thriving In Place members and volunteers.

Each bi-monthly newsletter will provide space for our members/volunteers to submit personal items to sell or give-away. Or if you are looking for something special, there will be a section for items needed.

So as not to get out-of-hand and to maintain ease for our newsletter volunteers, there are guidelines to follow:

#### GUIDELINES FOR SUBMISSION

1. Ads may include personally owned items for sale, give away or need (furniture, clothes, appliances, tools, automobiles and decorative items).
2. Information must be short in length due to limited spacing.
3. Ads that consist of long lists of numerous items will be edited down to **5** items.
4. Ads will not be "proofed" by newsletter volunteers. All information will be printed as received.
5. Submission of materials must follow the Ad Deadlines determined by the newsletter volunteers.
6. Ads must include **your contact information** to negotiate terms. **Thriving In Place will not participate in any transactions.**
7. Ads run one issue only. If you do not sell, donate or locate your item(s) in that issue, please submit the ad again for the next issue. We do not repeat ads for you.
8. Newsletter volunteers reserve the right to reject any ad if it does not follow guidelines. You will be notified of this decision.
9. Ads placed for a service rendered or for an item manufactured or produced for sale at a profit will not be accepted. This would come

under the category of a Business Ad of which we do not offer at this time.

10. Thriving In Place disclaims any responsibility concerning the accuracy, truthfulness or validity of any ad.

The **BUY STUFF, SELL STUFF, DONATE STUFF** section of our newsletter will be a work in progress. Thriving In Place and the newsletter volunteers reserve the option to “tweak” the guidelines so that our attempts are the most beneficial for all involved.

Have fun with this new opportunity and buy, sell or donate!

*SUBMIT ALL ADS TO:*

*Dale Lack*

[dlack02@gmail.com](mailto:dlack02@gmail.com)

## ‘Meet Me On Monday’ Lunch Schedule

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

**11:30am**

**Monday, October 8<sup>th</sup>**  
**Monday, October 15<sup>th</sup>**  
**Monday, October 22<sup>nd</sup>**  
**Monday, October 29<sup>th</sup>**





## HAPPY BIRTHDAY

to our  
Thriving In Place  
Members  
& Volunteers

### October

10.2	Richard Conk
10.6	Susie Peck
10.6	Kathryne Davids
10.9	Wayne Sakaske
10.12	Kathy Gorman
10.12	Tom Varacky
10.13	Jacqui Jarrett
10.13	Mary Jo Kraft
10.13	Rick Nelson
10.14	Sylvia Cocks
10.18	Carol Anne Swagler
10.20	Becky Varley
10.24	Beth Ramos
10.25	Connie Ku



### November

11.4	Billy Dickerson
11.6	MaryAleese Schreiber
11.7	Stephen Lovely
11.9	Sue Rendano
11.10	John Colacchio
11.12	Guy Petrigliano
11.16	Karen Nirk
11.19	Mike Jackson
11.19	Megan Ajello
11.21	Marge Hudec
11.27	Tony Gallego
11.28	Laura Fernandez



# 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.

**Ellyse Norberg, Director of Community Outreach**

**Merrill Gardens Senior Living**

**Christine Arendas, Esq.**

Overview of the Court System

**Deputy Sheriff Jerry Weiland**

Hurricane Preparation

**Dr. Stephen Brennan**

Peak Chiropractic Spine & Headache Center

**Michael Crescentia**

Pet Sitting, Dog Walking/Running

**Scott Cadwell - Cadwell Wealth Management Group**

Financial, Investment and Tax Planning Advice



CADWELL WEALTH

**Jacquie Hobgood and Bob Guidace**

Golfpark Properties

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...****CLOSET ORGANIZING TIPS**

A few hints when organizing your closet should help the task be easier and more effective in the end!

1. As we have discussed before many times with every organizing project, DECLUTTER first. The old purse from 2001, the bell bottom jeans, the top that is way too small...all go! Anything that does not give you great pleasure or serve a purpose goes! It may go to Goodwill, your daughter or the trashcan, but it DOESN'T stay in your home! Be sure to take every item out, so it is empty and you can evaluate what you have to work with.

2. Remember you want those items used most frequently to be the easiest accessible. Don't put your 3 long gowns that you might wear every 2 years in front and center of the rod. Put them in the very back, freeing up the best place for those items you wear most.

3. Group like items together. I have all my tops together, then all the short sleeve together within that group and then by color within that section. I like my slacks front and center since I rarely wear my dresses or skirts. Think about what you wear most before putting things back in. Do the same with your shoes.

4. Remember that shelves are

normally adjustable. Don't assume you need to use them where they are currently located. It might be better suited for your use to move them up or down, creating different sized spaces.

5. I like having matching hangers. BUT, wait to buy those until you see what kind of quantity you will need. No sense buying 400 if you only need 75!

It really feels great opening up the closet door each day to see only those items you would actually use rather than the cluttered mess of last week! Get started!



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

## In Honor of John McCain

By William Boyle

On Sunday, September 9, 2018, the Veterans Club of Celebration, led by Commander Karen Nirk, at 14:00 hours joined thousands of veterans across America with a bugle playing taps, played by Kim Lenaway, to honor John McCain who was a man of courage and honor. John McCain was a man to emulate and will be sorely missed. RIP sir, you have earned the respect of all people who respect courage, truth and love for the country that you served so well.



## An Old Form of Abuse is a Senior Problem

*Original Article: An Old Form of Abuse is a Senior Problem*

Article By: Matt Sedensky, May 17, 2018

Source: Orlando Sentinel

Submitted by: Vivian LaiChin

SAN FRANCISCO – The unwanted were turned away from cafeteria tables. Fistfights broke out at karaoke. Dances became breeding grounds for gossip and cruelty.

It became clear this place had a bullying problem on its hands. What many found surprising was that the perpetrators and victims alike were all senior citizens.

Nursing homes, senior centers and housing complexes for the elderly have introduced programs, training and policies aimed at curbing outbreaks of bullying, an issue once thought the exclusive domain of the young.

"There's the clique system just like everywhere else," said Betsy Gran, who until recently was assistant director at San Francisco's 30<sup>th</sup> Street Senior Center. "It's like 'Mean Girls,' but everyone is 80".

After the cafeteria exiles and karaoke brouhahas, the 30<sup>th</sup> Street

Center teamed up with a local nonprofit, the Institute on Aging, to develop an anti-bullying program. All staff members received 18 hours of training that included lessons on what constitutes bullying, causes of the problem and how to manage such conflicts.

Seniors were then invited to similar classes, held in English and Spanish, teaching them to alert staff or intervene themselves if they witness bullying. Signs and even place mats around the center now declare it a "Bully Free Zone."

"I think in the past I would have just stayed out of it," said Mary Murphy, 86, a retired real estate agent who took the classes. "Now I might be inclined to help."

Robin Bonifas, a social work professor at Arizona State

(Continued on Pg. 17...)



(... Continued from Pg. 16)

University and author of the book “Bullying Among Older Adults: How to Recognize and Address an Unseen Epidemic,” said existing studies suggest about 1 in 5 seniors encounters bullying.

She sees it as an outgrowth of frustrations characteristic in communal settings, as well a reflection of issues unique to getting older. Many elderly see their

independence and sense of control

disappear and, for some, becoming a bully can feel like regaining some of that lost power.

“It makes them feel very out of control,” Bonifas said, “and the way they sort of get on top of things and make their name in this new world is intimidating, picking on people, gossiping.”

There is far less recognition of bullying as a problem among seniors compared with young people. Even among those who have been called bullies, many are unaware how problematic their behavior is until it's labeled. Campaigns around the country have sought to spread the word,

including a booklet circulated last year by the National Center for Assisted Living.

“In the life cycle, it doesn't go

away,” said Katherine

Arnold, a member of the city Human Rights Commission in St. Louis Park, Minn., which created a public service announcement on its community-access station that included a portrayal of a man who was excluded from a card game and became the subject of gossip by other seniors. “There's really not a lot of escape.”



(Marcio Jose Sanchez / AP)

*Anti-bullying Program  
at San Francisco Senior Center.*

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Most senior bullying isn't physical but rather involves name-calling, rumors and exclusion, said Pamela Countouris, a longtime schoolteacher who now runs a Pittsburgh-based consultancy that offers training on bullying. Women constitute the bulk of the bullies Countouris encounters among seniors, a reflection of lifespan disparities and the gender makeup of those who live at or participate in programs at senior facilities.

After four years immersed in the wrath of older bullies, Countouris has heard all manner of stories. At a senior high-rise, a woman who saw herself as the queen of the parking garage would key the cars of those who crossed her. Elsewhere, laundry rooms became vicious places where the bullied had their detergent stolen and their clothes thrown on the floor. Bingo rooms so often developed into battlefields she came to call it "the devil's game."

In the worst cases, bullying goes far beyond bingo squabbles. Marsha Wetzel moved into a senior apartment complex in Niles, Ill after her partner of 30 years died and

her partner's family evicted her from the home the couple shared. At her new community, she was met with relentless bullying by residents mostly focused on her being a lesbian.

One man hit Wetzel's scooter with his walker and unleashed a barrage of homophobic slurs. A woman rammed her wheelchair into Wetzel's table in the dining room and knocked it over. In the mailroom, someone knocked her in the head and in an elevator she was spit on. "I'd just go in my room and barricade my door and just pray," said Wetzel, now 70 and living at a different senior complex.



## **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.

Our Tree is growing and we need a little more tender loving care.

#### **Seedlings: \$100**

Donors receive a Sponsor Decal.

#### **Roots: \$250**

Donors receive a Sponsor Decal

New Contribution: Cadwell Management\*\*

#### **Trunk: \$500**

Donors receive a Sponsor Decal and receive newsletter recognition.

New Contribution: Michele and Charles Murray

#### **Branch: \$1,000**

Front Street Dental

Connie Ku and Nancy Ku

Celebration Garden Club\*\*

Disney Voluntears Ears to You through Art and Beth Ramos

New contribution: Paul and Mary Ann Kinser

New contribution: Knights of Columbus

#### **Tree of Life: \$2,500**

Don and Kathy Gordy

*\*\*Donation exceeded the designated amount\*\**



Celebration Foundation  
Thriving In Place

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 website at [www.celebrationfoundation.org](http://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.

## Aging in place

Original Article: *Want to 'age in place'? Make sure your home has these 6 things.*

Article By: Daniel Bortz, August 8, 2018

Source: Washington Post

Submitted by: Cheryl Rosenberg – Thriving In Place Volunteer

Planning to stay in your home well into your golden years? Doing some renovations before you retire can help make your house more accessible and safe for your life ahead.

Nearly 90 percent of people over age 65 want to stay in their homes for as long as possible, according to [research](#) by the National Conference of State Legislatures with AARP Public Policy Institute. However, many people make the mistake of waiting too long to make renovations that facilitate aging, says [Marianne Cusato](#), an adjunct associate professor at the University of Notre Dame's School of Architecture. "You don't wait until you have mobility issues to make changes to your house," she says.

Of course, some preemptive renovations make more sense than others. Installing ramps to accommodate a wheelchair, for example, is an expensive and potentially unnecessary change because "not everyone winds up in a wheelchair," Cusato says.

Still, there are some universal

design changes and remodeling projects that will help you grow older in your home comfortably and safely.

### **A walk-in shower**

For older adults who have mobility issues, climbing over the edge of a bathtub can be difficult. A walk-in shower can solve this problem and make your bathroom look more modern, says Joanne Theunissen, 2018 chair of the National Association of Home Builders Remodelers.

**Cost:** Tearing out an old tub or shower and building a walk-in shower can be expensive. Although there are walk-in shower kits that start as low as \$200, you need to be knowledgeable in plumbing and framing to do the work yourself. Having one of these kits professionally installed will add another \$750 to \$2,500, depending on the bathroom layout and plumbing requirements, according to home-improvement resource [BobVila.com](#). For a professionally installed custom shower, expect to pay anywhere from \$6,500 to \$15,000, or more, depending on the size of the shower

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(... Continued from Pg. 20)

and the materials.

### **Grab bars**

Every 11 seconds, an older adult is treated in the emergency room for a fall, the National Council on Aging (NCOA) [reports](#). Adding grab bars in select areas can help reduce your risk of falling. However, “just having a grab bar in every room of your house for the sake of having one doesn’t make a whole lot of sense,” says [Steve Hoffacker](#), a certified aging-in-place specialist and instructor.



“You have to think strategically about where you want to install them.”

Your main shower (even if it’s a walk-in) should have one. And a spot that deserves a grab bar yet is often overlooked is the front door. “When you’re trying to balance packages or grocery bags that you’re holding, it’s nice to have something to hold onto other than the door handle,” Hoffacker says.

**Cost:** Grab bars generally require professional installation. On average, it costs \$140 to have three grab bars

installed by a handyman, according to [Fixr.com](#).

### **A first-floor master suite**

One of the best ways to age-proof a house is by having a master bedroom and bathroom on the first floor, says Mark Hager, founder of [AgeInPlace.com](#). “You want to have everything you

need on one level so that you don’t have to climb stairs as you get older,” Hager explains.

**Cost:** If you don’t already have space on the first floor that you can turn into a master suite, you’ll have to build an addition. But be prepared: It costs a lot of money to increase the footprint of your home. To add an extra room, homeowners spend, on average, \$80 to \$200 per square foot, [HomeAdvisor](#) says. So, if you’re building a 250-square-foot bedroom and bathroom, it can cost anywhere between \$20,000 and \$50,000. “It’s a big expense, but it really pays,” Hager says.

(Continued on Pg. 22...)

(... Continued from Pg. 21)

### **Door lever handles**

Nearly half of people 65 years or older have arthritis, the Centers for Disease Control and Prevention [reports](#). And when you have arthritis, even grasping a doorknob can be painful. One solution: Replace doorknobs with lever handles throughout your home.

**Cost:** At Home Depot, stainless lever handles start at about [\\$5 apiece](#). More good news: You don't need to hire a professional to replace a doorknob with a lever handle — this is an easy DIY project.

### **Carpeting**

Floor surfaces can be slippery depending on their material. Some homeowners try to address this issue by covering hardwood or laminate floors with rugs. However, “rugs can create a hazard, because they change the grade of the floor,” Cusato says.

If you do a Google search for “slip-resistant flooring” you'll find seemingly endless options. So, let's simplify things: Replace any hardwood, laminate or tile flooring with carpeting in every room except for the kitchen, bathrooms and mudroom. Why? “Carpet can help cushion a fall much better than a hard surface,” Cusato

says.

One caveat: Most wheelchairs and walkers don't roll over carpet as well as they roll over hard flooring, so make sure the carpet is no higher than a half-inch and the padding underneath is firm (not squishy).

**Cost:** Many factors go into carpet prices and installation costs, such as room size and shape, carpet material, furniture removal, and labor. But, in general, high-quality carpeting and padding can be installed for \$19 to \$38 a square yard, or \$300 to \$600 for a 12-by-12 foot room, [CostHelper.com](#) says.

### **Pullout drawers**

Pullouts aren't designed only for aging homeowners, but they're helpful as you age by giving you easier access to dishes, tools and cookware. Indeed, “you don't want to have to bend over or reach the back of the cabinet to take out a pot or pan, because you might have trouble getting back up,” Cusato says.

**Cost:** The price tag varies depending on the size of the cabinets, but a 22-inch-deep pullout shelf costs \$58.69 at [Home Depot](#). And you don't need a handyman to replace shelves with pullout drawers.

# Living at Windsor

By: Pat Jaehrling

The red carpet is rolled out every time a new resident moves into Windsor. The staff lines up to greet as you walk in the door. It makes that person feel very special and welcome; in other words, getting off to a good start. His/her name also appears on the TV board for several days after arrival to let residents know who has joined the community. The first comments are something like "I feel like I'm on a cruise ship without the water!" or "This is like living in Paradise!" or "I'm very blessed to be living here!"

Many of our Thriving In Place members have had the opportunity to attend the once a month lunch which Windsor offers to you and you have experienced the delicious food served to you. The residents have a varied menu to choose from at every meal and sometimes the choices are difficult. So much so that some residents will say to the waitress, "You choose for me." The dining room staff are very accommodating and patient with everyone

because there is a lot of switching this vegetable for that one, and so on. The kitchen has gone so far as to have gluten free goods on stock for me. Now that is service.

Many of you have also toured the facility so there is no need for me to describe the surroundings. But the reality is that while Windsor is a great place to be, it is having its growing pains and hiccups. It is not meant in a negative way. The building is a brand-new construction. Not everything can be perfect under those conditions, but everyone, staff and residents, keep a positive and friendly attitude which enlightens the atmosphere. Residents now



(Continued on Pg. 24...)

(... Continued from Pg. 23)

have hot water immediately whereas before they were waiting for 20 minutes of cold water running before there was enough hot water for a shower. The re-opening of the movie theater was last week after extensive damage from the rains seeping into the walls required major repairs. No one likes the house installed phones in each apartment. The management is working to replace them with ones to the residents liking – bigger keypad and simpler to operate. The maintenance staff is at our beck and call for repairs, hanging up pictures, checking the TV when it goes dead and tinkling with the thermostat. Probably the biggest complaint is that room temperatures are kept very cool. Everyone copes with that by wearing a sweater. The cool

temperature in the rooms is explanatory - the reason being it keeps the germ count down.

There are so many activities offered that residents can be busy all day long if they wish. A monthly calendar is provided, similar to your Thriving In Place calendar, but with many more variable listings. The Life Enrichment planners try to avoid overlapping events so residents don't feel like they are missing something. However, those having physical therapy or occupational therapy, or other medical treatments, skip when necessary because their health is most important.

Windsor has been hanging special artwork on the walls and in the hallways. Be sure to stop and admire them on your next lunch visit.



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**A Senior Living Community**



# Medicare.gov

## Watch out for scams

Copy of email, submitted by Dale Lack

Your [new Medicare card](#) is on the way, so if someone calls and says you need to give them your personal information or money to get the new card, hang up! It's a scam. **Medicare will never call uninvited and ask for personal information or money for you to get your new Medicare Number and card.** [Learn what to do](#) if you get a suspicious call like this.

If you haven't gotten your new Medicare card yet, don't worry. **Mailing cards to each group of states takes at least a month**, so you might get your card at a different time than friends or neighbors in your area. In the meantime, **keep using your current Medicare card until your new one arrives.**



Log in to your [MyMedicare.gov](#) account to see when your new card has been mailed. Don't have a free account yet? Sign up at [MyMedicare.gov](#) in just a few easy clicks.

**Note:** If you've gotten your new card in the mail already, start using it right away!

Sincerely,

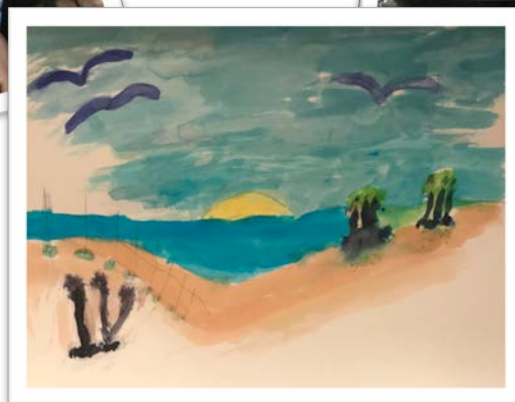
*The Medicare Team*

# Friday Lunch at ChampionsGate

By: Kathy Gordy

Thriving members were invited to enjoy a Friday lunch at Merrill Gardens in ChampionsGate. Some of us hopped aboard a bus provided by Merrill Gardens, others drove their own cars. The bus came complete with a tour guide, Ellyse Norberg, Director of Community Outreach. Check out the selfie picture with our smiling faces. (We previously met Ellyse during a Friday lunch bunch when she provided instructions for creating a watercolor painting. Very impressive artwork was created; all were worthy of a frame.)

It was a quick eight-mile trip down I-4; **YES**, it really was a quick trip. We were warmly greeted and lunch was ready to be served when we arrived. An optional quick stroll after lunch included the opportunity to tour the property and view two model apartments. As we boarded the bus for our return to Celebration, boxed sandwiches complete with a cookie were offered. The trip home was just as fast; we were back in time to enjoy chair yoga with Donna Mogilski. The extra stretch after lunch and a bus-trip was just what I needed, so relaxing. We so appreciate Merrill Garden's kindness and hospitality. Take advantage of the next invite from Merrill Gardens, you will be glad you did.



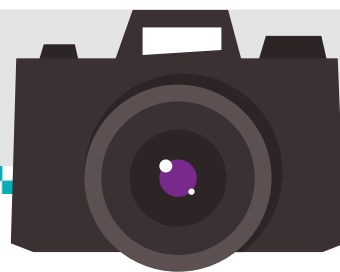


# Happy Memories





# Happy Memories

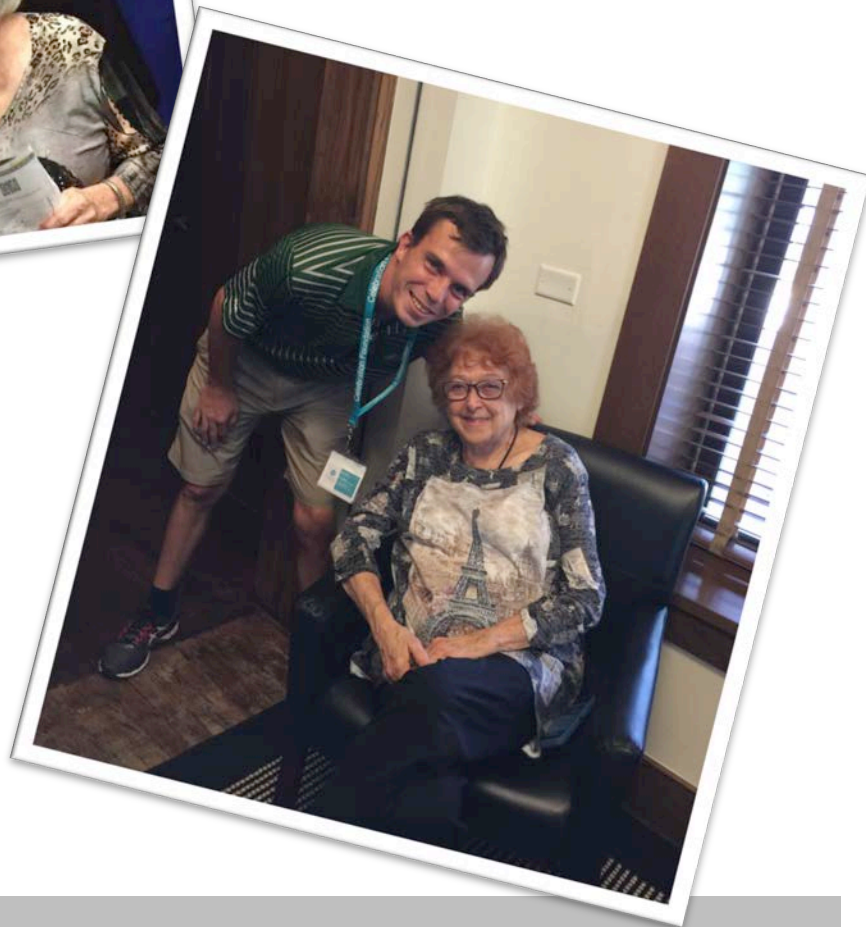




# Happy Memories

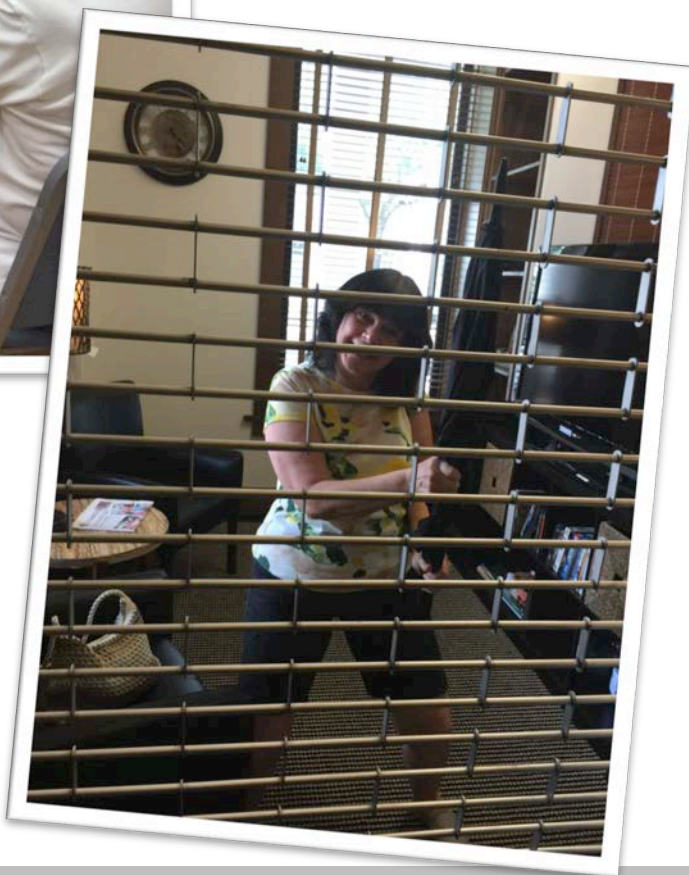
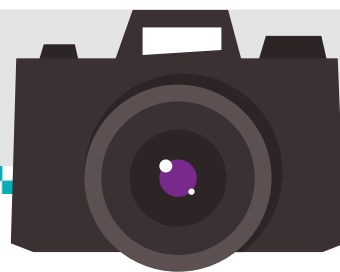


# Happy Memories





# Happy Memories



## Celebration Foundation - Thriving In Place

**If you know of anyone interested in  
joining Thriving In Place or becoming a volunteer,  
please have them 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  
610 Sycamore St. Suite #110  
Celebration, FL. 34747

*Hours:*  
Monday – Friday  
9:00am – 5:00pm

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



# Celebration Foundation

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# Thriving In Place