

# THRIVING

#20



Celebration Foundation  

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Thriving In Place

## THE THRIVING IN PLACE GOAL:

To enable residents to live in their own homes leading healthy, safe, independent and productive lives.



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# FACTS AND FIGURES

Member Count	108
Volunteer Count	90
Service Requests This Fiscal Year	147

# INTERESTED IN JOINING OR VOLUNTEERING?

Contact the Thriving In Place Office:  
407-572-9850  
Thriving@CelebrationFoundation.org



## An Introduction from Rachel McIntee...

Dear Thriving Family,

Happy New Year to all! Wow, I am so excited to be starting off 2019 with a new place to call home. It has been just over one month since I embarked on my new adventure with Thriving In Place and the wonderful family that comes along with the program. What an incredible time I have already had. I have had a chance to mix and mingle with amazing people, help host activities such as Thrive Lunch with Friends, Chair Yoga, Poker, and Coffee on the Corner, and had the opportunity to start working on my first grant for the program.

Just a little about myself: I love photography, reading, and traveling in my spare time. I enjoy spending quality time with my significant other Richard and his amazing daughter, Cyndel. I am currently in my second year of graduate school at the University of Central Florida, and I'm truly enjoying learning new ways to tie my non-profit management and public administration degrees to the Thriving In Place Program.

For those I have not had the pleasure to meet yet, please stop by for a cup of coffee or just to say hello. I've had a wonderful time getting to know so many members, volunteers, and coworkers. I can't wait to meet the rest of you. Thank you all for the warm welcome. It means the world to me!

Kind Regards,

Rachel McIntee

Cover Photo Courtesy of...

**Dr. Genell Ferrell**

White Dog Photography  
gferrell@barkpics.com

“

Thoughts,  
Quotes, &  
Chuckles

# POSITIVELY POSITIVE

**Late one night while watching TV, an old man gets up from his chair.**

**‘Want anything while I’m in the kitchen?’ he asks.**

**‘Will you get me a bowl of ice cream?’**

**‘Sure.’**

**‘Don’t you think you should write it down so you can remember it?’ she asks.**

**‘No, I can remember it.’**

**‘Well, I’d like some strawberries on top, too. Maybe you should write it down, so as not to forget it?’**

**He says, ‘I can remember that. You want a bowl of ice cream with strawberries.’**

**‘I’d also like whipped cream. I’m certain you’ll forget that, write it down?’ she asks.**

**Irritated, he says, ‘I don’t need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!’**

**Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs.**

**She stares at the plate for a moment, then asks, ‘Where’s my toast?’**

“Now here is my secret. It is very simple. It is only with one’s heart that one can see clearly. What is essential is invisible to the eye.”

Antoine de Saint-Exupery

“Shall we make a new rule of life ... always to try to be a little kinder than is necessary.”

J.M. Barrie  
The Little White Bird

**“The only disability is a bad attitude.”**

**Roy T. Bennett**

“You never change your life until you step out of your comfort zone. Change begins at the end of your comfort zone.”

Roy T. Bennett

# THRIVING WELCOMES RACHEL MCINTEE

## “Best Wishes” from Mary Pat

**A**s most of you have heard, I will be leaving Celebration and returning to the Midwest. This move was prompted so I could be closer to my family and share in their busy lives.

My time with the Foundation and Thrive has been an unexpected surprise in my life's journey. The friends and relationships formed will provide my future of wonderful memories not to be forgotten. Please accept my gratefulness and humble thank you's for your guidance and support.

I am happy to introduce the new Thriving In Place Manager, Rachel McIntee. Rachel is a native Floridian with a passion for helping others and enjoys an



*Rachel McIntee  
TIP's New Manager*

active family life. She loves to spend time with her significant other Richard, Cyndel, parents and siblings. Rachel loves to read and travel the world.

Rachel's former work experience includes the Sales, Marketing, and Events Manager at Old Town Kissimmee and the Marketing and Development Director at the Osceola County Historical Society. Rachel is currently an active Kissimmee/Osceola Chamber of Commerce Member and an Osceola Resort Area Council Board Member. Rachel is very ambitious and thrilled to be starting her new adventure as the

Thriving In Place Program Manager.

"I have been a part of the Celebration Foundation for less than two weeks now and I already feel like I am a part of the family. I have thoroughly enjoyed getting to know the members and the team and I cannot wait to see what the future will hold. I have been given an opportunity to meet so many incredible family members already and look forward to meeting everyone else. I wanted to take a moment to wish everyone a happy and safe holiday. Please do not hesitate to contact me with any questions," said Rachel McIntee.

After the holidays have calmed down, stop in to visit with Rachel and get to know her. She's going to be a great addition to the Thrive program. I'm thrilled she and Becky will together continue the growth of Thriving In Place and act as cheerleaders for it's future.

I wish all of you peace, joy and healthy days ahead for your own personal journeys.

*By: Mary Pat Rosenthal*

# CELEBRATION VETERANS AND CELEBRATION COMMUNITY RALLY TO HELP GOLDSTAR CHILDREN

## Bill Boyle

Vice Commander, Veterans Club of Celebration



**W**e didn't know how it would end...when it started...but, because of this community,

it worked out, better than fine.

Snowball Express came to Central

# “

**These children have lost a parent to combat, they are military families and they are Goldstar families.”**

Florida. Over 1,500 Goldstar children, from across the country, visited Disney parks and lived a couple of joy filled days at the start of the holiday season.

These children have lost a parent to combat, they are military families and they are Goldstar families.

When Snowball Express called and asked if we could help, the Celebration Veterans took on the task of supplying these kids with snack bags to enjoy while visiting the parks.... 4,000 snack bags! Often, families struggle financially so providing them with a bottle of water and some treats makes their visit more affordable.

The Celebration Veterans were not alone in this endeavor. The

Celebrators stepped in and helped raise funds and volunteers. The Celebration Foundation offered to match up to \$1,000 and reached out to Save-A-Lot to order the snacks, water and bags. CROA made the activities room available for the snack packing event. Celebration Sanitation handled the mountain of cardboard. Feeding Children Everywhere from Orlando sent a truck and manpower to pick up the snack pallets and deliver them to the hotel where the children were staying.

Celebration residents donated money, signed up to volunteer and poured their love into helping these kids. One family even bought string backpacks for each of the children.

And over 60 Veterans and Celebrators



assembled, organized and packed over 4,000 snack bags on Thursday, December 6 at Celebration Town Hall. A job well done in less than three hours.

It means a lot to the

Celebration Veterans...all of us...that this community pulled together and made it work out...better than fine.



**S**he was nine years old. A student at Westside K-8. She lived in a motel with her mom, dad, and sister. Her mother had a serious illness, she knew the details, she knew their financial situation, she knew they might have

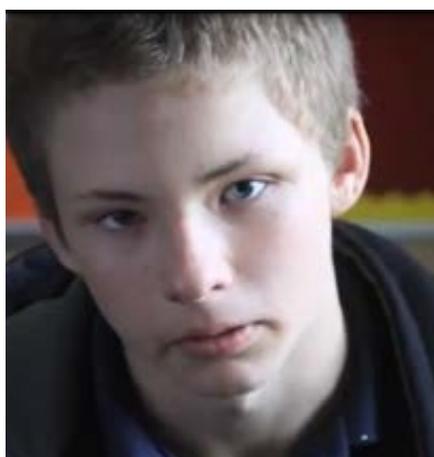
to leave the motel where they were staying. She was way too mature for her age, dealing with complex adult issues, in 4th grade.

He was in 8th grade. He had a twin. He and his brother also lived in a



## THE CELEBRATION FOUNDATION... BECAUSE WE CARE

**Gloria Niec**  
Executive Director



motel. Their dad, who cleaned pools, had recently had trouble with his pool equipment. Stolen, lost, repossessed? The details were murky, but the boy knew that it was going to impact how they were going to live. He said that sometimes, other kids thought he was unfriendly. He said it was because he was filled with worry.

She showed us pictures of the bed her parents slept in, the bed she

shared with her sister, the mat where her younger brother slept on the floor. There were pictures of her shelf with her clothes and toys and school work. There was a picture of the hot plate where her mom cooked their meals. She didn't know it was unusual to grow up in a motel room.

These were students at Westside K-8, a few years ago. A group of us, including leadership from Florida Hospital Celebration Health (now Advent Health), wanted to meet some of the children and hear their stories.

By the time I got back to my car, I was hurting so bad from holding back tears, that I couldn't drive and just sat there. Mike Jackson, my board president, sat quietly

waiting till I could start the car. The phone rang, and Dr. Monica and Eliese from Celebration Health called and through their tears said, buy these kids the food they need.

The Celebration Foundation has been providing weekend food to children since 2012. We formed Osceola Connected and Learning without Hunger to help alleviate

**“ We can't alleviate all their challenges but helping to keep their bellies filled is something we can do and do well, with amazing partners.**

childhood hunger in Osceola County. Since then, over 1,000 Osceola children, who are hungry, receive weekend care packs every week during the school year.

The teachers know who they are. They know the kids who come to school with hurting heads and bellies. They know students can't learn when all they think about is when they are going to eat. We know that hunger doesn't take a break on the weekend. Sometimes the food packs we send home are all the children will have over the weekend.

These care packs filled with items like crackers, macaroni and cheese, tuna, ramen noodles, soup make the kids happy. It gives them a little reprieve and a sense of security. We can't alleviate all their challenges but helping to keep their bellies filled is something we can do and do well, with amazing partners.

The Celebration Foundation is good at doing, less good at telling. We have been working with Osceola children and have several programs that impact them...every day. Years ago, when we

talked to a student who was graduating, we asked about his plans. His answer..."I guess I'll go on food stamps." That was his post high school strategy. He had never visited a campus, said he couldn't afford it, didn't know he could study and do something different then perpetuate his homelessness.

We started taking kids on campus tours of Osceola Technical College and Valencia College. The first year we took 100 kids, the second year 1,071 students and over the course of years over 6,500 students have been on campus tours. Campus Express was recognized as one of the top eight



strategies for improving the college going rate. Along with other "Got College" programs, Osceola County moved from 57th out of 67 counties to 27th in the state.

Every student that goes

on to post-secondary education impacts his family, friends, and neighbors.

This year, we want to help low income Osceola high school students pursue medical careers. There are kids in the county who want to be nurses, technicians, medical personnel but the barrier is they don't have the money to get a physical, immunization, buy a stethoscope, scrubs or footwear. Campus Express is going to offer scholarships...called Stairstep to Nursing. We are going to break that barrier.

People often ask..."and what does the Celebration Foundation do?" The best answer is...we help solve problems. We convene smart people and develop good programs. We care about social services, the arts and education. From children to our elderly, we want to make a difference, we want to matter, we like to partner. We can't do it all, but what we do, we like to do well.

You can learn more about us by visiting our website [www.celebrationfoundation.org](http://www.celebrationfoundation.org), volunteering or stopping by for a cup of coffee. I think you will be glad you did.

# THE IMPORTANCE OF GETTING RID OF CLUTTER

## Steph Garber

Professional Organizer - From Chaos to Order  
Serving the Celebration & Orlando Areas  
321-939-0775  
steph@fromchaostooder.net

“  
**Clutter is anything that serves no purpose nor brings us great joy.”**

**I**n trying to get and keep organized, we need to remember that having more stuff than we need simply weighs us down. To add calm to our lives, getting rid of clutter is essential. Remember that clutter is anything that serves no purpose nor brings us great joy.

So, looking in your linen closet, what do you see? Each bed within your home should have two

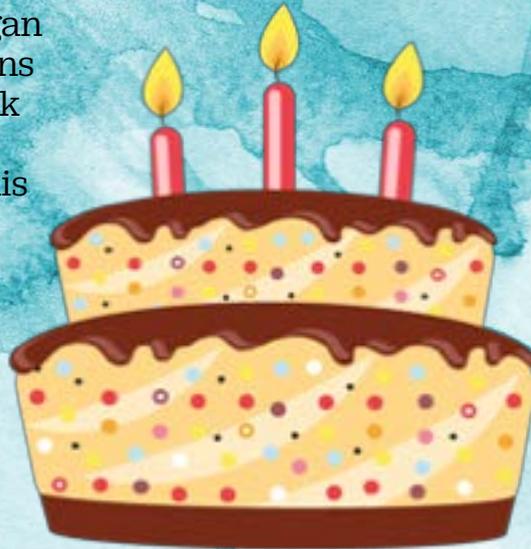
sets of sheets...only two!! **MAXIMUM** two! If you somehow have more than that, it is time to purge those extra sets and donate them.

Extra clutter in your linen closet is something that is easy to tackle. How about making that job one for tomorrow? Simple and quick and it will start your day off with a sense of accomplishment!



## FEBRUARY BIRTHDAYS

- 2.1 Esther Fuster
- 2.2 Regina Hittell
- 2.10 Debi Jackson
- 2.11 Kathleen VanTassell
- 2.12 Catherine Hogan
- 2.17 Patti Fitzgibbons
- 2.20 Ann Fitzpatrick
- 2.21 Rene Baron
- 2.25 Susan DeNardis



## MARCH BIRTHDAYS

- 3.2 Bobbi Boesch
- 3.3 Neal Lincoln
- 3.5 David Collins
- 3.5 Eileen Crawford
- 3.9 Cheryl Rosenberg
- 3.10 David Berelsman
- 3.10 John Fitzpatrick
- 3.12 Bonnie Donahue
- 3.12 Kathy Gordy
- 3.13 Bill Boyle
- 3.14 Sue Wagoner
- 3.22 Brad Wagoner
- 3.26 Evelyn Welter
- 3.31 Charles Godino

**Do you live or work in Celebration? Here is a great way to pass along books, DVDs and CDs you no longer need or want. Keep up your decluttering and organizing. Nothing else can add calm to your life like this can...**

*From Steph Garber*



***Used Book***

***Donations Needed!***

Please donate books, CDs, and DVDs (no textbooks please) to raise money for a scholarship to a high school student pursuing a career in education.

Items can be dropped off at the Town Hall 851 building Monday, February 18<sup>th</sup> through Thursday, February 21<sup>st</sup>.

The sale will be held on Friday, February 22<sup>nd</sup> from 9:00-5:00 and Saturday, February 23<sup>rd</sup> 10:00-2:00. Local authors will be in attendance Friday from 10:00-1:00.

The sale is sponsored by RELIC  
(Retired Educators Living in Celebration)

# BUY - SELL - DONATE



## Lilly Pulitzer Bedding 8-Piece "Breakfast at Lilly's"

If you love eyelet and pique and crisp white, you will fall in love with the Lilly Pulitzer bedding ensemble. Lilly's most expensive set manufactured and was not on the market long. Each eyelet pillow case is selling on Ebay for \$100 each. Pattern is called Breakfast at Lilly's, it is trimmed in pale green and pink. The set includes double/queen duvet, bed skirt, 2 euro pillows, 2 regular eyelet pillows, and 2 matching eyelet valances. Always used in guest room until recently- call to see in person. Inserts not included.

|| **Susie Peck** || **\$245** ||  
321-939-3655



## Lilly Pulitzer Clothing

Size 12 skirts, capris, pants (\$25.00 each item)... Medium and XL sweaters... umbrella canopy... shirts.... prices vary from \$15.00 and up....come browse... call for appointment.

|| **Susie Peck** || **PRICES VARY** ||  
321-939-3655



## BNext Virtual Reality Headset

New-ish....never used....only tried on.... slide your phone into the headset and let the adventures begin....Dive in to 3D interactive games, your own home theater or explore the globe....received as a gift and never used...

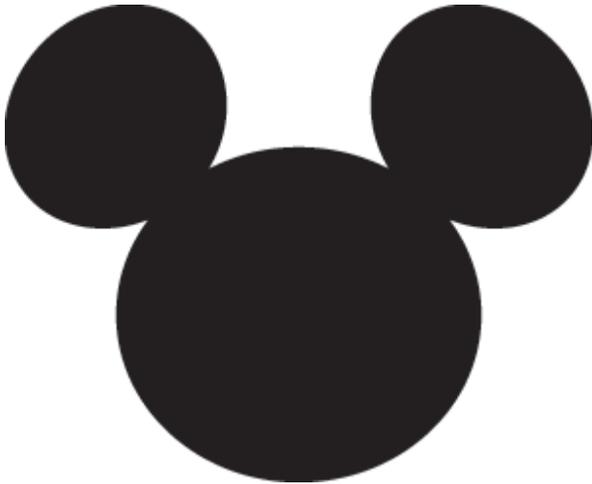
|| **Susie Peck** || **\$35** ||  
321-939-3655



## Lolita Martini Glass

Lolita martini glass....new in box...black and white check....recipe on bottom of glass....so fun....perfect for re-gifting or keeping.

|| **SUSIE PECK** || \$5 ||  
321-939-3655



## Disney Watch

New...never worn....great design....goes with silver or gold accessories.....perfect for your Disney lover....needs battery

|| **Susie Peck** || \$25 ||  
321-939-3655



## Mirror

White mirror in great condition.

|| **Kathy Gorman** || \$25 ||  
407-572-4061

# BUY - SELL - DONATE



## 5-shelf School Bookcase

5 shelf .....needs dusting.

|| **Kathy Gorman** || \$20 ||  
407-572-4061

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## Filing Cabinet - Metal

Two-drawer metal filing cabinet.

|| **Kathy Gorman** || \$20 ||  
407-572-4061

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## White End Table and Lamp

White end table in excellent condition.

|| **Kathy Gorman** || \$40 ||  
407-572-4061



## China Cabinet

Dining Room China Cabinet.

|| **Kathy Gorman** || \$350 ||  
407-572-4061



## Table and Chairs

Dining Room Table and 6 Chairs.

|| **Kathy Gorman** || \$500 ||  
407-572-4061

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# LOOKING TO DONATE OR SELL?

**Contact Dale Lack  
for Guidelines or to place an Ad:**

DLLack02@gmail.com



## Gloria Niec

Celebration Foundation, Executive Director

**A**mazonSmile 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](https://smile.amazon.com) and login as you normally would.



**When you use AmazonSmile, 0.5% of the purchase price of eligible products gets donated to the Celebration Foundation.”**

- 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.

# WE WILL MISS YOU MARY PAT!



# THE HEART OF THE MATTER

## DO YOU NEED A CARDIOLOGIST?



**A**s you consider health improvements you want to make in 2019, look into your heart and ask yourself: “how’s it going in there?” According to the American Heart Association’s 2018 statistics, about 92.1 million American adults are living with some form of cardiovascular disease. It accounts for one in seven deaths in the U.S. and claims more lives each year than all forms of cancer, combined. These are scary statistics but take heart: many of the risks of cardiovascular disease are reversible with medication lifestyle changes. You can lower your cholesterol, stabilize your blood pressure and achieve a healthy weight,

but it can’t happen until you know your numbers.

Start with your PCP  
Your primary care physician can often monitor and manage high cholesterol and/or high blood pressure. At a glance, your vital stats should look something like this:

- If you are under age 80, your **blood pressure** shouldn’t regularly be higher than 120/80.
- The optimal level for your **LDL cholesterol** (LDL is bad cholesterol) is 100. The lower the number, the better.
- If your **HDL cholesterol** level is around 60, you are lowering your risk

for heart disease. HDL is good cholesterol, so higher numbers are best.

- Your **total cholesterol** (LDL + HDL) should be below 200.
- Your **blood glucose** should be below 150.

Your PCP can check these numbers at your annual exam. Some PCPs may also recommend an EKG, a diagnostic test to establish a baseline of your heart rhythm. The annual exam is essential for tracking your health and making plans for improvements. And improvements are possible - many of these numbers can be put in check by eliminating smoking, adding exercise and cleaning up your diet.

When would I need a cardiologist?

If your numbers are out of range, or if you have a family history of heart disease - such as one or more immediate family members being affected by high blood pressure or cholesterol - then it may be time for an evaluation from a cardiologist. Additionally, high numbers and comorbidities diabetes and obesity can prompt your PCP to refer you to a cardiologist.

Your referral to a cardiologist could be a one-time visit or a series of ongoing, routine check-ups. If you are experiencing

heightened risk factors of a cardiac event, you should not hesitate to see a cardiologist.

Heightened risk factors include:

- Chest Pain or discomfort
- Shortness of breath, which can indicate congestive heart failure or valve problems
- Rhythm disturbances called arrhythmias
- Family history of heart disease
- A diagnosis of chronic kidney disease, which increases your risk of heart disease
- A diagnosis of peripheral arterial disease

Small changes can make a huge difference for your overall cardiac health.

To learn more or to make an appointment, visit [AdventHealthMedicalGroup.com](http://AdventHealthMedicalGroup.com) and search by physician.



**According to the American Heart Association's 2018 statistics, about 92.1 million American adults are living with some form of cardiovascular disease."**

# SHOW YOUR HEART SOME LOVE

## Heart Health Tips

**Y**our heart's working hard for you - show it some love! Small changes can make a tremendous difference to your heart health.

**BREATHE.** Start your morning with deep breathing to let go of stress, concerns and anxiety.

**STAY HYDRATED.** Drink water throughout your day by keeping a bottle of water with you. Stand up. Standing helps with blood flow and may help you live longer.

**PROTEIN.** Eat protein first to stay fuller longer and to keep your blood-sugar levels stable.

**SMOKING.** Stop smoking - it causes your blood vessels to decrease in size and directly contributes to heart attacks.

**SLEEP.** The more the better for rest and recovery. Read a book, lis-





# Advent Health



ten to music or meditate to help you fall asleep.

**FORGIVE.** Stress impacts our heart in negative ways. Forgive someone who has hurt you. You don't have to tell them, but personally forgive them to help yourself move on and free your heart.

**SEND LOVE.** Send messages of love daily. Try sending an email, text or phone call to show your appreciation and gratitude for someone in your life.

**EAT RED.** Try to eat one red food at each meal. Red foods such as apples, red peppers, strawberries and tomatoes are high in vitamins and fiber.

To learn more or to make an appointment, visit [AdventHealth-MedicalGroup.com](http://AdventHealth-MedicalGroup.com) and search by physician.

# THRIVING IN PLACE 2018 FUNDRAISING CAMPAIGN



## Celebration Foundation Thriving In Place

Seedlings: \$100

Donors have received a Sponsor Decal and have sponsored a Lunch & Learn.

New Contribution:

Bill Connelly  
David and Sarah Harris\*\*

Roots: \$250

Donors have received a Sponsor Decal and have sponsored a Lunch & Learn.

New Contribution:

Paul and Val Collins\*\*

Trunk: \$500

Donors have received a Sponsor Decal, have sponsored a Lunch & Learn and have received newsletter recognition.

New Contribution:

Scott and Mary Pat Rosenthal  
Celebration Garden Club

Trunk Branch: \$1000

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

Ramos

\*Sakaske Family  
\*Paul and Mary Ann Kinser  
\*Rotary Club of Celebration

Tree of Life: 2,500

\*\*Don and Kathy Gordy  
\*Merrill Gardens\*\*

Donation exceeded the designated amount\*\*

## 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.

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](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 Rachel 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.

## WE WISH TO OFFER A SPECIAL THANK YOU TO:



Anonymous Friend  
Thanksgiving Lunch Sponsor



Anonymous Friend  
Holiday Lunch Sponsor

# HAPPY MEMORIES



# HAPPY MEMORIES





“  
Live for moments  
you can't put into  
words.”



“

**Some memories  
are unforgettable,  
remaining  
ever vivid and  
heartwarming!”**

Joseph B. Wirthlin





# HAPPY MEMORIES



# Celebration Foundation

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## Thriving In Place

**THRIVING IN PLACE**  
**690 CELEBRATION AVE.**  
**CELEBRATION, FL. 34747**

407-572-9850  
THRIVING@CELEBRATIONFOUNDATION.COM

**C**elebration 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.

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.

**THRIVING IN PLACE NEWSLETTER IS PROUDLY SPONSORED BY BRIGHTSTAR CARE.**

