

THRIVING

#24

THE THRIVING IN PLACE GOAL:

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



Celebration Foundation

Thriving In Place

CONTENTS

NOVEMBER 2019 - ISSUE #24

A Letter from Rachel	03
New Director Announcement	04
Star-Spangled Thrive	05
Furry Friends Thank You	07
Bonding Over Magic & Laughs	08
Aging As A Creative Challenge	10
Drive Leg Pain Our of Your Round	11
July Lunches	14
August Lunches	17
Birthdays	22
3D Mammograms	23
Hole In One with Knights of Columbus	25
Newsies: A Showstopping Experience	27
Giving Tree	29
Advertisements	30
Boston Lobster Feast	32
Thriving In Place Intern	34
Thriving By The Numbers	35

INTERESTED IN JOINING OR VOLUNTEERING?

Contact the Thriving In Place Office:

407-572-9850

Thriving@CelebrationFoundation.org

Member Count: 105

Volunteer Count: 64

A LETTER FROM THE THRIVING IN PLACE MANAGER



There are no great limits to growth because there are no limits of human intelligence, imagination, and wonder.”

- Ronald Reagan



continue to work very closely with the Thriving In Place program. I can't thank Becky enough for all her assistance in the time I was part of the program. She is incredibly hard working, kind, and has the biggest heart. You are appreciated!

I look forward to keeping in touch with everyone and finding new ways to work together. I encourage everyone to stay in touch via social media or e-mail. My personal e-mail is rachelmcintee@yahoo.com. I can't wait to see where the program goes from here. There are so many wonderful ideas developing within the Foundation, board of directors, staff, and advisory council. Thank you so much for all of your dedication and passion. It has been a pleasure meeting each of you. Thank you for your kindness through my transition out of the Thriving In Place Manager position.

Kind Regards,
Rachel McIntee
Thriving In Place Manager

Dear Thriving Family,

As many of you are aware, this will be my last letter as the Thriving In Place Manager. As of October 25th, I will be the Public Relations Specialist at the Osceola County Property Appraiser's Office. It truly is bittersweet. I have so enjoyed my time getting to know each member, volunteer, employee, partner, board member, and the list could go on forever. Each of you have impacted my life in so many ways. I can't thank you enough for the time and dedication each of you have put into our program and helping me succeed and grow in my time with

the Celebration Foundation. I hope you all will keep in touch and know you have a special place in my heart. I will miss you all!

The good news is the future is looking bright! Kathleen Sipio has been an incredible leader in the short time I have had the pleasure of calling her my boss. She has been very active in quickly learning the ins and outs of our Thriving In Place program and I believe I am leaving everything in very capable hands. She has a passion for the Celebration Foundation and the Thriving In Place members, volunteers, and partners.

Becky Varley, the Celebration Foundation Volunteer Coordinator, will also



Celebration Foundation

Thriving In Place

This past spring, Gloria Niec announced her desire to retire as Executive Director of the Celebration Foundation. After careful consideration, the Executive and Search Committees of the Board of Trustees are pleased to announce Kathleen Sippo as the new Executive Director, effective September 26, 2019.

Kathleen has been a Celebration resident for over ten years and brings with her leadership skills that include her experience as Senior Director of Development of Canine Companions for Independence, Development Officer for Boys and Girls Club, and Administrative Coordinator for the Osceola County School District. As a dedicated community volunteer, she has served as PTA president and implemented the “Clothing Closet” program for Celebration K8 and

Westside Schools. She has been a passionate supporter of the Foundation through her involvement with the Holiday Home Tour. In addition, she has firsthand knowledge of the Foundation’s programs, donors and volunteers which will assist her in making a smooth transition as she assumes the position of Executive Director.

As we reminisce on Gloria’s time with the Celebration Foundation, we recall back in 2011, when she was hired. Under her leadership, revenues have tripled as she significantly enhanced the Concert Series and Memorial Garden Programs and initiated Thriving in Place, WINGS (Women’s Initiative), Campus Express, Learning without Hunger, New Urbanism and integrated the Celebration Lifelong Learning Program. All of these innovative programs sustained

the Foundation’s mission of expanding volunteerism, and identifying the needs in the community that provide impact with a focus on the arts, culture and education.

Please join us in welcoming Kathleen and offer your support to encourage her success and that of the Foundation. Let us also bid a warmhearted farewell to Gloria, who has been an extraordinary Executive Director for the past eight years. She has left her influence on the Foundation in ways that will never be forgotten, and we are extremely grateful.

STAR-SPANGLLED PRIDE WITH THRIVING IN PLACE VOLUNTEERS

By Carmen Palma

The community, family, friends, visitors, and volunteers came together at Celebration's Star-Span-gled Spectacular Independence Day parade to celebrate this joyous and entertaining event. The gathering has a spirited fanfare like none other.

As we all know, we celebrate Independence Day as the birthday of our great nation. Participating in the parade is a perfect opportunity to join in the community's activities that take place during this great day. The customs, decorations, music, food,



and individuality create a unique atmosphere during a patriotic observance.

I was happy to be in the parade supporting the Celebration Foundation's Thriving In Place program and the community of Celebration. I joined the march, waived to the crowds, and had plenty of laughs with my volunteer friends. The route started at Town Hall, then contin-

(Continued on pg. 11)

(Continued from pg. 7)

ued to Celebration Ave, Market Street, and ended at Lvakeside Park.

You can see how close knit the town has become and why it's a favorite destination for tourists and residents alike. It's a wonderful feeling being a part of the Celebration Foundation volunteers!

The Thriving In Place program is one of the many services that the Celebration Foundation offers to the community. The organization would like to thank all the staff, volunteers, and attendees who made this day possible.



OUR FURRY FRIENDS THANK YOU

By Rachel McIntee

Thanks to an article in the Osceola News Gazette and a simple request from our Thriving In Place office, members and volunteers provided the Celebration Foundation's Thriving In Place program an opportunity to donate seven bags of towels to SNIp-it.

SNIp-it is a local 501(c)(3) non-profit whose mission is, "to provide the residents of Central Florida with humane solutions to the pet overpopulation problem through education and by offering low cost spay/neuter services."

The article in the Osceola News Gazette informed us of the towel drive SNIp-it was hosting. Quoting the article, "They are scared and if you put a towel or blanket in the cage, they can have some comfort and burrow into it," says Sharon Smith, Director of Volunteers for Community Impact. "You can

drrape them on the cage, too, for comfort and security."

It's through efforts like this that we are able to fulfill our mission at the Celebration Foundation of building better community. Thank you to all of the participants in the towel drive. You are much appreciated from our new furry friends.

Thriving In Place is a community-based membership program under the umbrella of the Celebration Foundation. Our

members are Celebration residents who are at least 55 years of age, or a person with a disability of any age, who want to stay in their own homes and lead a healthy, safe, independent and productive life. For questions regarding Thriving In Place, please call Rachel McIntee at 407-572-9850, e-mail Thriving@celebrationfoundation.org, or visit the office at 690 Celebration Avenue.



BONDING OVER MAGIC & LAUGHS WITH THRIVING IN PLACE

By Breanne O'Leary



As the grant writer for the Celebration Foundation, I always enjoy getting to see our programs in action. This past month, I was invited to join Thriving In Place on their excursion to WonderWorks to see the “Outta Control Magic Comedy Dinner Show.” This was my first visit to WonderWorks, and I have

to say, the architecture and design of the building is even more impressive in person. Inside the show, long tables were set up—similar to sitting in a large dining room. Salad, pizza, cake, drinks, and alcohol were included with our ticket price. I was surprised at how affordable tickets were because of our group discount.

The magician/comedi-

an was great, making sure to keep the audience engaged at all times. At one point, one of the members of our group, along with several other audience members, were asked to pick a card and remember it. The magician successfully guessed every-

one's cards, along with throwing in a few jokes at the audience members' expense (they were all lighthearted, I promise!). Later in the show, another one of our group members was invited on stage to pick a restaurant she was going to have dinner at, how much money she would spend there, and what celebrity she would be having dinner with. Meanwhile, another audience member held an envelope that was handed



to him at the beginning of the show. After the restaurant, price, and celebrity were picked, the magician took back the envelope and opened it to reveal a large piece of paper that had written on it the exact restaurant, price, and celebrity that our member had chosen. Needless to say, not only was that the highlight of the show, but that was also the highlight of our group's evening.

Personally, I enjoyed seeing the friendship among Thriving In Place members. With loneliness on the rise these days, it's nice to see a group of neighbors coming together to have a good time.

HOW I APPROACHED AGING AS A CREATIVE CHALLENGE

Article By: Tad Simons
Next Avenue Journalism Website
December 22, 2016

Submitted by Nancy Ku



You can complain about the changes, or find new ways to thrive."

One of the indignities of aging is that sooner or later our bodies and minds begin to betray us.

It's all too easy to bemoan this inevitable loss of youthful dexterity, stamina, strength and sharpness. Gripping about our troubles is one of the privileges of age, after all. But what if we could think of this inevitable decline in a different way – that is, as an energizing creative challenge rather than a draining cross to bear?

Personally, I love to gripe, and am by nature a “why-can’t-the-glass-have-something-more-interesting-than-water-in-it?” type of guy. But at some point in my 50s, I got tired of dwelling on the physical abilities I was losing – to cancer, multiple back surgeries and various other medical compli-

cations – and decided to start treating the various annoyances of aging as a game of sorts, one that can be “played” every day and is rewarding in its own right.

Trying Creative Things a Different Way

For example, I have been an avid guitar player for more than 30 years. I almost gave up the instrument at one point, however, because chemo-induced neuropathy reduced the feeling and dexterity in my fingers, particularly my left pinky. Frustrated that I couldn't play certain songs the way I used to, I stopped trying.

I always hated golf and spent the first 40 years of my life disparaging the sport as a “good walk

spoiled” (in the words of Mark Twain).

Then I read a story about how a guitarist named Billy McLaughlin overcame a career-killing neuromuscular disorder called dystonia by teaching himself how to play with his opposite hand. Inspired, I decided to try re-fingering the songs I knew to minimize or eliminate using my pinky finger.

It was difficult and awkward at first, but pretty soon the challenge of re-learning the songs in a different way re-kindled my enthusiasm for playing music. Now I play every day.

It's All About Attitude

Everyone employs strategies to make their

(Continued on pg. 14)



(Continued from pg. 14)

life a little easier, of course. There is more than one way to do just about everything, and learning how to adapt – to find a better, easier, less painful way to do things – is an important and necessary skill as we grow older. The difference I'm talking about is one of attitude, of tricking the brain's reward system to make necessary coping mechanisms feel like worthwhile accomplishments.

For example, at one point in my life, I was not physically capable of walking around the block. The discs in my back were degenerating, and walking was just too painful. It felt as if the universe was unfairly punishing me. All I wanted to do at the time was be able to take my dogs on a walk, but I couldn't.

'A Mile with My Dogs'

So, one day I set a goal: Within a year, I told myself, I would walk a mile with my dogs. With that goal in mind, I researched what sort of physical conditioning and lifestyle changes would be necessary to achieve it and dedicated myself to the task. It took a lot of work, but at the end of the year, I could easily walk a mile, sometimes even two, with occasional stops to sniff and pee (my dogs, that is,

not me).

During that year, I can't tell you how many times the gloomy voice in my head told me to give up, or how much I resented having to work so hard to do something "normal" like walk a dog. But at some point I realized that comparing my own abilities to other people's was a recipe for depression, and that by re-calibrating my expectations to fit my own personal circumstances, I could change my entire attitude about the project from that of resentment and resignation to one of determination and hope.

The work itself wasn't exactly "fun," but doing the work with a goal in mind gave those days an extra level of meaning and purpose.

Can't Play Tennis? Learn Golf

Granted, I am what psychologists would call

a "goal-oriented" person, which means I derive satisfaction from setting goals and achieving them. All too often, however, getting older means giving up activities one used to enjoy. But giving up doesn't have to mean giving in.

Taking up a new activity to replace the old one is an excellent way to fight back.

When I was young, I was a competitive tennis player. I expected to be able to play tennis my whole life, but had to give up the sport because of back issues. I always hated golf, and spent the first 40 years of my life disparaging the sport as a "good walk spoiled" (in the words of Mark Twain).

But one summer, I decided to try it and discovered that while I couldn't make a full swing, I could hit the ball with a modified half-swing and get ac-

(Continued on pg. 14)



(Continued from pg. 14)

ceptable results. It took a while to learn to like golf, but the better I got at it, the more I enjoyed it. Now I play golf whenever I can, and do not miss playing tennis at all.

The Satisfaction of Accomplishment

The same basic idea can be applied to other areas of life. As Merlin tells young King Arthur in T.H. White's *The Once and Future King*, "The best thing for being sad is to learn something." It doesn't matter if you take up quilting, bridge, needlepoint, painting, pottery or poker, the point of learning something new in the waning years of life is to remind yourself what it feels like to accomplish something – to make progress, not regress.

If you've been baking the same three cakes for the past 40 years, take a cake-decorating class and learn how to make buttercream roses.

If your exercise routine hasn't changed in 20 years, try yoga or Pilates. Take a dance class. Learn tai chi.



Positive Effects on Health

Approaching later life creatively, with a willingness to experience new things or trade one experience for another, not only keeps the neurons in our brains firing, it wards off depression and fatigue. Anything that changes things up and disrupts the stagnancy of an entrenched routine can work. This principle of creative problem-solving can also be applied to the little things in life:

- If your hands hurt carrying a shopping bag, try carrying it with your forearms.
- If you can no longer drive, learn to use a ridesharing service like Uber or Lyft.

- If you have trouble holding onto a fork, wrap a piece of foam around the handle with duct tape.

- Learn how to use your phone to record voice memos, reminding you when to take medication, send birthday cards to grandchildren or a hundred other things.

Entire industries are now devoted to helping older adults navigate the difficulties and indignities of later life. But a simple willingness to try something new or find a better way of doing something old can go a long way toward rediscovering a sense of accomplishment in our latter years.

Sometimes, the only defense we have against life is to outsmart it.



Tad Simons is a Minneapolis-based award-winning journalist and author who writes about arts, culture, technology, and human folly. Despite his pain (or maybe because of it), he tries to maintain a good sense of humor. Information about his humor blog, fiction, and journalism can be found at www.readtadsimons.com.

DRIVE LEG PAIN OUT OF YOUR ROUND.

Submitted by AdventHealth

Have you ever had trouble walking the fairways or the putting greens due to cramps in your calves? Does the pain cause you to feel like you can't finish your round of golf? This may be a sign of hardening of the arteries or plaque in the arteries of your legs that constrict the blood supply to the leg muscles. AdventHealth specializes in medical therapies, minimally invasive outpatient procedures and surgical techniques that restore blood flow to the legs, so you can play without pain.



Treatment Options

If you suffer from an arterial or venous condition, AdventHealth offers a full range of treatment options including:

Abdominal Aortic Aneurysm Repair

An abdominal aortic aneurysm is often repaired with a stent that excludes the aneurysm or surgery that removes the aneurysm and replaces it with a graft.

Arterial Bypass

Arterial bypass is used when blockages cannot be reopened with a balloon or stent. Blockages within an artery are bypassed via surgery.

Endarterectomy

This is a procedure in which your surgeon cleans out an arterial blockage. The most common location where this is performed is in the carotid artery, which leads to

the brain.

Endovascular Therapy

Endovascular therapy refers to a minimally invasive technique in which the diagnosis of artery blockages can be done via catheterization and treated with a balloon or stent.

Varicose & Spider Vein Therapy

Common treatments for these conditions include ablation (an IV is inserted into the vein, and the vein is burned out) and injection therapy (tiny incisions are made, and the veins are removed).

Prevention Tips

Prevention is in your hands. You have the power to

make lifestyle changes that can significantly affect your vascular health.

- Avoid alcohol.

- Avoid or limit caffeine.
- Avoid processed foods.
- Eat a diet low in trans-fats, sodium and sugar.
- Exercise regularly and maintain a healthy weight.
- Get adequate sleep.
- Manage stress.
- Monitor blood pressure and cholesterol.
- Quit smoking.
- Talk to your doctor about the potential benefits of taking a daily aspirin.

Meet Dr. Ralph Ierardi Your Local Vascular Surgeon

Dr. Ralph Ierardi is a board-certified vascular surgeon and his areas of expertise include the use of non-operative and minimally invasive therapies to manage arterial and venous conditions and diseases. To make an appointment call (407) 303-4080 or visit AdventHealthCardiovascularInstitute.com

JULY LUNCHESES

“Thriving In Place had several wonderful lunches during the months of July & August!”

Here is a glimpse of our experiences:

JULY 12

Thriving In Place Birthday Bash was sponsored by Merrill Gardens at Champion's Gate to celebrate our July birthdays.



JULY LUNCHES

AdventHealth Celebration's Dr. Bhatheja presented tips and benefits of a healthy heart to our Thriving In Place members.

**JULY
19**



JULY LUNCHEES

Windsor at Celebration hosted us for a wonderful lunch at their venue. Thank you, Windsor!

**JULY
26**



W I N D S O R

at CELEBRATION



AUGUST LUNCHEES

AUG
2

Thriving In Place Birthday Bash sponsored by Merrill Gardens at Champion's Gate to celebrate our August birthdays.



AUGUST LUNCHES

AUG
9

Thank you, Advent-Health Care Center, for sponsoring our Lunch with Your Friends and sharing all the benefits at your new facility



AUGUST LUNCHES

AUG
16

Thank you, Sage Park Senior Living, for sponsoring our Thriving In Place program! We were excited to hear about all your facility has to offer and we enjoyed the opportunity to meet some of your team. Your chef did a beautiful job on the dessert tray!



AUGUST LUNCHES

Windsor at Celebration hosted us for a special event, WoofStock. Thank you, Windsor!

**AUG
23**



**AUG
30**

Thank you, AmeriLife, for sponsoring our Thriving In Place program!



OCTOBER BIRTHDAYS

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



NOVEMBER BIRTHDAYS

11.4 Billy Dickerson
11.6 MaryAleese Schreiber
11.7 Stephen Lovely
11.7 Donna Mogilski
11.10 Peter Crow
11.14 Rosemary Nimetz
11.19 Mike Jackson
11.19 Megan Ajello
11.21 Marjorie Hudec
11.21 Janice Gilbert
11.27 Anthony Gallego
11.28 Gloria Niec
11.28 Laura Fernandez
11.29 Irena Sirucek

HOW 3D MAMMOGRAMS BRING A NEW DIMENSION TO CANCER DETECTION

Submitted by AdventHealth



Traditionally, 2D or digital mammograms have been the best way for women to spot breast cancer early, when it's most treatable. But they have limitations.

A potential trouble spot could appear as just

that – a spot. The odds are that it's not a tumor, but it could be.

“On a 2D mammogram, you may see a zone of density and you can't be sure what it is,” says AdventHealth Radiologist Leena Kamat, MD.

So the patient has to return to the imaging center to get more images taken or undergo a biopsy. In the medical world, this is called a “callback,” and for patients it's a has-

(Continued on pg. 14)

(Continued on pg. 14)

sle and likely a significant source of worry.

But if the radiologist could have looked around the spot – beneath and above it – she could have seen whether it’s a harmless clump of fat or a dangerous tumor. Now, she can.

It’s called 3D mammography, or breast tomosynthesis (commonly just “tomo”).

“Tomo allows you to scroll through multiple levels and see if it’s just regular tissue or a potential tumor,” Dr. Kamat says.

It also allows radiologists to find small tumors that could be hiding in denser areas of the breast. These areas appear as white spots on mammograms and can sometimes block our view of tumors, which can be disguised as white spots.

“Tomo gives you that ability to look through the tissue and be able to catch something that would’ve been obscured,” Dr. Kamat said.

How 3D Mammography Helps Women With Dense Breasts

A woman’s breasts are composed of several kinds of tissues, including fat, milk ducts and sup-

portive tissues. Different women have different amounts of each, and they change over time.

A woman who has more dense tissue than fatty tissue is said to have “dense breasts.”

Having dense breasts is common – about four in 10 women have them. Younger women are more likely to have dense breasts. It’s perfectly normal, not a disease, but having dense breasts does put a woman at higher risk of cancer.

“Women with dense breasts get the greatest benefit from 3D mammography,” Dr. Kamat says.

Traditional, 2D mammography has limitations for women with dense breasts because dense tissue appears as white on its images. In 3D mammography, the radiologist can get a better idea of what these spots truly are by looking above and below them.

If you’re not sure whether you have dense breasts, take a look at your mammogram results. The state of Florida requires patients to be notified about what dense breasts mean for them.

Why the Best Mammography Matters

For a woman, finding a small tumor in a regular screening mammogram is often a moment of profound fear. But seen at a further distance, it’s a victory. A small tumor that hasn’t spread is more than treatable. Usually, it’s curable.

“Finding a tumor when it’s small is the goal of screening and it affords a person the best chances,” Dr. Kamat says. “I think 3D mammography is the way of the future.”

Evidence continues to show 3D mammograms are better at finding cancer. An October 2018 study that tracked 15,000 women over five years found 3D mammography detected 30 percent more cancers than traditional mammography.

To learn more about getting your mammogram or to schedule an appointment, visit ScheduleYourMammo.com

THRIVING IN PLACE HITS A HOLE IN ONE WITH KNIGHTS OF COLUMBUS SUPPORT!

By Rachel McIntee

On April 13, 2019, the Knights of Columbus Corpus Christi Council 14132 hosted their 12th annual golf tournament at The Legends at Orange Lake Resort. The organization spent countless hours preparing for the tournament and their hard work has not gone unnoticed. They raised \$13,000 from this year's tournament to donate to local charities.

The Knights of Columbus Corpus Christi Council 14132 are a brotherhood of Catholic

gentlemen whose mission is to serve Church, pastor, and the local community. Their precepts are charity, unity, fraternity, and patriotism. Gary Smith said, "The motto we live by is "In service to one for service to all."

Living through their motto, over the past 12 years, they have raised over \$80,000 to support local



non-profits. The Celebration Foundation's Thriving In Place program was one of the recipients of a donation from the monies raised by the council. Additional organizations include but are not limited to: Help Now, Meals on Wheels, Bishop Grady Villas,

(Continued on pg.

Special Olympics, and St. Vincent De Paul.

When asked why Thriving In Place was chosen as one of their charities, Gary Smith said, "It is vital to enable maturing, aging seniors to stay in their homes." Gary touches on the heart and purpose of our Thriving In Place program. Thank you to the Knights of



Columbus Corpus Christi Council 14132 for your support this year and in years past.

Thriving In Place is a community-based membership program under the umbrella of the Celebration Foundation. Our members

are Celebration residents who are at least 55 years of age, or a person with a disability of any age, who want to stay in their own homes and lead a healthy, safe, independent and productive life. For ques-

tions regarding Thriving In Place, please call Rachel McIntee at 407-572-9850, e-mail Thriving@celebrationfoundation.org, or visit the office at 690 Celebration Avenue.



NEWSIES: A SHOW STOPPING EXPERIENCE

By Evelyn Grosso

Our August excursion with Thriving In Place was a memorable and uplifting day! On Sunday, August 4, 2019, our Thriving In Place members set out to see Newsies at Osceola Arts. Upon arriving, we were escorted into a private room where we enjoyed a delicious and leisurely lunch, which included pulled pork, baked beans, and macaroni salad from Big John's Rockin' BBQ, that Rachel arranged for us. After lunch,

we entered the theater and were immersed into the musical story, which is loosely based on the real-life New York City Newsboys Strike of 1899 and is an inspiring musical story of a band of young impoverished "newsies" banding together to take on the most powerful men in New York.

The show's optimism and physicality made it a hit on Broadway. It received eight Tony Award nominations and was a winner of two 2012 Tony Awards for Best Score and Best Choreography! We enjoyed the acting and singing very much, but the amazing SHOW-STOPPING choreography was an explosion of song and

(Continued on pg. 30)





bration Foundation. Our members are Celebration residents who are at least 55 years of age, or a person with a disability of any age, who want to stay in their own homes and lead a healthy, safe, independent and productive life.

For questions regarding Thriving In Place, please call Rachel McIntee at 407-572-9850, e-mail Thriving@celebration-foundation.org, or visit the office at 690 Celebration Avenue.

dance, mingling acrobatics, tap and ballet, and it's difficult to believe that these kids were not "professionals." The dancers work on a volunteer basis through Osceola Arts!

To top off our afternoon, Rachel arranged for us to step ON STAGE and

mingle with these talented performers. We had a photo of us taken with the cast! Thanks to Rachel for planning this interesting and enjoyable afternoon!

Thriving In Place is a community-based membership program under the umbrella of the Cele-



GIVING TREE



Celebration Foundation Thriving In Place

Seedlings: \$100

Sponsor Decal and have sponsored a Lunch & Learn.

Bill Connelly
David and Sarah Harris**
Franklin Investments through Art and
Beth Ramos**
Vivian Lai Chin **

Roots: \$250

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

Paul and Val Collins**
NeJame Psychological Services, LLC
Kathy Gorman**
GBU through Catherine Sherman &
Thomas Varacke
Celebration Foot and Ankle Institute

Trunk: \$500

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

Scott and Mary Pat Rosenthal
Celebration Garden Club
Michele and Charles Murray
Toho Water Authority
Experience Kissimmee
Lee Foundation
Susan De Nardis
Kissimmee Utility Authority
AdventHealth Care Center
Heritage Investment Group

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.

Branch: \$1000

Connie Ku and Nancy Ku
Sakaske Family
Paul and Mary Ann Kinser
Rotary Club of Celebration
Cantanna Family Trust
Johnson & Johnson through Robin Keen
AmeriLife
BrightStar Care
Sage Park Assisted Living and Memory Care
Disney Volunteers Ears to You through
Art and Beth Ramos**
Chaos to Order through Steph Garber

Crown: \$2500

Don and Kathy Gordy
AdventHealth Celebration

Tree of Life: \$3500+

Celebration Marathon**
Merrill Gardens at Champions Gate**

**Donation exceeded the designated amount

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.celebration-foundation.org and locate the Thriving in Place webpage to donate directly.

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.



Since 1971, AmeriLife has been helping seniors navigate the journey of retirement.

As a proud sponsor of the Celebration Foundation, we are pleased to offer resources ranging from Medicare planning to Nest Egg protection.

Beltran "Tronny" Gamboa
Independent Representative



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Assisted Living Facility #13241



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at Merrill Gardens

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Merrill Gardens is proud to support *Celebration Foundation's Thriving in Place.*



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MARGARITAS, LOBSTER QUESADILLAS, DÉCOR, AND THRIVING FRIENDS

What do margaritas, lobster quesadillas, décor, and Thriving friends all have in common?! Margarita Monday is the correct response. We had a thriving evening on Monday, July 29, 2019 with delicious food sponsored by Boston Lobster Feast, exciting door prizes, a silent auction, and laughter amongst the crowd of Thriving In Place mem-



bers, sponsors, and volunteers.

The menu included items such as lobster quesadillas, London broil sliders, and shrimp salad. We raised over \$1,000 to help support Celebration Foundation's Thriving In Place program. Raffle and silent auction items included certificates to dine at Boston Lobster Feast, a Gatorland Orlando gift basket, Dave and

Buster passes, and much more.

Diane Anderson, Boston Lobster Feast Marketing Manager said, "Margarita Monday was marvelous! I was asked so many questions about the food items we served and about the restaurant. The room was full of smiles and laughter. I felt this was a great way to get to know the Thriving In Place members and to introduce our feast to them! I look forward to Martini Monday and seeing our new friends at Boston Lobster Feast!"

It is important to find

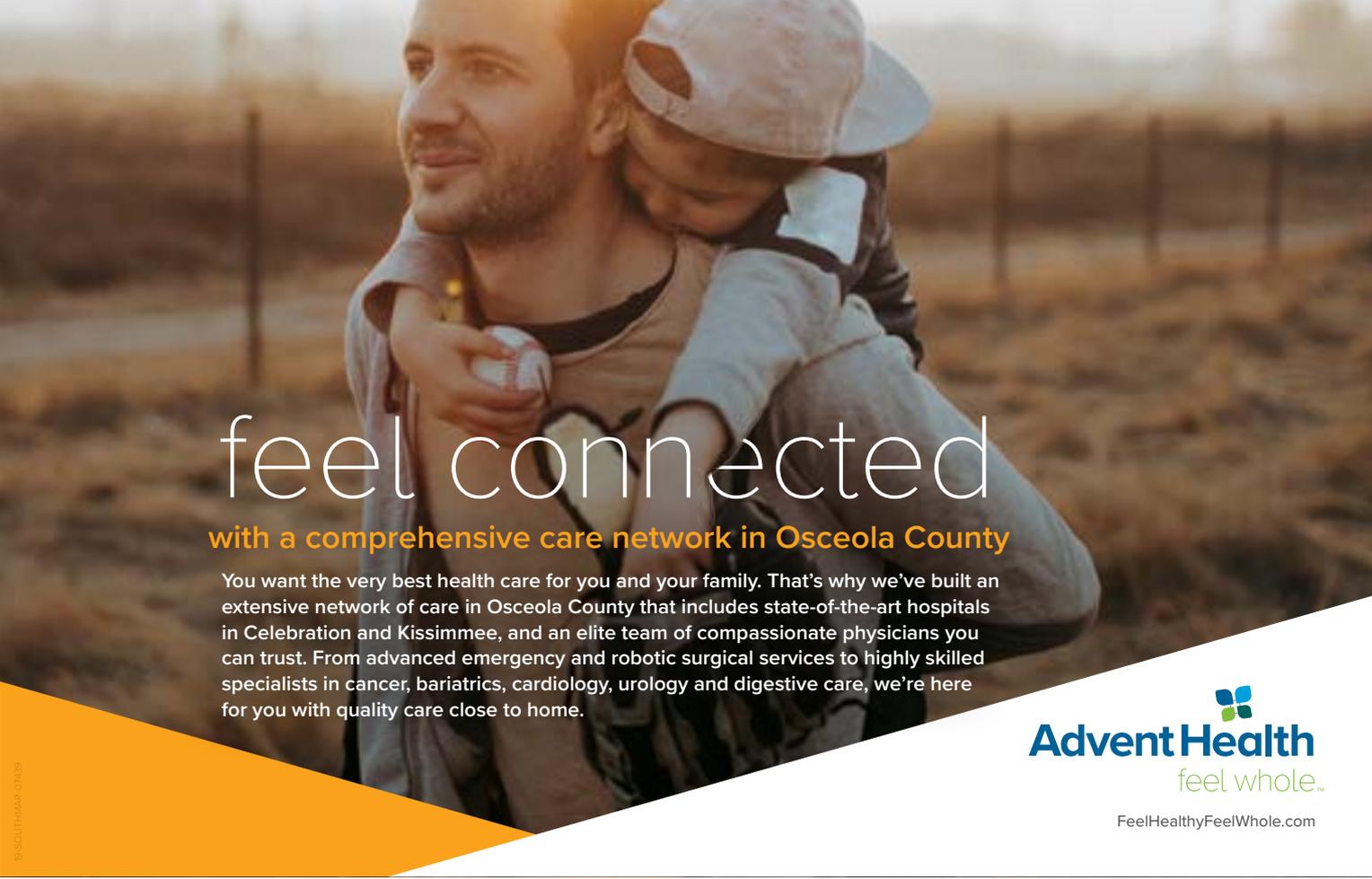


ways to partner with businesses within Osceola County to give our members a memorable experience. It was great working with Boston Lobster Feast, and they put together a beautiful spread for our fun After Hours event. We are looking forward to additional events in the future.



Thriving In Place is a community-based membership program under the umbrella of the Celebration Foundation. Our members are Celebration residents who are at least 55 years of age, or a person with a disability of any age, who want to stay in their own homes and lead a healthy, safe, independent and productive life. For questions regarding Thriving In Place, please call Rachel McIntee at 407-572-9850, e-mail Thriving@celebrationfoundation.org, or visit the office at 690 Celebration Avenue.





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You want the very best health care for you and your family. That's why we've built an extensive network of care in Osceola County that includes state-of-the-art hospitals in Celebration and Kissimmee, and an elite team of compassionate physicians you can trust. From advanced emergency and robotic surgical services to highly skilled specialists in cancer, bariatrics, cardiology, urology and digestive care, we're here for you with quality care close to home.


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THRIVING IN PLACE INTERN

My name is Dayna DiMartino and I am originally from Long Island, NY in a town called Jamesport. I graduated from Sacred Heart University located in Fairfield, CT with a bachelor's degree in sociology and a minor in criminal justice. I currently am working on my master's degree in social work from Sacred Heart University through their online program. I look forward to collaborating with the Celebration Foundation to ensure that Thriving In Place members are getting the most out of their membership. We hope to create and execute new activities for the members to enjoy, such as arts activities, as well as educational workshops, expanding such topics as home safety and hurricane safety plans. I am truly enjoying my internship so far and getting to know the members. When I am not working at Thriving or doing school work, I enjoy cooking, yoga, reading, and spending time with family and friends.



Thriving In Place since October 15, 2015



Membership Age 70+

75.5%



Number of Transports to the Celebration Medical Community

327



Volunteers hours served

8,365



Total Service Requests Completed

2,025



Number of Members Enjoying Social Excursions out of Celebration

473



Total Volunteers

61



Number of Lunch Bunches and Mini-Lunch'N'Leans

252



Number of Transports for Socialization

1,011



Thrive Members and Celebration residents attending social activities

10,358



Total Members Served

182



Dollar Value of Volunteer Hours

\$175,665

June 30, 2019



Celebration Foundation
Thriving In Place

610 Sycamore St., • Suite 110 • Celebration, FL 34747



Celebration Foundation

Thriving In Place

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

407-572-9850
THRIVING@CELEBRATIONFOUNDATION.ORG

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.

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.

