

THRIVING

#25

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

March 2020 - Issue #25

Meet Our New Executive Director	03
Volunteer Driver Search	04
A Challenge to Feel Whole	05
Birthdays	07
January Birthday Bonanza	08
A Birthday Celebration to Remember	09
A Trick for Cleaning Your Closet in 2020	10
Helping Students Learn Without Hunger	11
Marching with the Celebration Foundation	12
January Coffee on the Corner	13
Christmas 2019	14
"Really Big Screen"	17
Monday Lunch with the GymGuyz	18
Getting Rid Of Cellphones	19
November Lunches	20
December Lunches	22
Lunch in Celebration Tea Room	24
Giving Tree	25
Advertisements	26
Thriving In Place Intern	28
Thriving By The Numbers	29

INTERESTED IN JOINING OR VOLUNTEERING?

Contact the Thriving In Place Office:

407-572-9850

Thriving@CelebrationFoundation.org

Member Count: 94

Volunteer Count: 67

MEET OUR NEW EXECUTIVE DIRECTOR

As President of the Celebration Foundation, I would like to introduce our new Executive Director, Kathleen Sipio. Kathleen has been a Celebration resident since 2009 with her daughter, Jacqueline. She has been a dedicated volunteer throughout the community and part of the Foundation family on the Holiday Home Tour committee for several years. Kathleen has said that she has interviewed for her dream job as Executive Director of the Celebration Foundation for more than a decade! Previously, Kathleen worked in Development for Boys & Girls Clubs of Central Florida and Canine Companions for Independence.

You may have seen her at the front desk at Celebration K8 school, as PTA President or on the town's tennis courts as an official Celebration Racquette. Kathleen brings her passion for community service, servant leadership style and commitment to excellence for our programs to her new role. Kathleen has been working for the Celebration Foundation since her first day last October. She hit the ground running and stepped up to participate in every event Founder's Day weekend on behalf of the Foundation.

Kathleen learned how to cook, clean and volunteer from her mother. Her family was always giving the "gift of time" in her hometown of Ocean City, New Jersey. Her first job was scooping ice cream on the boardwalk! You will meet Kathleen's daughter volunteering



for the Foundation at the Concert Series events as part of the Fire Squad. Kathleen spends most of her free time being Jacqueline's Uber or Jacqueline's Uber Eats. She also drives Jacqueline to participate in the Florida Youth Symphony Orchestra every Sunday. Her daughter picked up the flute in 5th grade and has not put it down since! Jacqueline attends Celebration High School.

Kathleen's firsthand knowledge of the Celebration Foundation's programs: Thriving In Place, Learning without Hunger, WINGS, Celebration Lifelong, Concert Series, New Urbanism and Scholarships is her greatest strength. She has seen the positive impact that the Celebration Foundation has made in our town.

Stop in the Foundation office, call or email Kathleen to welcome her and see how the Foundation makes a difference every day in the community where we live, work, learn and play. She can be reached at 407-566-1234 or kathleen.sipio@celebrationfoundation.org

The Celebration Foundation office is located at 610 Sycamore Street Unit #110.



Celebration Foundation

Thriving In Place

THRIVING IN PLACE IS LOOKING FOR VOLUNTEER DRIVERS!

What is Thriving In Place? 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.

Why do Thriving In Place members need transportation?
Many of our members no longer drive, so our members need transportation to get where they need to go! We often don't realize the variety of places we travel to daily when we drive. Some of the most common destinations for our members include the doctor's office, grocery store, pharmacy, post office, and Thriving in Place.

Why we need volunteers: To provide safe, reliable, affordable transportation to our Thriving In Place members. Transportation enables seniors to stop driving, promotes socialization, and allows members to remain in our community.

What volunteer drivers do? All

transportation requests are handled through the Thriving in Place program. Volunteer drivers transport our members to their requested destination. All destinations are local, within Celebration.

How can I become a volunteer driver? If you are interested in truly making a difference in the lives of your neighbors and supporting your community, here is your opportunity! You will certainly meet some new neighbors along the way!

To become a volunteer driver, please contact Becky Varley at (407) 572-9850, or Volunteers@celebrationfoundation.org.



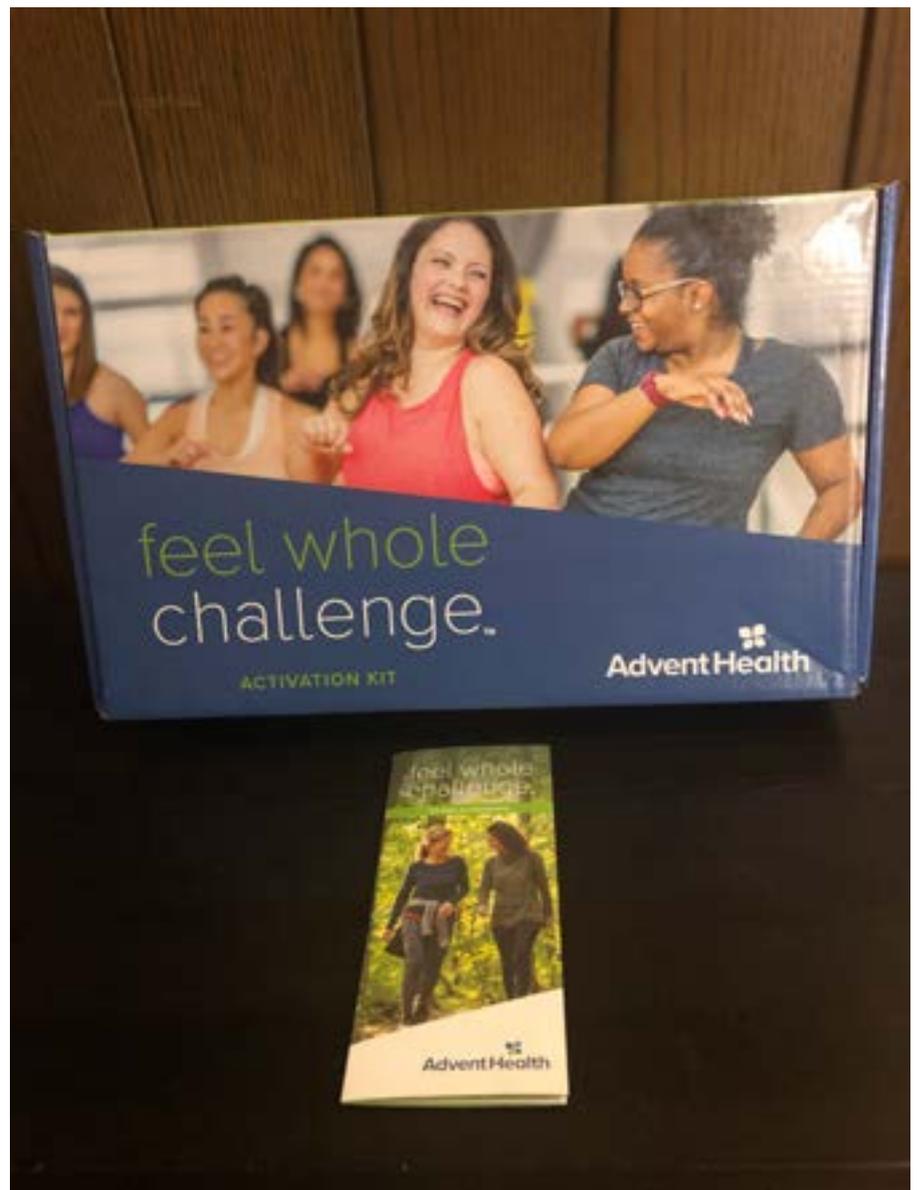
A CHALLENGE TO FEEL WHOLE FROM ADVENT HEALTH

By Joy Payne

Here are some ideas to boost your whole health - mind, body, and spirit - each day.

With every new season comes new possibilities, including a promise to ourselves that we will work to be better than we were. The goals we set tend to fall around improving our health and wellness. Whether you would like to achieve fitness goals towards weight loss or eat healthier foods on a daily basis, the answer to feeling whole might be simpler than you think.

In fact, great strides in self-improvement can be made when you take small steps daily that can guide you to a healthier, happier version of yourself. AdventHealth is not only dedicated to helping you succeed at your individual goals, but also to help you discover what makes you truly feel whole.



(Continued on pg. 6)

MIND

Your Mind Has Power to Change

1. Re-channel your negativity.

Reframe your situation and change up your internal dialogue to be more positive. Then do one thing immediately to make your current situation more positive. Stressed at work? Focus on how fortunate you feel to have a job you care about enough to feel frazzled, and then cross one thing off your to-do list to lighten the load.

2. Push your comfort zone.

Life is built on extraordinary experiences, and today is your chance to have one. Do something outside of your ordinary routine to feel the rush that comes with trying something new.

3. Learning something new.

Today is the day to broaden your knowledge and to have fun doing it. Visit a local museum, enroll in an online class, watch a video on a topic that interests you, or read a book on a subject you want to learn more about.

BODY

We Live In One of the Greatest Areas to Get Up and Get Moving Towards a Better You

1. Move your body.

Dupont State Forest, Graveyard Fields and the waterfalls of Transylvania County are among the top places to hike and explore in Western North Carolina. Whether you are on foot, bike or canoe, take advantage of the beautiful nature around you.

2. Try a new fruit or veggie.

Not only are they jam-packed with vitamins, minerals, and fiber, fruits and veggies are a powerful way to naturally boost your health. Get adventurous and pick up a new one at the grocery store or the local farmer's market.

3. Floss your teeth.

Not only will it improve your oral hygiene, but flossing also benefits your whole body and can lower your risk of developing heart disease and diabetes.

SPIRIT

Nourish Your Spirit, And Your Body Will Follow

1. Do something that brings you joy.

Nourish your spirit by feeding it with a beautiful moment today. Watch a sunset. Enjoy nature. Sing your favorite song. Smile at a stranger. Do something that makes you smile.

2. Read an Inspirational book by a spiritual leader. Your spirit, like your body, needs regular nourishment to thrive. Find an inspirational book to read, based on what you find most inspiring at the moment.

3. Do everything you can to fill the world with love, laughter, and joy. Spread the happiness to loved ones and even strangers today. Maybe it's a random act of kindness, sending a card to a friend you haven't spoken to in a while, or donating items, food or money, to a local charity - whatever you choose, it will be met with gratitude.

We want to follow along with you on the journey, so don't forget to follow us on social media and use the hashtag #feelingwhole so we can celebrate with you. Here's to your success!

JANUARY BIRTHDAYS

01.08 Iris Cannata
01.11 William Connelly
01.19 Dale Lack
01.21 Barbara Bevacqua
01.24 Raphael Montanari
01.25 Marian Otto
01.25 David Arena
01.26 Judith Nelson
01.26 JoJo Cann
01.30 Mary Costello



FEBRUARY BIRTHDAYS

02.17 Pattie Fitzgibbons
02.20 Ann Fitzpatrick
02.20 Grover Wigglesworth
02.25 Susan DeNardis

MARCH BIRTHDAYS

03.05 Eileen Crawford
03.05 David Collins
03.09 Cheryl Rosenberg
03.10 John Fitzpatrick
03.10 David Berelsman
03.12 Bonnie Donahue
03.12 Kathy Gordy
03.13 Willian Boyle
03.14 Sue Wagoner
03.22 Brad Wagner

JANUARY BIRTHDAY BONANZA

It was a small, but festive gathering!

How special, celebrating birthday wishes with friends. Marian Otto was the birthday celebrity of the month! She chose a chocolate cupcake to celebrate, was showered with attention, and proceeded to win at several hands of rummy.

Thank you, Merrill Gardens for the sweet treats, a reminder to savor, celebrate, and treasure every year's birthday!

Shout Out to all January Birthdays - Thriving Members and Volunteers.



A THRIVING IN PLACE BIRTHDAY CELEBRATION TO REMEMBER

By Linda Ajello

On November 18, Thriving In Place members and volunteers gathered at the 690 building to celebrate the November birthdays. Merrill Gardens hosted the event with a gorgeous and tasty cake that was decorated with dinosaurs, a prehistoric landscape that was even complimented with frosting fossil bones. Megan Ajello had requested a cake that looked like “Land Before Time” and once again, Merrill Gardens listened and met the challenge of making Thriving In Place members feel special at the monthly Birthday Bonanza. Marge Hudec was celebrating a special birthday this month and told the attendees about her special plans with family and friends to celebrate. We sang Happy Birthday in both English and Spanish and enjoyed the delicious cake and were even treated to ice cream, too!

The best part of the Birthday Bonanza was making time to be with each other to celebrate birthdays before the busy holiday season. We thank Merrill Gardens for their generosity and for the time they have been dedicating to Thriving In Place. Don't forget to come down to 690 next month for the Birthday Bonanza!



START THE NEW YEAR WITH A TRICK TO HELP YOU DETERMINE WHAT CLOTHES IN YOUR CLOSET YOU CAN GET RID OF IN 2020.

Turn all the hangers in your closet BACKWARDS now. When you wear each item and then return it to your closet, turn the hangers back the normal way. That way you know it has been worn. If next January you see hangers still turned the wrong way, you will know those were never worn for a full year and it is time to donate, give away or if in very poor condition, ditch or make into rags.

See <https://www.facebook.com/FromChaosToOrder/videos/512197859516978/> for the video showing more detail.



Professional Organizer
From Chaos to Order
Serving the Celebration and Orlando areas
321-939-0775
steph@fromchaostorder.net

CELEBRATION FOUNDATION HELPS LOCAL STUDENTS LEARN WITHOUT HUNGER

By Clare Neel

As we head into the holiday season, I find myself thinking about all that I am thankful for in life. My family, friends, health and home all top my list. This year, I am grateful for the opportunity to volunteer my time and give back to my community.

A few weeks ago, I had the opportunity to volunteer for one of the Celebration Foundation's initiatives, Learning without Hunger. This program seeks to eliminate childhood hunger in Osceola County by providing elementary children with food bags during the school year. As a volunteer, I spent an afternoon at the K-8 school packing food bags for children to take home for the following holiday week. From the moment I arrived, it was clear that the other volunteers and I all wanted to make an impactful difference in the time we had. After some organizing and the creation of an assembly line, we were able to make almost 200 bags full of nutritious food in just a few short hours. It was a wonderful feeling



knowing that the food bags we made went directly to children sitting just outside our packing room in the cafeteria. I look forward to my next opportunity to pack food bags for Learning without Hunger!

MARCHING ALONG WITH THE CELEBRATION FOUNDATION

By Carmen Palma

The Celebration Foundation and the community took part in the Veterans Day Parade. It was a beautiful day. All the participants and spectators could show their respect and gratitude to all veterans for their never-forgotten service.

The gathering was a small token of appreciation to all the veterans who ensure our freedom. We let them know that we do not take them for granted. The combined parade and Founder's Day ceremony brings the Celebration community together, allows us to see old friends, make new ones, and make a stronger connection to this unique town.

The Celebration Foundation is proud to be part of the community and get involved in celebratory events. It's a great feeling to help others while being a volunteer for Thriving in Place and the Foundation.



JANUARY COFFEE ON THE CORNER

The Ajello family kicked off the 2020 “Coffee on the Corner” with LOVE. Dan, Linda, and Megan Ajello brought a delicious assortment of morning snacks (cookies, croissants, candies, and more) for everyone to enjoy. Megan thoughtfully prepared card kits, allowing us to create valentines for those we love. After Megan explained the process, we each picked a theme and started the creative process. The project to make a “semi-homemade” valentine for that someone special in our lives was easy, fun and satisfying. Shout out to the Ajello’s - Thank you, oh what fun it was.



GETTING RID OF CELL PHONES

Getting rid of things you no longer need or use is one of the very best ways to stay organized. Since the average cell phone user gets a new one every 18 months, there are a lot of phones out there sitting in homes not getting used.



You can sell or donate your phone. To sell, eBay or <https://us.ecoatm.com/Home> are both options. With the second option, you actually take it to one of their easy to use kiosk locations in Orlando to drop it off. Or, to give to a charity! Consider our soldiers at <http://www.cellphonesforsoldiers.com> or another option is Hope Phones at <https://medicmobile.org/phone-donations>. Be sure to give all the cords, earbuds and instruction booklet if you have those UNLESS they request you not send those. Be sure ALL personal data is removed whether you are selling or donating your phone.

Now, doesn't that feel better getting rid of something simply taking up space?!

Professional Organizer
From Chaos to Order
Serving the Celebration and Orlando areas
321-939-0775
steph@fromchaostoorder.net

CHRISTMAS 2019

December 20, 2019

Thriving In Place Holiday Celebration Lunch. Our members enjoyed a holiday meal from Bob Evans, kindly sponsored by the Jacksons, as well as a wonderful musical performance by "Vintage," a group from Central Florida Community Arts.



Christmas 2019 Cont.



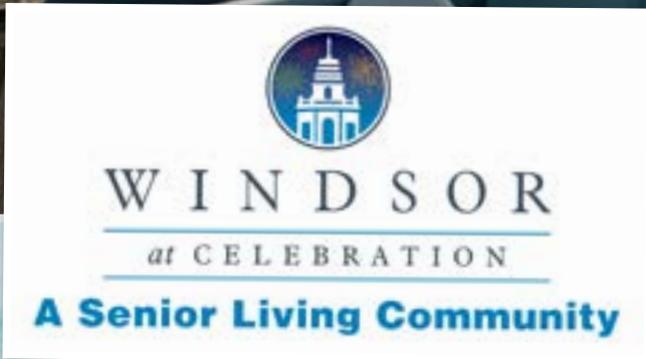
Christmas 2019 Cont.



"REALLY BIG SCREEN"

FEB
3

Reminiscent of the past - sitting in an oversized, comfy chair, watching a movie on the big screen with friends, eating popcorn and sipping on a drink. Thriving members enjoyed that and more ... freshly baked cookies! It was January, Movie Monday at Windsor of Celebration. The movie selected was a comedy: Murder Mystery starring Adam Sandler and Jennifer Aniston who scramble to solve a baffling murder aboard a billionaire's yacht.



First Monday of every month - Hope you are able to join us, Monday, February 3.

MONDAY LUNCH WITH THE GYMGUYZ

Members enjoyed lunch sponsored by the GymGuyz followed by a demonstration of what to expect from the #1 in Home Personal Training Company. They had audience participants conversationally engaged. We were also demonstrating equipment - air-rope exercises, thank you Linda Ajello - you are high stepping and looking good!



Last, but not least the winner of the autographed picture MLB Catcher Eddie Taubensee was Corrine Saskaske! Look at her giggle!

NOVEMBER LUNCHESES

November 8, 2019 - Advent Healthcare Center hosted our weekly Friday lunch.

NOV
8



November 15, 2019 - Brightstar hosted our lunch.



NOV
15

NOVEMBER LUNCHEES

Continued

November 18, 2019 - Thriving In Place Birthday Bonanza, sponsored by Merrill Gardens at Champion's Gate, to celebrate our November birthdays. For the month of November, Merrill Gardens kindly brought a delicious dinosaur-themed cake.

NOV
18



November 15, 2019 - Our monthly social event, Sundaes on Monday, kindly sponsored by Celia McFadden. Several of our members enjoyed creating and eating sundaes.

NOV
25



DECEMBER LUNCHESES

DEC
6

Merrill Gardens at Champions Gate hosted our weekly Friday Lunch with Friends. We had a wonderful lunch followed by a tour of the building and making gingerbread houses we could take home.



**DEC
6**

Continued from
previous page



A LOVELY AFTERNOON LUNCH IN CELEBRATION TEA ROOM

Once again, our adventurous and fun-loving members of Thriving in Place were invited to a unique experience on Thursday, January 23, 2020 at noon in our lovely Celebration Tea Room. It is truly a beautiful restaurant serving great food and wonderful teas in a Victorian atmosphere.

We were seated at two adjoining tables, in a lovely private area which transports you “into the woods” with the Cheshire cat and other whimsical décor and were able to enjoy the quaint atmosphere and each other's company while having a delicious lunch in a low-key atmosphere. Becky and Kathleen were our leaders in planning this lovely afternoon.

Favorites in the restaurant are the 3 tier selections, one of which is called

“The Mad Hatter” special which consists of:

- A pot of tea
- Cup of soup
- Assortment of shaved imported and domestic cheeses with fresh fruit and honey
- Four assorted tea sandwiches
- Scone and pastry with whipped butter, honey, jam
- Premium dessert

However, the menu is diversified, and they offered daily house specialty soups and entrees including cottage pie, quiche, and strawberry stuffed French toast, Cuban sliders, cheese-burger wraps with a special house sauce and salmon Wellington among others.

We all agreed that this was a great excursion and look forward to future trips with our friends. Thanks Kathleen and Becky!!



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



AMERILIFE®

8681 W Irlo Bronson Memorial Hwy
Suite 129
Kissimmee, FL 34747
(407) 778-1557

C05241904

Not affiliated with the U.S. government or federal Medicare program.



BrightStar Care®
HOME CARE | MEDICAL STAFFING
A Higher Standard



A higher standard of care at home.

- Companion, personal & skilled care
- Alzheimer's & dementia care
- Specialize in pre- and post-op care
- Fully screened, bonded & insured

Call for your free in-home assessment.

877-286-4051

brightstarcare.com

HHA#299994018

©BrightStar Care Independently Owned and Operated



SAGE PARK
ASSISTED LIVING AND MEMORY CARE

ASSISTED LIVING FROM \$3800 MONTHLY
MEMORY CARE PEACE OF MIND
PRICING FROM \$5200 MONTHLY

Sage Park welcomes seniors seeking assisted living or memory care services by providing casual accommodations, quality care, and a vibrant lifestyle.

Select your apartment style and location today!
Call Kevin Trout at 407-900-2840.

1701 Ball Park Rd., Kissimmee, FL 34741
Assisted Living Facility #13241



Enjoy More

at Merrill Gardens

Our residents have built a great life doing things they love — pursuing hobbies, passions and cultural experiences.

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



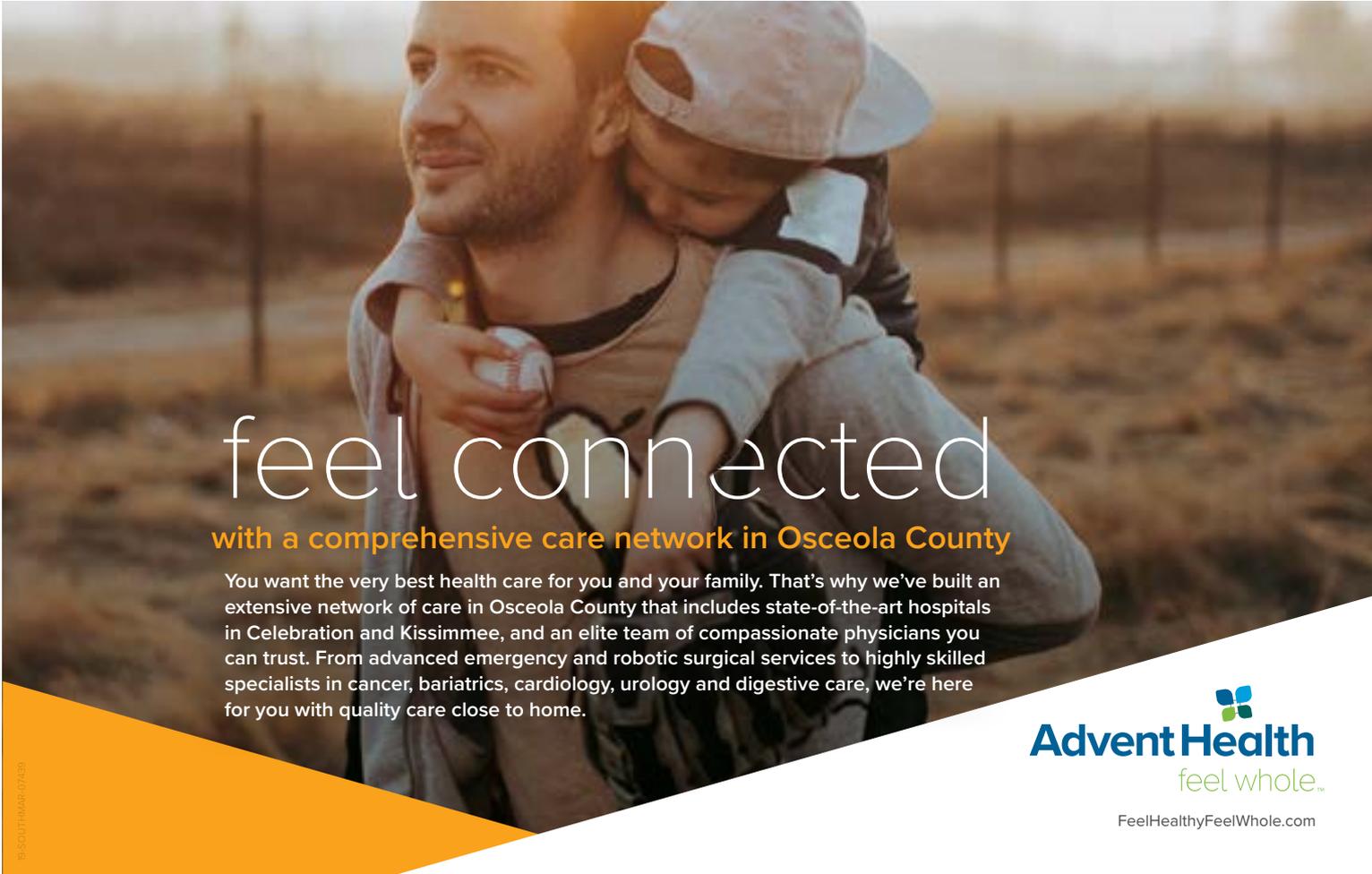
Call today to schedule your personal visit!

(863) 438-3496

8400 ChampionsGate Blvd, ChampionsGate, FL 33896



Retirement Living • Assisted Living • Memory Care • merrillgardens.com



feel connected

with a comprehensive care network in Osceola County

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.


Advent Health
feel whole™

FeelHealthyFeelWhole.com

THRIVING IN PLACE FACTS & FIGURES

Member Count: 94

Volunteer Count: 67

Service Requests completed by volunteers this Fiscal Year: 78
(Fiscal Year runs October 1 through September 30)

If you know of anyone interested in joining Thriving In Place or becoming a volunteer, please have him or her contact the Thriving In Place office at (407) 572-9850.



Celebration 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.

