



Celebration Foundation
Thriving In Place

FRIENDS OF THRIVING – THE CONCEPT

Thriving In Place, a Celebration Foundation program, addresses basic, fundamental needs that are both intuitive and scientifically established. Socialization is one of the critical pillars of independent living and on-going vitality.

***Friends of Thriving** are enthusiastic supporters of the Thriving In Place program who receive recognition for the special role that they play in facilitating the program.*

The newly established **Friends of Thriving** is an element of the program that provides equally important benefits to those who choose to participate. An added sense of purpose and contributing to the wellbeing of others brings benefits to the giver, as well as the receiver.

Benefits of Thriving In Place

“To say that human beings require warm relationships is no touchy-feely idea. **It is a hard fact. Scientific studies have told us** again and again: human beings need nutrition, we need exercise, we need purpose, and ***we need each other.***” (Waldinger and Schulz, 2023, p. 29, emphasis added)

“More than twenty years after this analysis of five studies, another much larger study cemented the connection between relationships and risk of mortality. Julianne Holt-Lundstad and her colleagues looked at **148 studies** conducted in countries all over the world (Canada, Denmark, Germany, China, Japan, Israel, and others) with a combined total of **more than 300,000 participants...social connection increased the likelihood of surviving in any given year by more than 50 percent.**” (Waldinger and Schulz, 2023, p. 47, emphasis added)

For the Friends of Thriving

“When we retire, it can be a challenge to find new sources of **meaning and purpose** but doing so is crucial. Those who fare the best in retirement find ways to replace the social connections that sustained them for so long at work with new “mates.” ...When that sense of mattering is gone, we have to find **new ways to matter to others. New ways to be part of something bigger than us.**” (Waldinger and Schulz, 2023, pp. 242 and 243, emphasis added)

“Findings suggest that **individuals who cultivate satisfying and successful engagement** with their careers, intimate relationships, **and then invest in the nurturance of others in midlife**, may in fact be setting the stage for **better emotional and cognitive health in old age.**” (Malone, et al., pp. 496-508, emphasis added)

REFERENCES

Robert Waldinger, M.D. and Marc Schulz, Ph.D., *The Good Life: Lessons from the World's Longest Scientific Study on Happiness*, Simon & Schuster, New York, NY, 2023.

Malone, J. C., Liu, S. R., Vaillant, G. E., Rentz, D. M., & Waldinger, R. J. “Midlife Eriksonian Psychosocial Development: Setting the Stage for Late-life Cognitive and Emotional Health Developmental *Psychology*, 2016 March, 52(3), 496-508.



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FRIENDS OF THRIVING SPECIFICS

Friends of Thriving Newsletter

A semiannual rundown on the members' socialization in all its forms, participation in the physical wellness activities, and services provided - designed especially for Friends of Thriving.

Thriving in Place Newsletter

The weekly announcement of all upcoming Thriving In Place events.

Invitations to the Weekly TIP Lunches

Complimentary Friday lunches with the Thriving In Place members (Lunch Bunch), often with special speakers on various wellness topics. **RSVP required.**

Invitation to the Annual Volunteer Appreciation Event

Including volunteers in all aspects of the activities of the Celebration Foundation.

Special Recognition as Friends of Thriving

- a. Name included on the Recognition Wall at Johnson Hall (690 Celebration Avenue).
- b. Designated ribbon identification at all Celebration Foundation events.
- c. Donor recognition is included on Thriving In Place weekly communication listed alphabetically.
- d. Annual gathering of all Friends of Thriving.

HOW DO I BECOME A FRIEND OF THRIVING?

- Contribute annually to Thriving in Place:
 - \$750 for an individual
 - \$750 for an enterprise with less than 100 associates or staff members
 - \$1,500 for an enterprise with 100 or more associates or staff members
 - Other Amount: \$ _____

Name: _____

Organization: _____

Recognition Name: _____

Address: _____

Phone Number: _____

Email Address: _____

- Become an ambassador of Thriving in Place with your friends and associates.