The Park Press



MARCH 2022

~ Positive news that matters ~

Winter Park | Baldwin Park | College Park | Audubon Park | Maitland







For updated news, events and more, visit www.TheParkPress.com

Smile Mile Running Festival For Kids Is Back!



On Saturday, March 26, nearly 2,000 smiling kids from public, private, and home school communities will return to Baldwin Park for the 38th annual Smile Mile presented by Barney Butter.

This year's Smile Mile, a kids-only running festival, will be held in person once again. Track Shack is thrilled to welcome Barney Butter as the presenting sponsor.

Fun, fitness, and high fives are a few reasons kids look forward to Smile Mile each year. Running robot-themed t-shirts, medals, and school spirit awards are motivating factors for coaches, parents, teachers, and school administrators who encourage their school population to train and participate.

"We're thrilled to have Smile Mile back," says Betsy Hughes, co-owner of Track Shack, a local specialty running and walking store in Orlando. "Kids will love the opportunity to run together with friends and enjoy the familyfriendly activities."

One school from each county with the most participants (25+) wins the Coach "Sly" Johnson Award which provides a plaque and a \$500 Track Shack Youth Foundation grant for a school's physical education program. This award is in honor of Coach Johnson, who coached at an Osceola County elementary school.

"We encourage students to participate in the Smile Mile because it is a great event that gives students a taste of running in a fun environment with others their own age. There is a spirit of friendly competition, but the overall goal is to get excited about the challenge of running a whole mile," says Randi Topps, PE teacher at Brookshire Elementary School.

Here's how to get kids excited about Smile Mile:

- Gear up by getting kids fit for running shoes at Track Shack
- Download a free training guide to help kids build endurance
- Train together as a family

An estimated 2,000 runners will participate in the Smile Mile event at Baldwin Park. For details go to TrackShack.com/SmileMile. Photo courtesy of Track Shack.

Proceeds benefit the Track Shack Youth Foundation, a 501 © (3) organization whose mission is to promote lifelong health and fitness emphasizing youth and running



programs in our Central Florida community.

Dedicated sponsors make the Smile Mile fun and encourage children and families to enjoy a healthy lifestyle. Sincere thanks to Barney Butter, Florida Dairy Farmers, AdventHealth for Children, Publix, and the Track Shack Youth Foundation.

For more information, run to TrackShack. com/SmileMile.

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INSIDE THE PARK PRESS

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Publisher's Message



Please allow me to take you back to a moment in time. Perhaps a time prior to many of us being born. A time when minimum wage was \$1.00/hour, a gallon of gas cost 25 cents, a loaf of bread cost 22 cents, the average cost of a new car was \$2,600 and the average

cost of a new home was \$12,700. President Eisenhower occupied the White House, Staff Sargent Elvis Presley was honorably discharged from his military service, Ian Fleming and future president John F. Kennedy humorously discussed over dinner how James Bond would get rid of Fidel Castro, and the first Winter Park Sidewalk Art Festival was held. Yes, this all took place in March of 1960.

Sixty-two years ago a handful of local art enthusiasts organized the first Winter Park

Sidewalk Art Festival as a community project in hopes of benefitting local artists by showcasing them along with their original works. With just three weeks of advertising, the first festival had 90 exhibiting artists.

Now fast forward over those 62 years, and the humble event that they started has grown to become one of the oldest, largest, and most prestigious juried outdoor art festivals in the nation. During the '70s the show grew to over 600 exhibiting artists, but it was eventually decided that the festival needed to be contained within Central Park, limiting the number of participating artists to 225. This year nearly 1,100 artists from around the world applied for entry for one of those coveted 225 spots.

For more information regarding this year's festival, please visit www.wpsaf.org/.

As always, thank you for reading The Park Press, and we look forward to the great things to come.

Rick Rick Cable Founder/Owner



The Winter Park Sidewalk Art Festival returns on March 18-20, 2022 in Central Park along Park Avenue.

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WE THANK THEM FOR SUPPORTING US AND ASK THAT YOU PLEASE KINDLY GIVE THEIR PRODUCTS OR SERVICES **CONSIDERATION FOR** YOUR BUSINESS.



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SPRING at the MORSE

The Morse Museum provides numerous opportunities to view the collection, including Louis Comfort Tiffany's chapel interior from the 1893 Chicago world's fair, at no charge during the spring season. Visit the Museum online for activities and more information.



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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



One of the best things about Orlando, especially in the spring, is that there are always fun ways to spend time with family and friends, enjoying the many amenities of our community. Our City Beautiful has something happening for everyone.

On Sunday, March 13th, enjoy the College Park Neighborhood Association's annual Sunday in the Park beginning at 11:30 a.m. This event, brought to you entirely by neighborhood volunteers, will take place at Dartmouth Park and admission is free. Check out www.mycpna.org for more information about this wonderful community tradition.

It's also time for the popular Leu Gardens' Annual Plant Sale, taking place on March 12th and 13th. Admission to the gardens is free both days. Don't forget to bring a wagon or cart to help you get all of your plants your car! This sale is a great way to visit this wonderful City amenity, support local vendors, and beautify your yard at the same time. For more information, go to leugardens.org.

The Central Florida fair is back, and it is running through March 13th. You have two weekends to enjoy the great activities. Check out centralfloridafair.com for details.

Have you ever wondered how to get more involved in your community? Well, look no further. On Saturday, April 2nd, join our city leaders and supervisory staff for a great day of networking and community building. The event will take place at the Loews Royal Pacific Hotel at Universal from 7:00 a.m. until 3:00 p.m. The day provides many great workshops, seminars, and fellowship opportunities. Visit orlando.gov for information on how to sign up and get more detailed information about what is planned.

If you can't get away for Spring Break, there

are many great camps right here in Orlando that provide

fun activities for school-aged children. The Orlando Science Center, The Orlando Repertory Theater, and the Orlando Museum of Art all offer camps where kids can learn about science, theater, or the arts while having a good time.

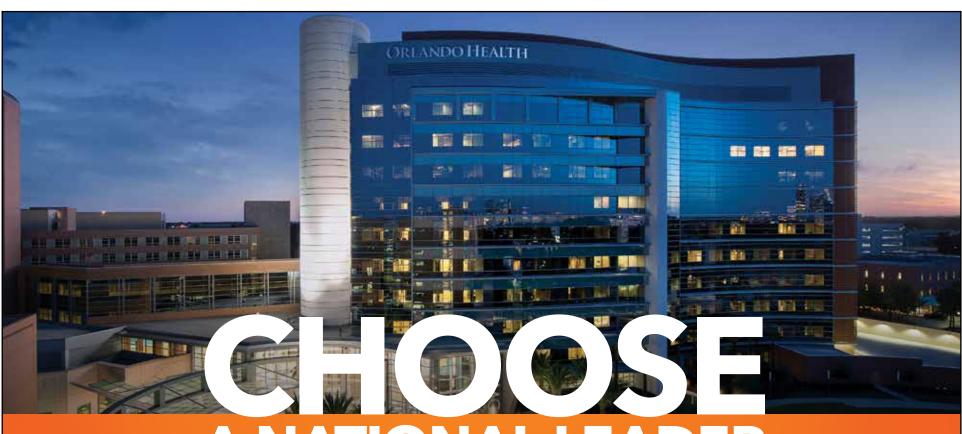
For more information on what is happening around the district, please follow us on FB at www. facebook.com/OrlandoDistrict3/

I am truly blessed to have your continued support and I am honored to be your District 3 Commissioner. I look forward to seeing you around the district this spring!





Photo at left: Leu Gardens Annual Plant Sale is on March 12-13. Above: the Central Florida Fair returns on March 13 for two weeks. Check out centralfloridafair.com for details. Above: Kids Night at the Museum event at the Orlando Science Center is March 5 at 6:00 - 10:00 p.m.



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The Park Press | MARCH 2022 **NEWS**

Winter Park Mayor's Message Mayor Phil Anderson



Spring In Winter Park

Greetings! Spring in Winter Park is here and with spring comes our fabulous outdoor art festival. This will be the 63rd Winter Park Sidewalk Art Festival. Thanks to the festival committee for hosting

such a great event! March also brings election season. Please make sure you vote on Tuesday, March 8, or earlier! The

election also gives your commissioners a chance to see how we have done.

Years ago, a Yale University study concluded that individuals who wrote down their life goals were ten times more financially successful than those who did not. Cities are not businesses, but I believe the principal is the same. Setting written goals can help us reach them.

Your city commission followed that advice and a year ago in March of 2021, Commissioners Weaver, Sullivan, DeCiccio, Cooper and I came up with our priorities for the next 12 months.

Today, I can report that the most critical of those priorities have been completed or started:

- 1. Your taxes did NOT increase. In spite of COVID, our financial reserves are in excellent shape and our budget is balanced.
- 2. The city committed over \$1.485 million of federal funds (ARPA) to supporting Winter Park non-profits during the decline in donor funds prompted by COVID.
- 3. The commission continued to bring more diversity and inclusivity to our resident boards, thanks to the Charter amendment you passed in March 2020 giving all commissioners, not just the mayor, the authority to make advisory board appointments.
- 4. The revised Orange Avenue Overlay (OAO) was passed - a guideline for redevelopment that protects Winter Park's charm and makes it easier for small businesses on Orange Avenue to upgrade their properties. Small businesses can now invest in their buildings with

- certainty regarding parking and stormwater
- 5. Because of this commission, shoppers and diners visiting the Orange Avenue area will have safer, aesthetically pleasing, well-lit longterm public parking adjacent to the park - and off of busy Orange Avenue.
- 6. The city created the first new park in many years with the installation of seven large live oak trees on Progress Point - at Orange and Denning avenues. This is the first step in "Putting the Park in Winter Park" on this important residential and business corridor.
- 7. The city prioritized our small businesses to ensure a successful holiday season with a tremendous holiday decoration package of lights and events on Park, Orange, and New England avenues and Morse Boulevard. Anecdotally, we heard of sales increasing by up to 70% over last year.
- 8. The city completed the renovation of several of our playing fields in Ward Park, with all Winter Park fields expected to be renovated by the end of 2022.
- 9. The city created the first 5- and 25-year strategic investment plans to make sure we balance the short-term and long-term goals of the city. As part of that long-range planning, the city has funded traffic and connectivity designs -- and connected those plans with grant writing efforts to secure funding.
- 10. The city formed the "Smart Cities" task force to make sure we have better and more reliable internet services to our homes and businesses. During COVID, internet connections became as important as roads/ highways for many of our residents.
- 11. The city allocated \$1.8 million of Federal funds to the Winter Park Library to offset COVID challenges.
- 12. The city successfully completed and opened the new Winter Park Library & Events Center in December 2021. The Events Center already has 79 events on the books for 2022

- and 25 events booked for 2023.
- 13. The city completed a record year of preserving our heritage by registering 12 homes on the Winter Park Register of Historic Places.
- 14. Having already shifted some of our electrical power generation to solar, the city agreed to move forward on many sustainability efforts including actively seeking ways to meet the city's clean energy goals.
- 15. And, last but not least, on January 26, the city agreed to move forward with a contract to purchase of the Winter Pines Golf Course. When closed, this will result in buying a successful business that will also grow city-owned green space by 93 acres. This is an investment in recreation and green space that will pay for itself from the business income, and will not increase your taxes. We look forward to the synergy between the nationally acclaimed WP9 Golf Course and our newly-acquired Winter Pines 18-hole course.

These are all exciting achievements for our residents, our businesses and our visitors. They make our city stronger and keep us competitive in the midst of a growing region.

I thank Commissioners Weaver, DeCiccio, Sullivan and Cooper for their teamwork. And especially, I thank the city staff that has made all of this possible. The city commission is scheduled to hold our next goal setting work session in March/April. If you have thoughts and ideas on your priorities, please let us know.

In the meantime, it's always good to take time to enjoy the charming reasons we live in beautiful Winter Park. I hope to see you at the annual Winter Park Sidewalk Art Festival on March 18-20 in Central Park.

Sincerely, Phil Anderson Mayor, City of Winter Park

Second Harvest Food Bank Of Central Florida Receives \$45,000

Bank of America donated \$45,000, worth 180,000 meals, to Second Harvest Food Bank of Central Florida to address food insecurity in the region. In Central Florida, Feeding America projects that 13.8%, one in seven people, and 20.1%, one in five children, lived in households that were potentially food insecure in 2021. As the pandemic continues, hunger relief organizations in Orlando and across the country are facing ongoing challenges such as increased demand for their services and rising food prices.

Bank of America is supporting its employees' health and safety while addressing one of the local communities' most critical needs. Earlier this year, the company announced it would make a \$100 donation to local hunger relief organizations and food banks for each employee in Orlando who received a COVID-19 booster shot or vaccine and notified the bank before the end of January. The company made an additional contribution to address the increased need experienced by hunger relief organizations





BANK OF AMERICA

the country.

across

Since the onset of the pandemic, Bank of America has provided more than \$353,000 in funding to Second Harvest Food Bank in support of local hunger relief efforts.

Second Harvest Food Bank is continuing to distribute enough food for 250,000 meals each day through its network of 550 community feeding partners. An estimated one in seven Central Floridians is at risk of going to bed hungry on any given night. For every \$10 donated to Second Harvest, the organization can provide 40 meals to the community. With help from the bank's donation, Second Harvest will be able to provide 180,000 meals to individuals and families throughout Central Florida. The bank is a longtime partner of Second Harvest, with donations to the organization totaling more than \$1 million to date.

"Ongoing financial support from corporate advocates - like Bank of America - continue

feeding hope to our neighbors experiencing food insecurity," said Derrick Chubbs, president and CEO at Second Harvest Food Bank. "The pandemic's economic impact on Central Florida hit deep, and the need for emergency food assistance remains elevated. We're extremely grateful for every contribution."

Nationally, the bank has committed \$10.6 million dollars to food banks and hunger relief organizations through this effort. Since 2015, Bank of America has donated nearly \$150 million toward hunger relief efforts.

"As the pandemic continues to impact Orlando, food banks and hunger relief organizations are experiencing increased demand and higher costs to meet the needs of individuals and families," said Steven Alch, president, Bank of America Central Florida. "Our commitment to help strengthen the communities we live in and serve is unwavering, which is why we are investing in the health, safety and wellbeing of our teammates while also providing funds to help local organizations support our neighbors and fight food insecurity."

Continued on page 6

Study Focuses On Solutions To Assist Those Suffering From Mental Illnesses

The results of the Orange County Mental & Behavioral Health System of Care Community Analysis was presented to the Board of County Commissioners. The report was commissioned by Mayor Jerry L. Demings of Orange County, through Heart of Florida United Way. The research project was built upon issues found in a 2020 analysis by the Mental Health and Homeless Division of Orange County Government.

"The goal of this study is to get our most vulnerable residents the mental health treatment they need," said Mayor Demings. "As a former law enforcement leader, I saw far too many mentally ill people wind up in jail, which is the last place they should be. It is my hope the recommendations in this report will help break that cycle."

The presentation included six key recommendations to improve the mental and behavioral health system within Orange County.

"According to the Mental Health America 2022 Report, Florida ranks 49th out of the 50 states when it comes to access to mental health services," said Jeff Hayward, president & CEO of Heart of Florida United Way. "While the pandemic devastated communities

around the world, it brought mental health to the forefront of conversations. In order to create systemic change to help our residents, we must improve our systems, communications and access to mental health services."

The research was conducted by Dr. Lauren Josephs of Visionary Vanguard Group. It was generated by speaking with more than 200 community stakeholders who work in, contribute to, and utilize the mental health behavioral system in Orange County; and collected through individual conversations, focus groups, and surveys. It was further substantiated by a thorough literature review of best practices from across the country.

"The report is the first of many steps toward full development of a firstclass system equipped to meet the varied and diverse needs of all Orange County residents," said Josephs. "The recommendations touch on all four categories of the Substance Abuse and Mental Health Services Administration's framework for an effective Continuum of Care."

Primary concerns ranged from lack of knowledge about mental health benefits coverage, through insurance and language barriers, to increased demand that exceeds the system's capacity as a result of the pandemic and lack of parity for mental health insurance coverage - to name a few. Overlap was seen in many areas, which allowed for six cohesive recommended actions.

The recommendations are:

Integrated and Coordinated Mental and Behavioral Health Care Delivery, which includes an information technology platform; exploring the use of the Collaborative Care Model or other evidence-based practices to integrate mental health into healthcare settings; development of drop-in and triage centers; and strengthening and expanding crisis management activities. Mental Health Promotion includes culturally and linguistically appropriate aware-

> ness building, education, and stigma-reduction campaigns.

Affordable Housing and Services for Homeless Individuals and Families includes increasing the availability of affordable housing, supportive housing, assisted living, and transitional living facilities. A Qualified and

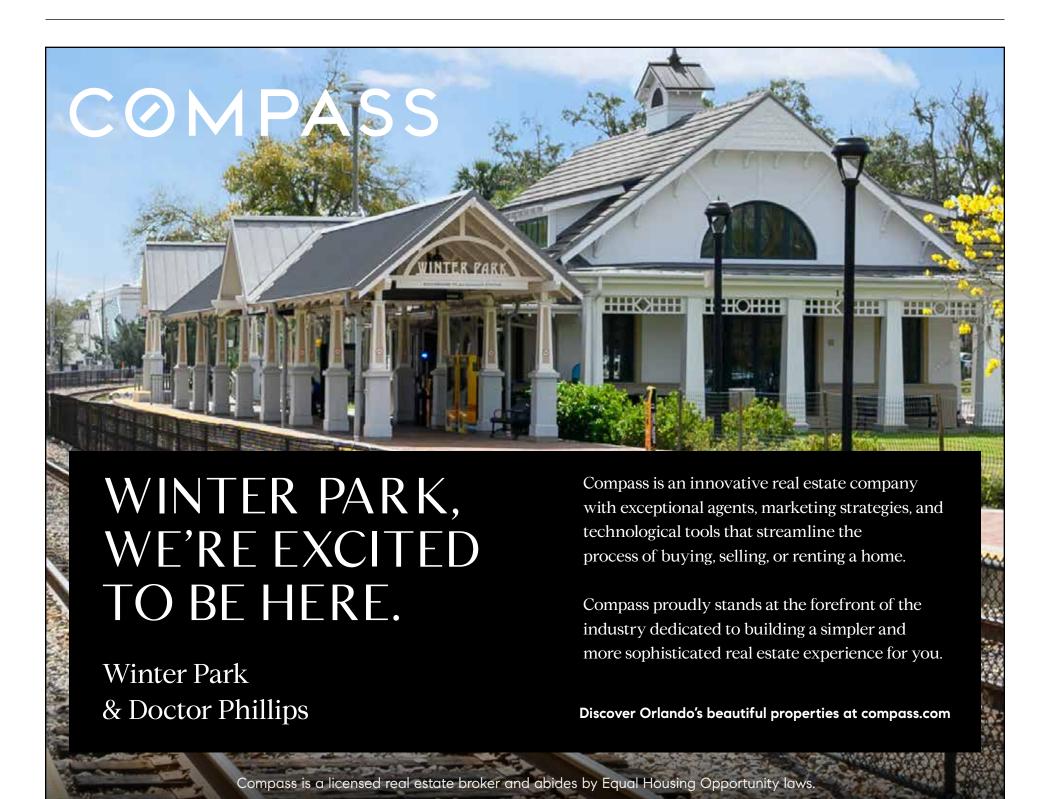
Available Workforce focused on training, retention, peer support services, and programs to increase the availability of a qualified workforce. Mental and Behavioral Health Finances that strengthen mental health parity regulation and enforcement and reimbursement of evidence-based behavioral health treatments at their true cost. Finally, Recommendations Implementation

tions of the report. It will take upwards of \$49 million annually to fully work towards and implement the recommendations set forth. An implementation group was formed, made up of many who contributed to the report. Their job is to prioritize projects and move progress forward.

requires establishing an implementation team" to advance the recommenda-

Visit https://www.hfuw.org/mentalhealthreport/ to view the full report.





NEWS The Park Press | MARCH 2022

Women's History Month And Social Security

By Angelita Pacheco, Social Security District Manager, Orlando, FL

Each March, we celebrate
Women's History Month. It
is a time to reflect on the
achievements of women.
Social Security has served
a vital role in the lives of
women for more than 85
years.

Women have longer average life expectancies than men, which means they live more years in retirement and have a greater chance of exhausting other sources of income. It's important for women to plan early and wisely for retirement.

Our retirement pages at www.ssa.gov/retirement provide detailed information about how life events can affect a woman's Social Security retirement benefits. These events may include marriage, widowhood, divorce, self-employment, government service, and other life or career changes.

Your earnings history will determine your future benefits, so we encourage you to verify that the information we have is correct. You can create your personal my Social Security account at www.ssa.gov/myaccount and review your earnings history. If you find an error in your earnings record, it is important to get it corrected so you receive the benefits you earned when you retire. Our publication, How to Correct Your Social Security Earnings Record at www.ssa.gov/pubs/EN-05-10081.pdf, provides you with details on how to make a correction. You also can view your Social Security Statement on your my Social Security account, for estimates of future benefits and other important planning information.

If you would like to learn more about how we can help women plan for retirement, check out our online booklet, Social Security: What Every Woman Should Know. You can find it at www. ssa.gov/pubs/EN-05-10127.pdf. Please share this information with family and friends.

Orlando Health Is The Highest Ranking Healthcare Employer In Florida And Ranks Top 20 Nationwide

Orlando Health has been named the highest ranking healthcare organization in the state of Florida on Forbes' America's Best Large Employers list. The healthcare system ranks #86

overall out of 500 large organizations. In the "Healthcare & Social" category, which contains 35 employers, Orlando Health appears at #19, making the organization one of the top 20 healthcare employers nationwide.

"Earning this national recognition from Forbes speaks to our amazing team members and physicians and their contributions to making our organization the best

place to work," said David Strong, president and CEO, Orlando Health. "The past two years have presented us with challenges, but the commitment of our team members, physicians and leaders to a culture of caring for and about each other and our patients has remained steadfast. This prestigious recognition is reflective of our team member's dedication, kindness, compassion and expertise. Orlando Health is a best place to work and it's an honor to see our team recognized as one of the best of the best."



Forbes 2022

AMERICA'S

The award is presented by Forbes and Statista Inc., a world-leading statistics portal and industry ranking provider. Forbes and Statista selected the America's Best Employers 2022 through an independent survey applied to a sample of approximately 60,000 American employees working for companies with more than 1,000 employees in America. The evaluation was based on direct and indirect recommendations from employees that were asked to rate their willingness to recommend their own employers to friends and family. Employee evaluations also included other employers in their respective industries that stood out either positively or negatively. One thousand employers – 500 large and 500 midsize – were awarded across 25 industry sectors.

"Not only is Orlando Health a great place to give and receive care, but, according to the survey, our team members say it's also one of the best places to work in Florida and in the U.S.," adds Mr. Strong. "I am so proud of the work our teams perform and the impact they have in the lives of so many people every day."

Orlando Health adds this current recognition to its list of other best place to work honors, including Forbes Best-In-State Employers, 2021; earning Great Place to Work Certification in 2021 from Great Place to Work, a global firm that researches workplace culture; Becker's Hospital Review 150 Top Places to Work in Healthcare, 2019; Fortune Best Workplaces in Health Care and Biopharma, 2019; and Orlando Health South Seminole Hospital's Modern Healthcare Best Places to Work, 2021 and 2020.

Jazzy Skies With Broadway Showers – In Winter Park Playhouse Spotlight Cabaret Series

Patrece Bloomfield brings her striking vocals to a new solo cabaret *Jazzy Skies With Broadway Showers: A little bit of Billie, Natalie and Broadway!* in The Winter Park Playhouse Spotlight Cabaret Series, March 23 and 24, 2022. Christopher Leavy, Playhouse musical director, will accompany on piano.

Fresh off of The Winter Park Playhouse Critic's Choice production run of *Trav'lin: A 1930's Harlem Musical Romance*, Patrece Bloomfield will stir the audience with a mix of Jazz and Broadway as she sings the songs of the great Billie Holiday, Natalie Cole and more! Patrons will be treated to favorites like "Unforgettable," "Strange Fruit," and "Daddy's Son" (*Ragtime*) along with other chart-topping recorded hits and show-stopping Broadway numbers.

Patrece is a regular on The Playhouse Mainstage (*Trav'lin*, *Christmas My Way and Ain't Misbehavin'*) and has also performed in the Spotlight Cabaret Series (*Keep Living, Keep Loving*) and *The Florida Festival of New Musicals*. She can currently be seen casting spells as Celestina Warbeck, the singing sorceress, in Diagon Alley at Universal Studios. Her lengthy stage, film and TV career includes HBO's *The Outsider*, and portraying the legendary Billie Holiday in *Lady Day at Emerson's Bar and Grille*.

"We are so happy to have Patrece sharing her soulful vocals on the cabaret stage once again! She will be performing a fabulous mix of Jazz and Broadway so don't miss this one!" said Heather

Continued on page 9



Patrece Bloomfield photo by Michael Cairns.

From Page 4

Bank of America committed to donating a minimum of \$25,000 in each of the company's 93 markets to local nonprofit partners as part its vaccine booster effort. Because vaccination boosters and reporting are voluntary and additional company contributions are reflected in the final amount, actual donation

amounts differ from the number of boosters reported by bank employees.

The company has encouraged staff to get COVID-19 vaccinations since summer 2021 and has offered incentives such as paid time-off and \$500 credits towards health benefit premiums. In partnership with

local nonprofits, Bank of America has also distributed more than 38 million masks, 41,000 cases of hand sanitizer and 11 million gloves in local communities as part of its ongoing efforts to address health-related disparities accelerated by the pandemic.

CFCArts To Present "Ragtime" On Juneteenth Weekend

Central Florida Community Arts will present Ragtime on Juneteenth weekend, Saturday, June 18 - Sunday, June 19, 2022, at Dr. Phillips Center. Prior to opening night, several free educational programs sponsored by Florida Theatrical Association (FTA) will be offered to the public.

"Florida Theatrical Association is honored to partner with CFCArts on their various initiatives and programs surrounding their production of Ragtime," said Larry Watchorn, executive director of FTA. "This type of outreach is imperative in sparking conversations within our community about the importance of diversity and inclusion, and the roles that racism and segregation have played in our country's past and present."

Ragtime, based on E.L. Doctorow's epic novel of the same name, includes themes of racism, women's suffrage, and immigration. June 19, 2022, marks the second anniversary of Juneteenth being established as a national holiday that celebrates the enforcement of the emancipation proclamation and the end of slavery in the

United States. Roberta Emerson, artistic producing consultant CFCArts, and Joe Walsh, artistic director Garden Theatre, will co-direct.

Ragtime Show Information

Ragtime is a compelling and epic musical capturing the American experience at the turn of the 20th century. The story centers on three diverse families as they pursue the American dream in the volatile "melting pot" of New York. With a soaring musical score, Ragtime confronts the contradictions of the American experience: wealth and poverty, freedom and prejudice, hope and despair.

Ragtime contains adult themes, including simulated violence that may not be suitable for all audiences. Viewer's discretion is advised. All proceeds from this production will benefit CFCArts education programs.

Dates & Times: Friday, June 18, 2022, 7 p.m. Saturday, June 19, 2022, 3 p.m. & 7 p.m. Venue: Alexis & Jim Pugh Theater, Dr. Phillips Center for the Performing Arts

Tickets: Starting at \$25 Tickets may be purchased online at drphillipscenter.org or by calling 407.358.6603 or by visiting the box office Monday - Friday

between 10 a.m. - 4 p.m. at 445 South Magnolia Avenue, Orlando, FL 32801

FTA Sponsored Pre-Show **Programs:**

CFCArts is pleased to welcome FTA as the presenting sponsor for the PreShow Programs. FTA's commitment to educational programs as a crucial component of expanding and supporting new audiences makes for a perfect partnership for the 2022 production of Ragtime.

One of the many questions *Ragtime* asks audiences to consider is "what does it mean to achieve the American Dream?" Through the preshow programs, CFCArts and FTA invite patrons to explore that idea within the themes presented in Ragtime of antisemitism, racism, immigration, and forced immigration.

100 years after Ragtime

A pivotal scene in the musical Ragtime involves a presidential candidate's visit. During the visit when one character attempts to get the politician's attention, she's accused of having a gun and is beaten. This raises the question of race and policing - where are we 100 years after *Ragtime*? On the anniversary of the death of George Floyd join local leaders to discuss the evolution of policing, where we are today and how our local police agencies have responded to changing trends.

> Date: May 25, 2022 Time: 7 p.m.

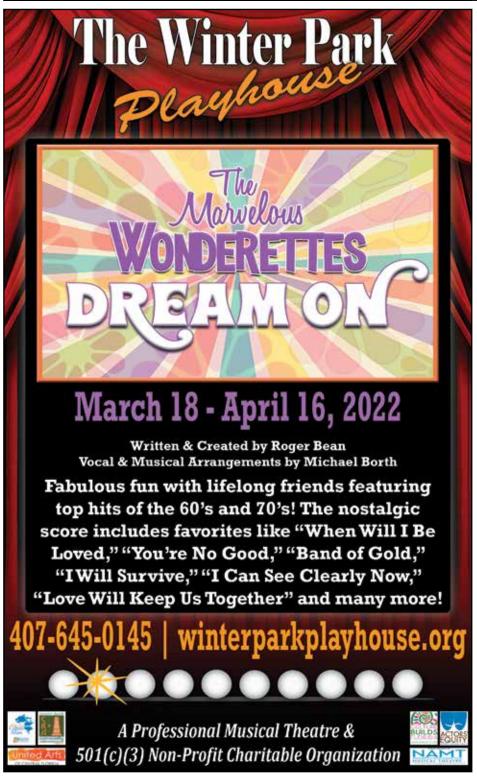
> > Location: Courtroom of the Orange County Regional History Center. Moderator: Merchon Green, Chief Equity Official, City of Orlando

A Voice of Justice Cabaret

Vocalist Brandon Martin, accompanied by pianist Kevin Wu, celebrates and

Brandon

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Free Senior Placement And Referral Service For Winter Park Residents

Assisted Living Locators
Orlando Northeast has a free senior
placement and referral service for
locating quality assisted living and
in-home care options throughout
Winter Park, Baldwin Park, College
Park, and Maitland. The new
franchise owners are Beau and
Mercer Herman.

The Hermans, certified dementia care specialists, help find safe care solutions for the elderly, whether



Beau and Mercer Herman

it be home care, independent living, assisted living, or memory care. They are available to meet with seniors and families either virtually or in-person. Assisted Living Locators free services include:

- Easy-to-use, online assessment tool, to give quick insight to appropriate senior housing
- In-take interview by phone, video technology, or in person to learn how to best serve you

- Tours of qualified vetted home health, hospice, assisted living, memory care and adult family homes
- Status updates on visitation and acceptance of move-ins for assisted living communities and skilled nursing facilities in your area
- Home care support with network of leading regional home care agencies; whether to ensure a safe home environment for seniors or to help with the activities of daily living
- Dedicated local resources for seniors and families such as eldercare attorneys, skilled home health, moving companies and hospice
- Guidance throughout the entire decision-making process.

"Seniors and their families need a trusted advisor to help them navigate what can be an overwhelming amount of information," said Mercer. "Assisted Living Locators offers a complete assessment of a senior's needs and recommends a plan that provides the full continuum of care."

For more information about Assisted Living Locators free service for seniors and their families, call Beau and Mercer Herman at 407-498-2536 or visit www.assistedlivinglocators.com/orlando-northeast.

Workers In Your Home And Social Security Taxes

By Angelita Pacheco, Social Security District Manager, Orlando, FL

Do you plan to pay a cleaning person, cook, gardener, babysitter, or other household worker at least \$2,400 in 2022? If you will pay at least \$2,400 to one person during the year, which may include transportation, meals, and housing, you have additional financial responsibilities to consider.

When you pay at least \$2,400 in wages to a household worker, you must do all of the following:

- Deduct Social Security and Medicare taxes from those wages.
- Pay these taxes to the Internal Revenue Service.
- Report the wages to Social Security.



From Page 7

commemorates the Black American Experience. Through the words and music of Black artists and societal change-makers, the program takes us through the timeline of the struggle for justice for Black Americans. Featuring selections by Nina Simone, Sam Cooke, Billie Holiday, John Legend, Alicia Keys, and more.

Date: June 2, 2022 Time: 7 p.m. Location: The Abbey

Screening of the film Long Time Coming

Filmed in Orlando by local filmmakers, the story explores the first integrated little league game played in the South in 1955. The documentary tells the history of the teams, the outcome of the game, and the reunion of the teams decades later.

Date: June 9, 2022 Time: 7 p.m.

Location: Suntrust Auditorium of the Orlando Museum of Art

Tour of "Uprooting Prejudice" Exhibit at the Holocaust Center

"Uprooting Prejudice: Conversations For Change examines the indelible link between antisemitism and racism. It begins with the history of white supremacy in the transatlantic slave trade and traces its evolution over time, as it has been used to persecute different groups around the world. The exhibit centers the perspective of Daryl Davis, a Black musician, and ally, who has dedicated his life to fighting white supremacy by the deradicalization of former members of groups such as the Ku Klux Klan. He accomplishes these transformations through the power of respectful conversation, genuine connection, and friendship."

Cast members and audience members are invited to tour this selfcurated exhibition as well as its permanent exhibits which explore themes of immigration, democracy, antisemitism, and highlight local Holocaust Survivors

Date: May 2022

Location: Holocaust Memorial Resource and Education Center

Accurate reporting is important as employees earn credits toward Social Security benefits and Medicare coverage. You can currently earn Social Security or Medicare credit for every \$1,510 in wages that are reported. Generally, people need 10 years of work to qualify for:

- Retirement benefits (as early as age 62).
- Disability benefits for the worker and the worker's dependents.
- Survivors benefits for the worker's family.
- Medicare benefits.

You can learn more about reporting household worker income by reading Household Workers www.ssa.gov/pubs/EN-05-10021.pdf.



Good news. Rates just got lower.

John Psomas RICP, Agent 922 Lake Baldwin Lane, Suite A Orlando, FL 32814 Bus: 407-277-2997 www.johnpsomas.com Se habla español

I'm excited to announce auto insurance rates just went down. I can help you find coverage that works for you.

LET'S TALK TODAY.



State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL State Farm County Mutual Insurance Company of Texas, Richardson, TX

The 63rd Winter Park Sidewalk Art Festival

WHERE: Central Park along Park Ave. in Winter Park, FL

WHEN: March 18, 19, 20, 2022

HOURS: 9 a.m. - 6 p.m., Fri. and Sat.; 9 a.m. - 5 p.m. Sun.

ABOUT THE FESTIVAL

The Winter Park Sidewalk Art Festival is one of the nation's oldest, largest, and most prestigious outdoor art festivals. The Festival debuted in March 1960 as a community project to bring local artists and art lovers together. It is produced by an all-volunteer board and draws more than 350,000 visitors each year. Over 1,100 artists from around the world applied for this year's event. An independent panel of three judges selected the 225 artists exhibiting their works. The Festival consistently ranks as one of the top juried fine art festivals in the country. National accolades include the #3 in Art Fair Source Book's Fine Art Events, #6 ranking in Art Fair Calendar's "2019 Best Art Fairs," #1 in Best Southern Art Fairs, and #6 in Sunshine Artist Magazine's "Top 100."

CATEGORIES

The Festival features a wide variety of fine arts and crafts in the following categories: clay, digital art, drawings & pastels, fiber, glass, graphics & printmaking, jewelry, leather, metal, mixed media 2D, mixed media 3D, painting, photography, sculpture, watercolor, and wood, as well as our Emerging Artists category.

AWARDS

Artists complete for 63 awards totaling \$74,500. The Best of Show purchase award was increased last year to \$12,000. The festival donates the Best of Show artwork to the City of Winter Park and they are on permanent display at the Winter Park Public Library. A \$5,000 "Art of Philanthropy" Purchase Award is sponsored by the Edyth Bush Charitable Foundation. A \$2,500 "Distinguished Work of Art" Award is presented through The Charles Hosmer Morse Museum of American Art. There are 10 Awards of Excellence of \$2,000 each, 20 Awards of Distinction of \$1,000 each and 30 Awards of Merit of \$500 each.

MUSIC AND ENTERTAINMENT

New this year, the traditional Friday Night Concert has been moved to the Saturday before the festival, March 12, and will be a kick-off event for the exciting Festival week. Additionally, during the three days of the Festival there will

be soft, contemporary music at the stage in north Central Park.

MERCHANDISE

The Winter Park Sidewalk Art Festival t-shirts and other memorabilia are available at three merchandise sales tents. The tents are located at the south entrance (Park and New England Avenues), at the center

intersection (Morse Boulevard and Park Avenue), and at the north entrance (Park and Garfield Avenues). Posters will be sold at the three large merchandise tents. A vintage merchandise tent will be located next to the Festival headquarters at Park Avenue and Morse Boulevard. This year's poster captures the spirit of Winter Park and is by local artist Tom Sadler. After the Festival is over, you can still purchase this year's and past posters by visiting wpsaf.org.

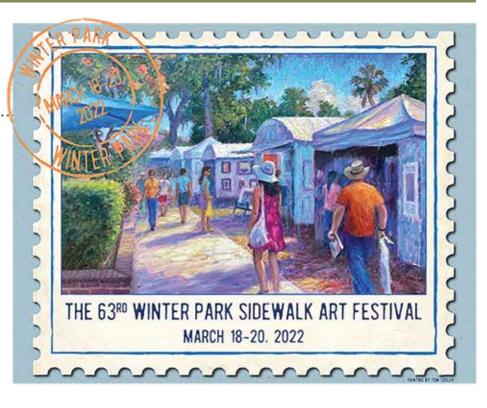
FAMILY FUN

Girls and boys can create their own artwork at the Children's Workshop Village. Easel painting is very popular, and local art centers and museums feature a variety of fun, hands-on art activities for children. Admission is free and participants may take home their artistic creations. The Children's Workshop Village hours are 10 a.m. - 4 p.m. on Friday, Saturday and Sunday. Easel painting is from 10 a.m. – 3 p.m. on Saturday and Sunday.

LEON THEODORE SCHOOLS EXHIBIT

The place to discover the talented artists of the next generation is at the Leon Theodore Schools Exhibit where artwork by thousands of Orange County students is on display. The creativity and level of expertise displayed by these young artists will delight and amaze you. Be sure to check out this wonderful exhibit.

The Winter Park Sidewalk Art Festival draws more than 350,000 visitors each year. More than 1,100 artist from around the world applied for this year's event.

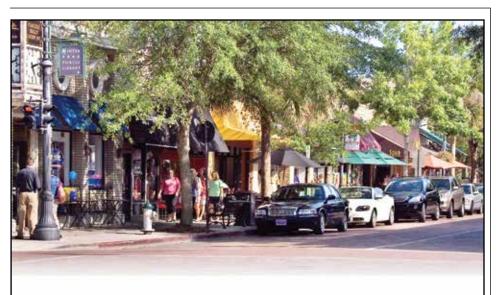


COMPLIMENTARY BIKE CORRAL

Ride your bike to the festival and park it at the free Bike Corral provided by the Winter Park Pedestrian and Bicycle Advisory Board. It is located on Morse Boulevard across the street from the Amtrak Station parking lot.

Visitors are asked to follow current COVID-19 CDC guidelines. Although no longer mandated by the state, face masks/coverings are encouraged to be worn for the protection of yourselves and others at your comfort level. Keep a safe social distance from others, avoid standing in crowded areas and wash your hands frequently. Hand washing stations and sanitizer will be available throughout the park.





For updated news, events and more, please visit www.TheParkPress.com

NO ANIMALS are allowed (except certified service animals) in Central Park or on Park Avenue between **New England & Canton Avenues during Festival hours** per Winter Park City Ordinance.

> For more information, call 407-644-7207 or visit wpsaf.org

From Page 6

Alexander, Playhouse executive director.

Tickets are \$20 plus a one drink minimum. Cabarets are currently being performed on the theatre Mainstage and masks are required throughout the duration of the performance. Assigned seating is limited and performances sell out quickly, so advance reservations are strongly recommended.

Doors open at 6:30 p.m. and the cabaret begins at 7:30 p.m. Call The Winter Park Playhouse box office 407-645-0145 to reserve tickets or go online at www.winterparkplayhouse.org.

pop culture detours by George McGowan

Something I Am Not Sure About But My Wife Really Likes

While I have my doubts about its prospects, it is important for you to know about a new sitcom - "Abbott Elementary," now airing on your local ABC station. Yes, you don't even need to buy a streaming service to watch this. The show is set in a fictional West Philadelphia elementary school and stars its creator, Quinta Brunson, as a second-grade teacher. My wife is a teacher and immediately fell for the show, as it depicts some of the realities faced by today's classroom teachernamely a real lack of teaching resources and support, but many dedicated teachers. I am not convinced this show has any staying power, but it is getting a lot of positive press and its viewers are increasing. According to the Guardian website, "... ratings for the Abbott premiere quadrupled over the next 35 days, in an ABC first."

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Part of my hesitancy derives from my usual allergy to sitcoms, in general. Another portion comes from the show being presented in the "mockumentary" form, à la "The Office" or "Parks and Recreation." To me, this comes off as somewhat gimmicky, and to tell the absolute truth, sometimes makes me cringe rather than laugh. Admittedly, I usually see the show through only one eye as I read a book or magazine. My lovely wife is the true fan of the show and enjoys its depiction of teachers and the humor that comes from spending all day with fellow teachers and commiserating about the children, the principal, the parents, while celebrating when the children

truly connect with learning.

Yet, and this may be a deal-breaker for me, I have not connected to Quinta Brunson's acting (or character) and she is the protagonist of the



Quinta Brunson, front row center, with the cast of Abbott Elementary.

show! Most of all I do not like her "asides" to the camera. When she looks directly at the camera as a reaction to what is happening around her, I just don't buy it. This is an important aspect of the show as we basically experience the show through her eyes. This may be just me, though. In researching this article, I also watched Ms. Brunson on some of her You Tube videos and one sketch from her other show, "A Black Lady Sketch Show" on HBO. And she can be very funny without saying a word, as she is in the video for Thundercat's video for his song "Dragonball Durag."

So, since my wife is a better judge of character than I am, and doesn't get itchy when a sitcom is on the TV, you may want to tune in to Abbott Elementary and see for yourself. Spending 22 minutes watching a network TV sitcom won't kill you, right? Right?

On another subject, a loyal reader has asked me to call your attention to a special event. The Rollins College chapter of Chi Psi fraternity is hosting "Playing for Change," a benefit concert on March 10th from 7:00 p.m. to 8:30 p.m. on the lawn of the Cornell Fine Arts Museum. The show will feature "talented, local musicians who will be playing both original music and familiar tunes." The event proceeds go to SHARP Musical Experience, a charity that puts on stimulus appropriate concerts for families with children with autism. Tickets are available on eventbrite.com.

ive meaningfully by Ayesha G. Shenk, M.A.

Auscha G. Shenk

Ayesha G. Shenk

Spring Is Coming...

If you're reading this, it be

means it's already March. By the end of this month, we will have finished the first quarter of 2022.

Time is ever-quickening.

It also means that we've had some cold days, hopefully warm fires, and the weather is still about as lovely as it could be anywhere in the world. These are the days it pays to live in Florida. Kids will be out on Spring Break soon, Easter is around the corner, and the year is "marching" on. (See what I did there?)

So, what does this mean for you? How have you kept up with the intentions you set for yourself back in January? Do you feel healthier and more well than you did in December? Are your relationships more sound? Are you making

that change, stretching that comfort zone, or living that truth in a more intentional and courageous way? Or has week bled into week and month into month?

That's the thing about time, it moves forward even if we're not doing the hard work of moving ourselves forward.

So this month's article is about moving yourself.

It is not too late, no matter the tempo at which your life moves. No matter how busy you understandably are. No matter how many people count upon and rely on you to be 'exactly as you always have.' Move Forward.

There is at least one wish, one desire, one longing, one hope that you continue to foster deep within yourself without ever taking action. The excuses of time, energy, opportunity, permission, all will remain... This is your call to action. What's the desire of your heart?

I wish my marriage was better.

I can't seem to leave this job.

I should keep in touch with the kids more.

I always wanted to be a more involved grandparent.

There are so many parts of the world I still haven't seen.

I miss my friends.

I need to feel less stressed.

I wish I didn't have that nagging health

I want to feel more joy.

My father used to tell me that no matter how old he got, his age never really caught up inside his mind. It was hard for him to imagine how much life had passed since he was an ambitious 18-year-old with a mischievous glimmer in his eye. Now, I wouldn't call myself wizened as of yet, but I'm starting to get it. Technically, our brains actually do process time differently as we get older. And, as the numbers tick up, the ratio of life lived to life yet to live begins to imbalance. But the most important part of all of this is...so what do we do with it? Right?

How many more days will roll ahead with you maintaining the status quo. How many more nights will you come home from work and play-act the same roles in your marriage as ships passing? How many more weeks will pass you by before you make that change or claim that joy?

Have the conversation. Make the first move.

See the sight. Ask for what you want. Reach out. Draw in and reflect. March forward. Move through the discomfort of the unknown or unfamiliar to the hopeful possibility of a new place. In the immortal words of Ferris Bueller/John Hughes... "Life moves pretty fast, if you don't stop and look around once in a while, you could miss it."

With my gratitude 'til the next time,

Be Well; Live Meaningfully. Ayesha



in the garden by Stephen and Kristin Pategas



Generational Trees – Planting For The Future

The true meaning of life is to plant trees under whose shade you do not expect to sit. - Nelson Henderson

Stephen & Kristin Pategas

Somewhere between 60 and 70 years ago, the previous owners of our home planted a magnolia tree (Magnolia grandiflora). Or perhaps a magnolia seed germinated in the perfect location ten feet from the side property line. When we purchased our house on a wide lot in 1999, we were much impressed with the towering magnolia that provided blessed afternoon shade. Squirrels scampered throughout the tree, birds large and small flitted about, and huge lemon-scented blossoms seduced us into lingering under the spreading branches. One year in June during a long dry spell, we witnessed what appeared to be a mysterious snowfall under our magnolia. Bits of white blossoms drifted downward as squirrels chewed on many of the emerging spire shaped blossoms. Were they desperate for the life-giving moisture within? We never witnessed that phenomenon again.

While the thousands of sensuous blooms never lasted long enough for our liking, we were always encouraged when numerous songbirds lusted after the ripe, bright red, nutrient-enriched seeds that followed the blossoms. Of course, the omnipresent squirrels got their share leaving empty seed pods on the stone table below.

We fully embraced our magnolia. A photograph of one of its low hanging flowers inspired our Hortus Oasis company logo and a mosaic of that blossom graces the front walk. Stout limbs, some as thick as the trunk of a young adult magnolia, became a repository for displaying ornaments collected from here and there - a cast iron owl, lanterns, and bells suspended from chains. A gong found in Bali hung from a branch near the hearty trunk. We were overjoyed when resurrection fern colonized lower limbs and each rejuvenating rainfall created an overhead fairy land of furry boughs.

The first bloom each spring heralded the change of a season, but we noticed it bloomed a bit earlier each year as it responded to the changing climate. Our magnolia was instructing us. By the year 2020, our sixty-foot-high magnolia really started to show its age. The foliage on its upper third was disappearing and small rotting limbs were regularly littering the ground. We wished we had bought the house decades earlier or that magnolias lived much longer, if not forever.

On a fateful day, for the last time a red shouldered hawk perched atop a bare branch as if it was the star atop a Christmas tree. In less than eight hours, as we watched and our eyes teared repeatedly, the decades of growth were obliterated. Once the stump was ground away, we knew we would replant - a magnolia of course. Within a few months a hole was dug, and a new tree was planted, watered in, and staked.

In the future someone else will own our house, stroll up the brick walkway, and gaze at the mosaic blossom underfoot. Then just as we did numerous times in the spring, they will look upward to witness the inspiration - flowers nestled in the dark green foliage of a grand magnolia. May the decades treat it well.









1. Our southern magnolia at its peak in 2013. 2. Lemony scented blossoms can be cut and placed in water. 3. The Hortus Oasis magnolia logo is represented in a walkway mosaic. 4. Songbirds are attracted to the nutritious showy seeds.

Hortus Oasis (FL0001090) in Winter Park is a boutique garden design company specializing in residential, commercial, and specialty gardens. Stephen is a registered landscape architect and Kristin is a certified landscape designer. Contact them at 407-622-4886/ garden@hortusoasis.com and visit www.houzz.com/ pro/hortusoasis/_public. All photography by Stephen G. Pategas/Hortus Oasis unless otherwise noted.





protection and service by Jim Whitman, Winter Park Police Department

There's One In Every Crowd

Now that the weather is changing, festival season is just around the corner. With festivals come crowds of people and with crowds of people come "nogoodniks" looking to take advantage of those people. So, in an effort to keep you from falling victim to these individuals, we would like to offer some tips that should help you to thwart their efforts.

When planning on attending a large-scale event (or even when going to a theme park), only take the bare minimum with you. Now that we are truly in a digital age, most tickets can be loaded onto your phone as well as credit card information, thus eliminating the need to carry them on your person. On the topic of that phone, thought should be given as to how you carry it. If you carry a purse, make sure you place your phone (and other valuables) in a zippered portion of your bag. Remember to always

secure your bag across your body or firmly between your arm and your body when walking through a crowd. Caution should be given should you decide to carry your phone in one of your back pockets as this not only displays your phone to a potential thief but also allows them to develop a plan as to how to remove it. These plans could be to either forcefully remove your phone or use a "bump and run" tactic.

Use extreme caution when joining a public wi-fi signal. Before you just click to join, make sure you are familiar with the name of the wi-fi network that you intend to join. Always check with the business or public entity for the name of the wi-fi to avoid accidentally connecting to someone else's, that might make your information available to a complete stranger. And, as always, never log into your personal financial accounts or sources of personal information on public wi-fi.

> Whenever you go out, have a plan. If you know you are going somewhere that you won't need everything in your purse or bag, plan ahead and take out the items that you need and place your bag/purse in the trunk of your vehicle while you are still at your residence. This will eliminate any potential criminal watching you place your belongings in your trunk once you arrive at your destination. After arrival, take a quick survey of the building/area. Make a note of where the exits and entrances are located in case you need to evacuate in a hurry. If you are going with

a group of people, designate a location to meet at if anyone in the group gets separated from the rest.

Lastly, if you are going to a destination that you are unfamiliar with, make a point of "dropping a pin" on a map on your phone or take a picture of the street sign on the street that you parked on, to make it easier to locate your vehicle when you decide to leave. After all, no one wants to be that person who appears to be walking around aimlessly randomly pushing the alarm button on your key fob looking for your car. Trust me, the neighbors will thank you! Stay safe!

schools



Winter Park Presbyterian PreSchool

Having a campus surrounded by nature really sets our school apart from the rest. Classes are often seen playing games on the fenced front lawn. Art and science experiences are frequently moved outdoors to the Nature Center where the children are surrounded by flowering plants that attract butterflies. The large garden boxes behind the school are the site of much learning about plants and how they grow. Many classes are using the newly renovated small garden area for music and movement, reading a story, or simply running off a bit of extra energy. The playgrounds are also treated as an active learning centers in which teachers interact with the children pulling language, science, math, and social studies skills out of running, skipping, climbing, swinging, and sliding.

Registration for the 2022-2023 school year and summer camp are now open to the public, and a few spots may still be available. Photos of our classes and their activities can be found on our Winter Park Presbyterian Preschool Florida Facebook page. Information about our program and pricing is available on our website winppc.org/preschool. Please call us at 407-629-0727 to check availability.







