

Alive 'n Thriving

THRIVE CLERMONT NEWSLETTER



WWW.THRIVECLERMONT.ORG
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Above: TAC and Board Members gathered for a safe holiday get together at Waterfront Park back in December and showed off their excitement for the **Thrive is Five!** celebration.

We're Celebrating And You're Invited!

This spring, **Thrive Clermont** will be celebrating five years of empowering teens. Since our first event in 2016, **Thrive** has been providing opportunities and programs that prepare students for life beyond high school through skill-building activities, college and career readiness programs, and by creating leadership opportunities for teens. To mark this anniversary we're throwing a birthday bash and we want you to celebrate with us!

On April 11, 2021 our **Thrive is Five!** Celebration will take place at Waterfront Park. This will be a free-to-attend community event and a FUNdraiser for Thrive Clermont's future programs in financial literacy and career readiness.

We are excited to host a fun day filled with food, entertainment and activities for all ages. From field activities, bounce houses and crafts for kids (and kids at heart) to food trucks and local entertainment, we are planning a great Sunday afternoon for the whole community.

But we need your support to make this event a success!

How you can help:

- Sponsorships available
- Donate to (or shop) our Silent Auction
- Participate as a vendor or performer at the event
- Volunteers needed in advance and day of the event.
- Become a VIP guest (\$25)

**To learn more about the event and how you can get involved, visit our website at:
www.thriveclermont.org/thriveisfive**

April 11, 2021 12:00–5:00 pm
Waterfront Park, Clermont, Florida



meet our new **PROGRAMS MANAGER**

Welcome,
Lyana Peters!



Thrive Clermont has hired Lyana (pronounced Lay-ahnah) Peters as our new Program Manager. Lyana will be responsible for supporting the growth of our various programs for teens. Initially, she will be responsible for outreach to area schools, managing our Teen Advisory Council leadership group, and executing the June Summer PopUps series. Lyana will also serve as the Editor of Teen Talk, Thrive's quarterly digital publication just for teens.

Lyana has already brought great ideas and energy to the organization. As an Alumni of East Ridge High School, Lyana was a member of the first graduating class at ERHS in 2004. She went on to study at LSSC and UCF, receiving her BA in Creative Writing. Lyana's past experience includes project management and technical writing.

"I'm looking forward to supporting Thrive's mission of Empowering Teens," says Lyana. "As someone who relocated to Clermont as an adolescent, I am honored to have the opportunity to bring my skills to an organization that supports teens in the community that I grew up in."



MANY THANKS to those who donated to our fund for Lyana's laptop. Here she is getting the new Dell set up with help from Glenn Holcomb of Mighty Manatee IT.

thrive **ARCHIVES**

In honor of our *Thrive is Five* celebration, this year we'll be featuring this new segment showcasing memories and events from the last five years.

Teen Summit 2016

As we kick off this new segment, it's only right to start with our first event, our Teen Summit in 2016.



Attendees line up at Thrive's first event, Teen Summit 2016, held at The Clermont Arts & Recreation Center.

In March of 2016, Thrive Clermont received its 501(c)(3) designation letter from the IRS. By April 2016, Thrive Founder, Sheri Lewin, was framing out a full day personal development conference for teens in partnership with the Executive Director of the Boys & Girls Club of Lake and Sumter Counties (BGCLSC). Thrive's Teen Advisory Council met for the first time in May 2016 at the South Lake Unit of the BGCLSC, to begin planning the event.

Six months later, Thrive Clermont's first Teen Summit was held at the Clermont Arts and Recreation Center. With 75 attendees, 13 different breakout topics to choose from focusing on personal development and live entertainment, it was a fantastic way for Thrive start serving teens in our community.



During Teen Summit 2016, Christopher Eisenberg performed and shared stories about his experience as a finalist on America's Got Talent

Do you have a favorite Thrive moment? Tag **@thriveclermont** on social media and use **#thrivearchives** to share pictures and stories with us to celebrate five years of empowering teens!

MENTALLY & EMOTIONALLY THRIVING

CONNECTEDNESS IN THE TIME OF COVID-19

WRITTEN BY DR. DANIELLE ARCHER, EDD, LMHC

Back in March of 2020 when the Corona virus entered our lives, we had no idea that 10 months later we would still be in the midst of a pandemic that has forever changed the way we conduct business, shop, eat, socialize, educate our children, and run our households. The separation and change from the world as we knew it has taken a toll on our mental and emotional health.

Research shows that positive supportive social relationships and community connection can help buffer the effects of risk factors, including suicidal ideation, in people's lives. According to the CDC, connectedness is defined as "the degree to which a person or group is socially close, interrelated, or shares resources with other persons or groups."

Human beings are hardwired for relational connection. When we lack connection, our bodies are more likely to move into an ongoing chronic state of stress response. This is where blood, glucose and oxygen are overallocated to "fight or flight" systems, including the heart, the lungs and the big muscles, and under distributed elsewhere, including to the digestive system, the reproductive system, and the immune system.

Stuck in a state of stress response, we are more likely to feel unwell and to experience anxiety, numbness or depression. Other factors, including alcohol use and the effects of trauma that may reach as far back as childhood, often contribute to the emotional tumult. In order to cope, we may turn to behaviors that become addictive (i.e. excessive consumption of substances including food, tobacco, alcohol or drugs, or obsessive engagement in behaviors including internet/media, exercise, work, sex or shopping). The downward spiral and persistent emotional upheaval can become a pathway to suicide ideation.

How can we connect with others when social distancing is the new norm of our lives? Many of us have gotten incredibly creative over these last 10 months. Some ideas include:

1. Watching a television show or movie with friends "live" (via Skype, Facetime or other video messaging service).
2. Exercising with a friend virtually (ie. Peloton) or in person (socially distanced).
3. Volunteering with community support groups for outreach calls.
4. Reaching out to local community centers and participating in virtual classes or events online.

While some of these ideas may seem to be a "been there done that" for some of us, the power of connectedness and the difference it can make in someone's life can be monumental. We are in a period of our lives where we are all in a similar boat and we have the opportunity to generate change for the better through the power of connectedness.

“

Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary

Mister Rogers



If you or someone you know is at risk or struggling with mental health, get help with these resources:

For immediate risk, call 911

Text the 24/7 Crisis Hotline
Text "Hello" to 741741 for support and resources

Call 1-800-273-8255

For more resources visit
suicidepreventionlifeline.org



ABOUT THE AUTHOR

Dr. Archer, Ed.D, LMHC, is a local licensed mental health therapist, writer, speaker, and mentor. Specializing in grief, PTSD, self-harm, and trauma, Dr. Archer owns her own practice operating virtually and out of her office in Clermont.

Learn more about Dr. Archer and her practice at: www.archercounseling.com

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TAC members Abigail (left) and Natalie (center) volunteer at local food bank and service center, Faith Neighborhood Center.

Get Involved

Without a doubt the most common question we get asked is "How can I get involved with Thrive?"

Luckily there are countless opportunities for both teens and adults to join our mission and positively impact our local community!

OPPORTUNITIES FOR TEENS

- JOIN THRIVE IS FIVE! PLANNING COMMITTEE
- VIDEO & VIDEO EDITING TEAM OPENINGS
- SOCIAL MEDIA TEAM OPPORTUNITIES
- JOIN COMMUNITY ENGAGEMENT EFFORTS
- BECOME A TEEN ADVISORY COUNCIL MEMBER
- CONTRIBUTE TO *TEEN TALK*

OPPORTUNITIES FOR ADULTS

- MENTORS FOR OUR TEEN ADVISORY COUNCIL
- VIDEO & EDITING MENTORS FOR OUR TEEN VIDEOGRAPHY TEAM
- COMMUNITY ENAGEMENT CONNECTORS
- THRIVE IS FIVE! PLANNING COMMITTEE MEMBERS
- DEVELOPMENT WORKSHOP INSTRUCTORS
- ACTIVITY LEADERS FOR SUMMER POPUPS

To learn more about how you can get involved, visit us at www.thriveclermont.com/getinvolved or contact us at info@thriveclermont.org

THANK YOU, SPONSORS!

SUPPORT FROM OUR SPONSORS MAKE OUR MISSION A REALITY.

TO LEARN MORE ABOUT HOW YOU TO PLACE AN ADVERTISEMENT OR SPONSOR OUR NEWSLETTER PLEASE CHECK OUT OUR WEBSITE AT THRIVECLERMONT.ORG/SUPPORT-US



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TEEN TALK

THRIVE CLERMONT | COMMUNITY NEWSLETTER TEEN SUPPLEMENT



Thrive Clermont is a nonprofit organization dedicated to empowering teens to succeed through skill-building events, socialization, and mentoring programs offered year round.

Learn more at
www.thriveclermont.org

Thrive's Teen Talk is offering a new opportunity to area teens!

- Are you looking to gain editorial writing experience?
 - Do you have a unique story or an original poem you want to publish?
 - Would you like to be part of a community of writers with similar passions?

If you said yes to one or more of these questions, then you should join our *Teen Talk* writing circle! Lend your voice to the *Teen Talk* newsletter and work with Thrive to build a group of teen authors creating articles and stories for teens by teens. With the guidance and support of professional writing mentors, you could help shape this new publication and gain valuable real-world writing experience all while earning volunteer hours!

Scan here to visit our site and for more info on how you can write for *Teen Talk*



thrive!
CLERMONT

Write for Teen Talk | Written by YOU!

5 Reasons to Write for Teen Talk

1. You get to see your work published in a real publication.
2. You get real-world journalism experience you can add to your resume and college applications.
3. Practice makes perfect! The more you write, the better you'll become. Our editors work WITH you to help you become the best writer you can be.
4. You get a platform to have your voice be heard
5. Gain volunteer hours for time spent writing



Learn more on our website at
www.thriveclermont.org/writeforteentalk

Be sure to follow us on social media to make sure you don't miss any of the fun!

@tac.thrive



Our Social Media Team

Over the last few months, the social media team has been learning how to design and implement social media campaigns. This group of teens volunteer their time to create interesting content for Thrive's Facebook and Instagram pages, gaining experience with design, content creation, and working as a team to meet goals.

For Halloween, the team organized a costume contest where all members of the Teen Advisory Council, or TAC, submitted their costumes. From princesses to Agent Peggy Carter, the TAC was ready for the fun holiday. The winner of the contest, Abigail Ryan, dressed up as Ferris Bueller and was awarded *TAC Member of the Month*.

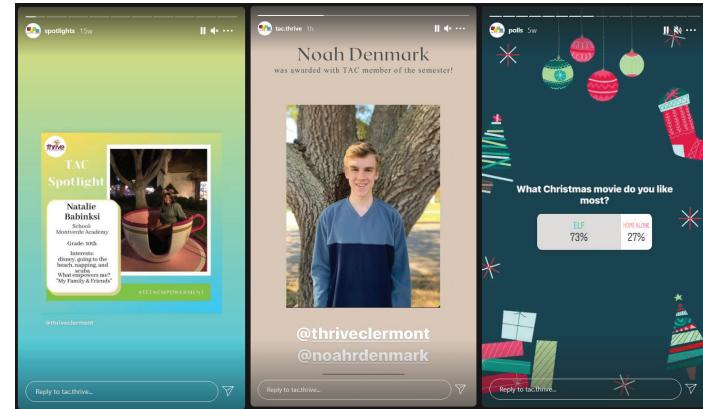
As Christmas came around, the social media team created various polls to see which Christmas movies were everyone's favorite. These polls included family favorites and found that most preferred *Elf* over *Home Alone* and *The Polar Express* to *How the Grinch Stole Christmas*. The team also collected a list of various member's family traditions and shared it with audiences on social media to show how they celebrated the holidays in unique and fun ways.

As an ongoing campaign the team has also been working on TAC Spotlights of each member, sharing their interests and what empowers them alongside their photo and their grade. These get shared on the Thrive Facebook account as well as the TAC Instagram page to shed light on our TAC members and who they are.

Currently the team is working on their new series titled *Transformation Tuesdays* where every week they will reach out to adults who have worked with Thrive and ask questions like "What advice would you give teens today?" and "What was your favorite part of high school?" The result will be a side-by-side comparison of the interviewee currently and as a teenager with the answers to these questions in hopes to get a better idea of who they are and why they serve.

As you can see, our social media team has been busy creating fun and interesting content for our audience. From costume contests to Transformation Tuesdays to member spotlights, our team has done it all and we're excited to see what they come up with over the next few months!

By Jacob Dunn & Ty Rogin
January 2021



The social media team regularly uses Instagram Stories to share exciting updates and new campaigns. These stories contain everything from TAC spotlights to fun polls to featuring the *TAC Member of the Month*.



Abigail Ryan was crowned the winner of the costume contest the social media team organized and was awarded *TAC Member of the Month* for her creative Ferris Bueller costume.



Pictured here is Noah Denmark and his family. This image was shared as part of the campaign organized by the social media team to celebrate gathering with family during the holidays.



POP



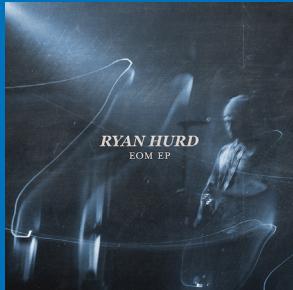
WHY DON'T WE
"the good times and the
bad ones"

RAP



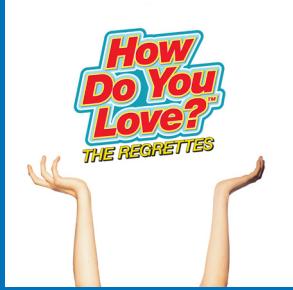
ODD WALL
"Hanging On" ft. Ill Knob

COUNTRY



RYAN HURD
"EOM EP"

ROCK



THE REGRETTES
"How Do You Love?"

New Year, New Music

By Kendall Walsworth
January 2021

Feeling trapped in your old playlist or sick of listening to the same ten songs on repeat? As 2020 comes to a close and 2021 springs upon us, you may want to spice up your playlist with some new artists.

If pop music is your playlist speed take a look at the artists Why Don't We, Ruel, Jacob Sigman, or Jany Green. Why Don't We is a pop band whose second album, "the good times and the bad ones," is set to drop January 15th and in the last month they've released two singles from the album line up. Ruel, an indie pop artist, and Jacob Sigman, a Hi-Fi R&B artist, released new music in October: an EP called "Bright Lights, Red Eyes" and an album named "Color Coded Heart," respectively. Jany Green, another indie pop artist, released his sixth single this December called "Move." These artists are all great additions to a playlist of upbeat vibes.

If pop music isn't your style and you're more into rap, try listening to Odd Wall or Genra. Odd Wall is a British artist who arrived on the music scene in May 2020 and has since released six singles. His most popular single is "Hanging On" which he released in November 2020 and partnered with American rapper Ill Knob. Genra refers to his songs as "jazzy hip hop tracks" which is a perfect way to describe his most popular song "Zoe" that has over two million streams on Spotify. He has been releasing music since 2017 and in the past year has come out with five new singles. Both of these artists add their own flare to the popular style of hip hop music.

If country music is your move, be sure to check out James Barker Band and Ryan Hurd. James Barker Band has released five new singles this year including their top hit "Summer Time." Ryan Hurd came out with a new EP "EOM" in June this year which includes the acoustic version of his most popular song "Every Other Memory."

Lastly, if you like to vibe with some quality rock music give a listen to The Regrettes and The Wrecks. The Regrettes are a critically acclaimed punk band who released a new single in July called "I Love Us" among their many others and their two albums: "Feel Your Feelings Fool!" and "How Do You Love?" The Wrecks are an indie rock band who've released a single, "Psycho Killer"; an EP, "Static"; and an album, "Infinitely Ordinary," throughout 2020. These bands are both gaining traction in the music industry and would be great additions to any rock playlist.

As we head into the new year, keep these artists in mind for the next time you need a playlist spruce. Who knows, you may just find your new favorite artist!



- » Are you a teen looking to make a difference in your community?
- » Are you seeking volunteer hours for upcoming deadlines?
- » Do you want to gain valuable, real-world experiences and knowledge?

Opportunities like these are endless with **Thrive Clermont**. With various skill-building events, mentorship programs, and chances to get involved in your area, we can help you find your perfect fit.

How Can Teens Get Involved?

Volunteer

Have fun serving your community while gaining volunteer hours to use on your resume and college applications

Ongoing or one-time volunteer opportunities

Hands-on training and personalized placement

Openings with various nonprofits in your community to fit your interests

Attend Programs

Summer PopUps (June 2021)

Learn fun skills and find your new hobby during our summer series dedicated to getting out of the house, meeting new friends, and trying something new!

Adulting Series (Fall 2021)

Join us for various workshops dedicated to preparing you for life after high school. Topics include behind the scenes looks at various careers, financial wellness advice, and much more!

Thrive is Five!

A fun-for-all community event at **Waterfront Park** on **April 11, 2021**

Join in on our birthday bash this spring as we celebrate five years of empowering teens to succeed.

Featuring local vendors, entertainment, and fun activities for the whole family!

Volunteers needed to help plan and operate the fun-filled day

Join TAC Teen Advisory Council

Help shape **Thrive Clermont** as a member of our Teen Advisory Council and have a real impact on your community

Choose areas that interest you like event planning committees or social media and communications teams

Gain real-world leadership and networking experience and build invaluable life skills while earning volunteer hours

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