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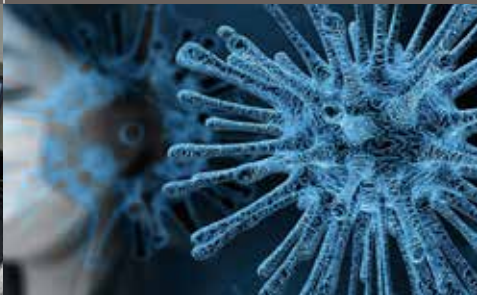


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EDITOR'S NOTE

Editor's Note: Productive And Positive

BY DEMI TAVERAS, EDITOR-IN-CHIEF



One month down of quarantine. I know, just reading that sentence probably made you want to stop reading. We've seen more than enough of the word "quarantine" and the other word that shares a name with a certain Mexican beer. It's easy to tire of the news and every miniscule update. I've tried to push out the same crippling thoughts surrounding those two words and instead focus on remaining productive and positive while at home.

What has kept me productive and positive? Everything! What isn't exactly productive keeps me positive or vice versa. Working from home keeps me grounded in a normal routine while going on a walk to get fresh air keeps me positive and content. I've found that everything I've been doing falls into either of those two categories, and for that, I feel fortunate and grateful. For example, binge-watching the Netflix show Too Hot to Handle keeps me positive – or at least positively laughing because of the accents and reality show dramatics. The number of iMessage games I play with friends and family is a great distraction and keeps me busy, even though some of them are sore losers (don't hate the player, guys). And live-streams and Zoom/FaceTime calls help when I just miss a social night

out. The days started passing by more quickly, too, once I promised myself that I would come out the other side of this quarantine having been productive and positive.

Most of our articles in this May edition naturally touch on the same topic. This month's "Creator Mindset" and "Work Well" give motivating insight for our mind and outlook to remain strong. "Tough Things to Talk About" presents information about how we can help out in the community, even if it's little by little. If you're in a lighter mood, "Zen and the Art of Being Online" pokes fun about falling down the Internet rabbit hole, and "One Date at a Time" exemplifies how we can continue to make amazing, lifelong memories. Thankfully, our community shares the same sentiment of refusing to let life pause just because of a little shake-up from the norm. We hope you, too, stay safe, positive, and productive at home!



In a hammock for fresh air. Photo by Demi Taveras.

Let's Talk Lake Nona: Buildings That Improve Our Health and Productivity

Our Smart City Introduces Smart Windows

BY LAKE NONA

Known as a living lab where companies and entrepreneurs can test new ideas and products, Lake Nona is dedicated to finding innovative and sustainable solutions that benefit our community and the broader population. Lake Nona's latest collaboration with View, Inc., is introducing smart window technology to numerous existing buildings including Canvas Restaurant & Market, Dockside event venue, and Laureate Park fitness center as well as new office and hotel projects under construction. View Smart Windows predictively tint in response to outdoor conditions, reducing energy consumption while also improving people's health and wellbeing.

"View was built on the understanding that natural light and connection to the outdoors is required to live a healthy and productive life," said View CEO Dr. Rao Mulpuri. "We recognized that ordinary windows are far from optimized, and it's estimated that we spend more than 90%

of our time indoors. Why can't a building improve our health instead of hurting it?"

When the sun shines, a coating between the double panes of glass within the View Smart Windows will darken, similar to self-tinting sunglasses. This reduces glare (which can cause eye strain, headaches, and drowsiness) and heat gain (which may require turning up the air-conditioning and increasing energy use), while maintaining natural light. Without a need for blinds or shades, View Smart Windows boost productivity and happiness by providing access to natural light with an unobstructed view of the outdoors.

Creating Healthy Spaces

View's smart technology provides an optimal balance of natural light year-round to keep people comfortable. With View Smart Windows, building occupants get all of the health and productivity benefits of natural light without the consequences of uncontrolled sunlight-like glare.

View is working to make every indoor space a "healthy space," designed to improve quality of life while also making buildings more functional in the 21st century.

"Together, with thoughtful partners like Lake Nona, we're proving that smart technology has the power to drive change for everyone," continued Dr. Mulpuri. "By designing sustainable, energy-efficient buildings that connect us to natural light and views of the outdoors, we can unleash our true potential."

For office buildings, increased exposure to natural light creates positive impacts on the energy and work-related performance for the employees inside. The absence of



natural light and outdoor views have been shown to hurt the employee experience by decreasing the ability of the eye to relax and recover from fatigue. **A recent case study by Alan Hedge at Cornell University found that natural light optimized by View Smart Windows can reduce eye strain by 51%, headaches by 63%, and drowsiness by 56% – dramatically improving health and productivity.**

By prioritizing controlled daylight in an office setting, employees are able to work more comfortably.

Investment in Sustainability

One of the fastest-growing trends in sustainable building, View Smart Windows can improve a building's energy efficiency by up to 20%.



"We're excited to align with another forward-thinking company like View to bring this new technology to Lake Nona," said Tavistock Development Company senior vice president of innovation Juan Santos. "Reducing energy consumption and creating environments that improve health are top priorities for our community and our company as a whole. We are investing significantly into this groundbreaking infrastructure, in both new and existing buildings so that the benefits can be realized immediately."

View Smart Windows are also programmed to tint on demand from a mobile device. Building managers can create schedules, choose zones, and control the windows with an easy-to-use mobile app.

"More than a decade of development and \$2 billion of investment later, View has installed more than 65 million square feet of smart window glass in buildings across the globe," said Dr. Mulpuri. "It's the first step of a longer journey to bring the next level of intelligence and personalization to building spaces and continue to improve people's health and wellbeing. We're just getting started."



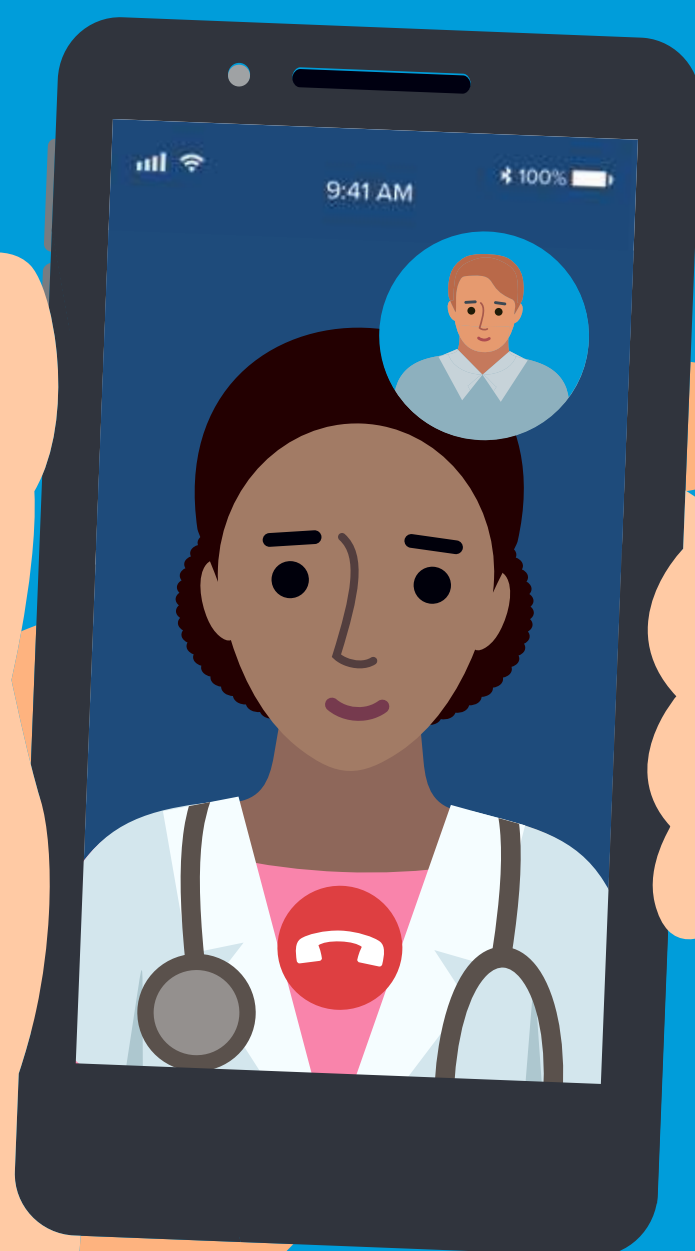
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UCF Scientists Seek Novel Material to Kill COVID-19

BY DR. DEBORAH C. GERMAN, M.D.



Dr. Deborah German

Masks that protect doctors and nurses from COVID-19 only block the virus before it reaches their faces, but UCF researchers are working to create a protective coating that would include a novel mask material that would catch the virus and kill it within seconds.

Sudipta Seal, an engineer specializing in material science and nanotechnology, initiated this project working with Griffith Parks, a virologist who leads research efforts at UCF's College of Medicine.

Seal came up with the idea, which the National Science Foundation funded, approving the research proposal through a rapid review process that took about a month.



Sudipta Seal

"Why not come up with a protective film made of nanostructures that could catch and kill the virus?" Seal said. "I could come up with the nanoparticles, I was sure, but would the concept work with a virus? I called Dr. Parks, and yes, he thought it could work."

Seal will create nanostructures that can capture the virus and then trigger a chemical reaction using ultraviolet light to destroy it. The scientists said that, if successful, the coating could be added to masks, gloves and gowns, which could keep healthcare providers safer as they battle COVID-19.

The nanostructures will be created at UCF's main campus and then shipped to Park's lab at the College of Medicine to test against a "dictionary of viruses" he has stored in a freezer.

"I make the recipe, and Dr. Parks checks against his dictionary of viruses," Seal said. "The viruses are similar in their RNA and DNA structure to the coronavirus but not as contagious or lethal. If it works on these closely-related viruses, then we go to the next step."



Dr. Parks in lab.

After Seal creates the materials, Parks will put them through a battery of tests to see which materials kill specific viruses and how fast. While one material might kill all viruses, Parks expects that some materials will work better on particular types of viruses – a finding that would allow them to tailor the materials in the future for a specific outbreak by a specific virus type. If Seal and Parks are successful, they hope to develop materials that can also kill disease-causing organisms such as bacteria.

Because Parks' lab is not Biohazard Safety 3 certified, he cannot test using the actual COVID-19 virus, which requires high-containment facilities. If a material Seal develops proves effective at killing viruses in the coronavirus family, the UCF scientists will send it to a certified outside lab. From there, it would go through necessary testing before getting approval to be used in the field.

It could be months, but the approach could prove useful for other potential pandemics

as well as the varied viruses and bacteria that healthcare providers face in caring for their patients.

"This is a terrific example of two scientific experts – who see things in very different ways and have very different backgrounds – coming together to tackle an important problem," Parks said. "The fact that this interdisciplinary approach might help the world deal with this pandemic makes it even more rewarding."

Deborah German, M.D. is the Vice President for Health Affairs and Founding Dean of the UCF College of Medicine.



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The Social Network for Lake Nona

How Technology Has Been Directly Impacted by COVID-19

BY FARLYN LUCAS

In the throes of a global pandemic, the novel coronavirus has directly impacted the medical technology industry.

Changes in the Delivery of Healthcare

In light of the rapid spread of COVID-19, the healthcare industry and the federal governmental entities that regulate it have been faced with the issue of treating critical COVID-19 patients, while maintaining healthcare delivery for patients with chronic illnesses and ongoing medical issues as well as patients with problems that need to be addressed during the pandemic.

Going beyond the virus became an immediate need while simultaneously limiting the exposure of these other patients to the coronavirus that began to spread aggressively. Currently, the confirmed cases continue to grow. We are experiencing a surge in our country and a strain on our healthcare system. It has become increasingly evident changes need to be made.

Telemedicine and Telehealth

Many patients did not know up until now

that they can have access to their personal EHR through a patient portal if it is offered by their primary (hospitals and specialists as well). Additionally, patients can request remote visits and medication refills. Shifts in telemedicine and telehealth allow patients to be cared for by their physicians by way of video or phone visits.

By offering patients telemedicine, the clinical workflow will be more efficient. This also allows the physicians to minimize the patient's exposure to the virus as well as themselves. Attention can be given to remote patients in a block while patients who may have COVID-19 are seen in the office in another block of time. This forms a more secure bond between the patient and the provider, especially when the provider designates a quiet place where interruptions will be limited.

WHO Points to Telemedicine as the Best Avenue for Mobilization of Healthcare?

The World Health Organization has published recommendations on mobilizing healthcare delivery to maintain the continuity of essential services for their patients, in response to the demand on the workforce during the pandemic. The most efficient and reliable way to do this is to expand on existing telemedicine and instruct facilities and clinics who do not have telemedicine in place on how to quickly become a provider.

The U.S. Promptly Responds With Telemedicine Expansion

By the end of March, the United States passed a \$2.2 trillion stimulus package

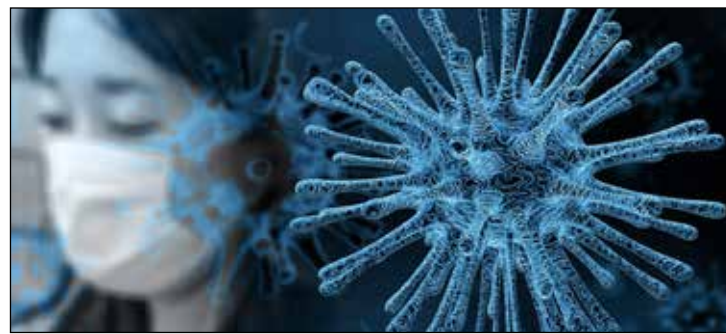
that included the CARES Act. The ATA has praised the federal government for including an expansion for the coverage of telemedicine. The 1135 waiver allows providers to safely provide telemedicine to their patients without worrying over prior authorizations, reimbursements, and more.

Over the past two weeks, patients who never knew telemedicine existed have had their first visit via phone or video. Additionally, patients are discovering that they can have their blood pressure and blood glucose related to their physician in real time as prescribed by the clinician. Telemedicine has become the wave of the future.

Will the Telemedicine Train Continue After the Pandemic Is Over?

The U.S. health system has undergone dramatic changes in a very short period of time. HIPAA regulations have relaxed, allowing the use of Facebook and Skype for telemedicine visits. Hospitals have started using chatbots with symptom checkers and telemedicine tools. This has seemingly happened overnight, making it possible to triage patients to keep the healthy patients at home.

In the blink of an eye, medicine has a new front door. Patients can choose to get advice from a chatbot or message a nurse.



Providers are relieved to find that they are getting paid no matter what communication mode is utilized.

Silicon Valley Is Ready for This Change.

There are legitimate concerns from the startups with regards to the big dogs of the technology companies. If the telemedicine trend continues beyond the pandemic, there are many questions of liability that will need to be answered. For example, if a chatbot gives the wrong advice to a patient, who is responsible: the start-up company or the provider?

Due to the pandemic breakout, the new options for medical care are on the forefront, and patients and clinicians alike are happy with the benefits. Many want these changes to be a permanent option, and if the companies do their jobs correctly during this critical period, telemedicine will remain an option far beyond this pandemic.



The Artist: From Canvas to Construction

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF RAVI SINGH-BRAVO



Singh-Bravo House.

Intrigued by her ability to create captivating paintings like the one gracing our front cover, we at *Nonahood News* reached out to Ravi Singh-Bravo to learn more about her progression into an artist. Read the conversation below to see how our May artist tells stories through paint and canvases – and now architecture!

Nonahood News: What drove you to become an artist?

Ravi Singh-Bravo: I have always loved to draw and doodle. My mother likes to tell stories about how I would mark up all of the walls in the house when I was a toddler with crayons, my preferred medium at the time (and favorite snack; apparently, I liked to chew on them).

NHN: When did you realize creating art was your passion?

RS: Growing up, I knew I loved to create art but never thought of it as a career. I am from India, and our families tend to direct us toward professions like medicine or engineering. I had an interest in medicine, but once I started college, I quickly realized it wasn't for me. You can only imagine the reaction my parents had when I told them I wanted to pursue an art degree! In 1999, I graduated summa cum laude with a fine arts degree from Florida Atlantic University. At the time, I had two young daughters, a three month old, Savin, and a four year old, Milana, and



Thinking Woman.



Rupi.

wanted to be able to work from home,

so I opened my first company, Milraj Design Studios.

When we moved to Lake Nona in 2004, both of my daughters were in school, and I wanted a change. I was fortunate enough to get a position at Three Points Elementary School teaching art! This was absolutely the most fulfilling job I have ever had. Working with kids and seeing those smiles everyday were priceless. In 2006, my husband and I had an opportunity to open up our first cellular retail store. Because of the overwhelming workload, I had to step away from teaching and, subsequently, away from art. In 2019, we sold our stores, and I finally was able to re-ignite the creative juices!

NHN: How often do you find yourself creating art?

RS: Currently, I am working daily on the biggest art project I have ever attempted. I designed a house with input from my amazing daughters. I started the design three years ago, and the house is finally under construction. This will be an artistic dream on paper that has come to fruition.

NHN: How long did it take you to discover yourself as an artist?

RS: I feel I am still in the discovery process and probably always will be! I am always focused on growing and learning as an artist. I am obsessed with all types of art – painting, graphic design, interior design, sculpture and architecture.

NHN: Which of your projects would you consider to be your favorites? (Pick a top three.)

RS:

1. Designing and building the Singh-Bravo House – I wanted to design a house that was different from the typical Mediterranean-style home you see here in Central Florida, while still

blending into my beautiful neighborhood, Moss Park Reserve. The key was also to maximize views of Lake Hart from every room of the house. Seeing the lake from a higher vantage point really is breathtaking. Making the main floor on the second level then led to the design of a split-level entrance that is unique. After creating the layout on paper, I was lucky to find an imaginative architect

that created the engineering plans and the front elevation of the house. We are now halfway through construction!



2. Water Buffalo – The water buffalo gives me a feeling of nostalgia. I was born in Punjab, India, and this painting was inspired by memories of being on my grandparents' farm. I was mesmerized by these giant animals and would spend hours watching them. Even though they were so huge and powerful, they were also the most kind and docile creatures.



3. Solitude 2012 – This painting depicts a difficult period in my life. We all have times in our lives that leave us feeling alone, even when we are surrounded

by others. Overwhelming feelings of doom or feeling like you are drowning in insurmountable tasks or responsibilities. Thankfully, these times pass, but it is important to realize that we all go through tough periods. Some have told me it feels like strength in difficult times. Others have described it as leaving a feeling of desolation. For me, it is a reminder of how lucky I am to have overcome those tough times, and it continues to give me strength.

NHN: Which of your projects were the most time-consuming/challenging and why?



RS: The Singh-Bravo House. I have experienced a rollercoaster of emotions during the construction phase of the house that I designed. The designing process was so much fun, but building has proven to be much more frustrating

and scary. It is always difficult to hand your artistic vision off to others, but these feelings of fear are definitely outweighed by the possibility and opportunity to create something truly amazing.

NHN: What serves as your inspiration on a day-to-day basis?

RS: I am inspired by my incredible friends and amazing close-knit family. My daughters especially keep me striving to be my best. They are artistic and are always there for me with advice and support. They give me strength and bring me immense joy.

NHN: Future goals/plans?

RS: As long as I survive my current project, I hope to continue working on drawing, painting, designing home layouts, and building!

NOMINATE AN ARTIST We are looking for interesting artists who live in the Nonahood to be featured. If you or someone you know should be nominated to be a Nonahood News Featured Artist, send your nomination to nonahood.to/artist.





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The 2020 Lake Nona Impact Forum

Day Two: Nutrition, Health Care of the Future, and Healing Through Music

ARTICLE BY DENNIS DELEHANTY
PHOTOS COURTESY OF THE 2020 LAKE NONA IMPACT FORUM

In the April 2020 issue of *Nonahood News*, we provided you with a summary of the discussions from Day One of the Lake Nona Impact Forum, held on Feb. 26-28. Each year, the Lake Nona Impact Forum brings together, right here in our humble neighborhood, the nation's leaders in the fields of health and wellness. The forum is a highly exclusive, invitation-only assembly of the best and brightest brains – and celebrity advocates – engaged in bettering our nation's wellbeing. *Nonahood News* secured a front-row seat at the forum, where we took copious notes to unlock for you the wisdom dispensed during the conference's fast-moving discussions. For this account of the forum's Day Two, we present to you the major ideas we heard in the order the discussions took place. Since late February, the coronavirus has dominated our lives and swept away debate and discussion about all other healthcare issues. On this Day Two of the forum, a panel featuring Brett Giroir, health and human services assistant secretary, was hastily arranged to address what was then known about the novel coronavirus. Little did we know how the virus would upend our lives only weeks later.

Let's first set the scene. For Day Two of the Impact Forum, we moved to the Guide-

well building, where the company's CEO, Pat Geraghty, kicked off an information-packed 12 hours. If you have never visited Lake Nona's Guidewell building, take time one day to do so. Inside, you will find a stunningly designed interior where curves and glass dominate. To visualize the Guidewell auditorium, imagine the bridge of the *Starship Enterprise* in a recent *Star Trek* film but with shapelier bends and bows. Slipping into my seat, I felt beamed forward a century or two.

For the morning's first panel, health commentators Avik Roy and Mark McClellan, plus Pat Geraghty, considered whether 2020 could bring about major changes to healthcare. *Fortune Magazine* editor-in-chief Clifton Leaf moderated the session.

"Things that seem impossible rarely are – if we are determined to achieve them," declared Roy, a respected commentator on health issues and a fierce optimist that our national healthcare system can be fixed. Roy offered a description of the Swiss healthcare system, which in his view is an ideal model for the United States. Many Americans, he said, grouse that our government should not seek to subsidize healthcare. But the United States already does so, much more in fact than other advanced countries. Switzerland, for example, subsidizes healthcare at only 1/4 the rate of the United States. Through policies that serve to underpin private insurers, Switzerland, said Roy, offers its citizens a healthcare infrastructure that is personalized, fair to taxpayers, affordable for all generations, and promotes both innovation and competition. What could the United States do to work toward such a system? Roy pointed to four necessary steps: build on individual insurance; reduce prices, particularly for drugs; reform Medicaid and Medicare; and pursue additional measures, such as restraining the monopoly power that hospitals exercise. Properly reforming the U.S. healthcare system, Roy cautioned, could nevertheless take decades.

As we press for healthcare reform, Pat Geraghty observed, social determinants must be taken into account. Polls regularly show, for example, that Americans have no appetite for paying higher taxes for

Medicare For All. While it is vital to attack costs and resolve "surprise billings," other major issues require solutions, such as how to contain costs for complex medical procedures. In the meantime, Geraghty contends, our healthcare policies remain stuck trying to solve "yesterday's issues." Winding up the panel, Mark McClellan remarked that Germans routinely express shock that the U.S. Congress takes on healthcare reform only once a decade. German legislators, in contrast, enact incremental adjustments to healthcare law *annually*, a practice that McClellan calls on the U.S. Congress to emulate.

In a session on "Cancer Game Changers," FDA Commissioner Amy Abernethy, Tempus CEO Eric Lefkofsky, and Howard Burris of the Sarah Cannon Research Institute discussed the stubborn difficulties in reforming the federal regulatory pathways so that they are adequately adapted to fast-paced advances in cancer drugs and treatments. Molecular data that ignores the conditions for individual patients, the panelists argued, will not provide the solutions sought. Instead, we must commit to developing and deploying big data for use by providers and patients, that is, data accompanied by individualized drugs and treatments that target each patient's medical specificities. In the near term, policymakers will need to "think differently" and recognize that big data and individualized cancer treatments will require new approaches to regulation.

Read more online at
nonahoodnews.com

In next month's issue – Day Three of the 2020 Lake Nona Impact Forum: Genes, Movement, and "Never Alone"



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Brooke Shields



Brett Giroir



Gloria behind the scenes



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Our business is important. It's our passion. Yet of far more importance is for each of us to reduce the spread of COVID-19, to flatten the curve in support of our heroic health care professionals, and to support those most in need. Only in doing so may we ultimately return to living our lives as we choose with our country back on the road to prosperity.

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FROM THE CEO

We take this opportunity to thank the community for their energy to help others during these challenging times. Keep your ideas and help coming our way. Of course, our prayers and thoughts of care are sent to the many people working on the front lines.

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Ready to Start a Family?

Get Your Doctor on Board Early.

BY SUBHIA REHMAN, M.D.



Expanding your family can be a very exciting time, but it can also bring up a lot of questions – the first being, when is the best time to start? One of the most important things you can do is loop your OB/GYN into the discussion as early as possible. He or she can help guide you with a personalized (and healthy) family plan.

When they're in the know from the planning stages, OB/GYNs have a prime opportunity to improve fetal and maternal outcomes with preconception counseling.

During a preconception assessment, providers can identify any risk factors that should be addressed prior to a woman's attempts to conceive. Addressing these risk factors could protect the health of both mom and baby.

Risk factors that are important to consider include:

- Activity level and nutrition
- Chronic and genetic conditions
- Immunization status
- Medications and supplements
- Menstrual cycle regularity
- Obesity
- Smoking and alcohol consumption
- Social and emotional health

When Infertility Is a Concern

Assessing infertility first begins with the consideration of a woman's age. In women younger than 35 who have regular periods and have not achieved pregnancy after 12 months of trying, an OB/GYN will start looking into what might be affecting her fertility with a work-up. In women older than 35, six months of trying is plenty of time to start an assessment if she hasn't yet become pregnant.

A fertility assessment includes understanding if a woman is ovulating, if she is having a normal cycle every 25 to 35 days, and if she is aware of the timing of her cycle as it relates to increasing the odds of conceiving. Each month, a woman under age 35 with a normal cycle has only a 20% chance of getting pregnant. An assessment might help a woman increase these odds by providing guidance on how to time her cycles, based on her hormonal and physical evaluation.

Treatments for Infertility

The good news is that there are many options for the treatment of infertility, including medications and procedures that address common causes of infertility like endometriosis or fibroids.



Women with Polycystic Ovary Syndrome (PCOS) can often benefit from hormone treatments that can regularize periods, in addition to lifestyle changes. Losing even 5% of body weight can increase a woman's chances of getting pregnant.

About Dr. Rehman



Subhia Rehman, M.D., is a board-certified OB/GYN in Celebration. She is known for her dedication to clinical excellence and strong belief in developing a healthy personal relationship with each of her patients. Dr. Rehman was an award-winning resident physician. She speaks five languages: English, Italian, Urdu, Hindi, and Kashmiri.

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Creator Mindset: Creativity and Crisis

BY NIR BASHAN



In times of crisis, much like we are faced with today, creativity can be a huge factor in the outcome. It can be the differentiating factor between emerging from the crisis successfully or getting pulled into the doldrums of despair. And to emerge

successfully, one has to depend on our innate creativity to shine a clear path forward.

The truth, when viewed creatively, comes into rapid focus:

- First, the news is all over the place and largely disappointing. Getting a straight picture of what is going on with this crisis is almost impossible.
- Then, lots of us have little experience with hard times anymore. If you are too young to remember the Gulf War or the Cold War or even the last recession, then these times can be scary and this problem can seem insurmountable. But rest assured, it's not.
- Finally, change is inevitable and often one of the hardest things to deal with. How the crisis will change things remains to be seen, but whichever shape things take, there is an opportunity for you to think creatively to stay relevant.

Here are the top three ways creativity can help reassure us in these challenging times:

1. The nature of professionalism is changing.

What used to be unprofessional has

now been redefined by this crisis. So now, working from home with kids screaming in the background, dogs barking, and other distractions are commonplace. I have been on conference calls with clients who have been clients for years and just now learned that they have children.

When looked at through a Creator Mindset, we see that this crisis has added humanity to our world. A humanity that was so well concealed and buttoned up just weeks ago has now been allowed to bloom out in the open. No more hiding. This is the real us.

2. Nothing lasts forever.

This COVID crisis will one day be over. It was thought that Ebola, SARS, swine flu, and others would last forever. But these, too, had a fixed shelf life. We all hope and pray that COVID won't last for too long, but one day, this disease will be gone as well, or at least reduced in scope. It is so hard to see beyond what is in front of us right this minute – and the hardships many of us are facing. But, as with most trials and tribulations, this too shall pass.

Because nothing lasts forever, the Creator Mindset depends on having a long-term vision. If things are hectic in the short term, creativity forces us not to lose sight of the long term! Things will indeed get better. It's not a matter of if, it's when. Don't lose sight of that incredible truth. Take a deep breath. It's temporary. Everything is.

3. Maintain some degree of normalcy.

Don't worry, no one was prepared for this disease to strike. Few could tell it was going to get this bad. And therefore, few prepared properly or were ready for the full brunt of its impact. But that doesn't mean we shouldn't maintain a level of normalcy.

The Creator Mindset relies on you doing what makes you – well – you. If you



usually get up and put a suit on for work, then do so at home. Yoga or some sort of meditation every evening? Go on a run? Two sugars in your coffee or tea first thing in the morning? Do not change it. Don't change what it is that you do because of this crisis. It is what makes you who you are, and any disruption in that will throw off your creative potential!

In my book, *The Creator Mindset*, out this June, I talk about a crisis that occurred in the early '80s and how it reshaped the packaging of products today. For the better. It turns out that crises can be the catalysts for very good things. There is always a silver lining. And in this time, it is essential that you find yours. With creativity.

I have good news for my awesome and loyal readers! *The Creator Mindset* book is now on pre-release through my website: www.thecreatormindset.com. You get some cool freebies by pre-ordering the

book on the website, Amazon, Barnes & Noble, or your favorite bookstore today!

Nir Bashan is an executive creative director/managing director with over 19 years of advertising, entertainment, and business development experience. He helps teach folks in non-creative fields how to think creatively to solve problems. He leads workshops and lectures on topics relating to *The Creator Mindset*. McGraw/Hill is publishing a book on *The Creator Mindset* that will be released in 2020.

www.nirbashan.com



TENNIS AT HOME

While you're keeping your family safe, the USTA and Net Generation are here to help keep your family active. Because even while schools are closed, there are plenty of ways to stay engaged.

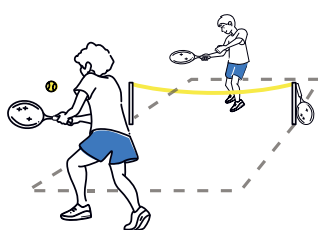
Visit NetGeneration.com/tennisathome to check out all of our tennis tips, fun activities, and tennis-themed educational content from the USTA Foundation.

NO MATTER YOUR SKILL LEVEL, YOU CAN USE THESE ACTIVITIES TO STAY ACTIVE AND HAVE FUN.

MAKE A NET

No court? No problem! Get creative and make your own net using items from around the house.

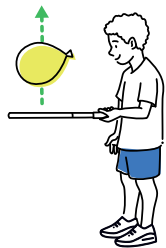
To work on different skills, try making your court smaller or bigger. How many different objects can you use to create a net?



BALLOON TENNIS

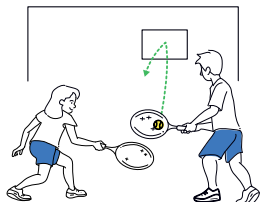
Anyone can start a game of tennis with a balloon! First, see how many consecutive hits you can do without letting the balloon hit the ground. Use your hand, racquet or even a wooden spoon.

Next, alternate between keeping your palm face down and face up to work on your backhand and forehand. Then try it again with your non-dominant hand. How about while standing on only one foot?



WALL RALLIES

See how many consecutive balls you can rally against a wall. Try alternating forehands and backhands to improve your game. Create your own challenges by adding movement between each shot. Be creative.



USTA: Tennis at Home

ARTICLE BY DANIEL PYSER
PHOTOS COURTESY OF USTA

With tennis players in Lake Nona and across the United States forced off the courts and into their homes in unprecedented times, the USTA is doing its part to keep them fit and healthy with a package of unique online resources to help tennis players everywhere stay active and connected with the game they love.

can visit www.usta.com/playathome, where they'll be able to access a free library of video clips, tennis tips, downloadable activities created by the USTA's adult and community tennis teams, tailored specifically for them. Much like the USTA's youth counterpart, these resources give adult tennis players of all ages, abilities, and skill levels the opportunity to stay physically and mentally fit until it's safe to get back on the courts.

Featuring insight from the USTA's expert panel of tennis, strength and conditioning, and player development coaches, these at-home tips range from video demonstrations of the drills that can be done from the living room or the driveway to quick hits with the best nutrition advice and keep-



In an effort to support parents and families at this challenging time, the USTA and Net Generation have been sharing tennis tips and fun activities to keep everyone in the family active and occupied – no matter where they are.

The USTA has sent out Tennis at Home newsletters to parents three times a week since it was launched in mid-March. Each newsletter includes healthy exercises, tennis trick shots, and innovative activities from the USTA Foundation's Academic Creative Engagement (A.C.E.) Curriculum to make sure the learning and the fun don't have to stop.

Instructional videos place an emphasis on fun while demonstrating the different ways youngsters can stay active in their own home, and there are activity books, drawing challenges, and coloring pages to keep children engaged. In addition, weekly A.C.E. Curriculum questions have youngsters solving tennis-themed math problems and exploring their creative writing side to nurture their imagination and love for learning.

To learn more about Net Generation and Tennis at Home or to sign up for the newsletter, visit netgeneration.usta.com/us-en/tennis-at-home.html.

Adult players who are missing out on lessons or classes at the USTA National Campus

ing other healthy habits. From Michael Harper, USTA manager for cardio tennis, to former professional players Luke Jensen and Kathy Rinaldi, each coach offers their unique insight on how to improve your tennis with what you have access to at home. And for players who are looking to keep their minds working in addition to their bodies, they can also access fun and games with a tennis twist, including word scrambles, crossword puzzles, and other similar downloadable activities.

Users can get the latest updates delivered to their inbox each Thursday by signing up for The Grip newsletter, which also features a peek into the U.S. Open vault. With the current suspension of the ATP and WTA professional tours, the USTA is revisiting classic encounters through the years in New York with full match replays. Each week, in addition to the above at-home activities, the newsletter will feature a link to a classic Open match from years gone by, which fans can have the opportunity to watch in full once more or for the first time. In addition, fans can visit the U.S. Open Facebook page every Saturday at 4 p.m. ET to view a live stream of a classic match.

NETGENERATION.COM/TENNISATHOME



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In the Garden: Pollination, Pruning and Powdery Mildew

BY AMBER HARMON

There is so much happening in the vegetable garden right now as spring is in full bloom.

Pollination, pruning and powdery mildew are three hot topics! The weather is hot, and we have gotten some rain. This is a recipe for a thriving garden with branches and vines and vegetables everywhere. When gardening in small spaces, if this is left untamed, you'll wind up with an unruly garden that can attract pests and issues like powdery mildew. Therefore, on a weekly basis we must attend to the challenges in the garden and do a pruning dance with our plants that helps to keep them healthy and aerated for maximum vegetable production.



While we have all been stuck at home, the bees and other pollinators have been hard at work. If a spring vegetable garden was planted sometime in March, everything should be produced by May. As we know, pollination must occur for a vegetable to be produced. What you may not know is how many ways pollination can occur. Everyone thinks of bees and butterflies as our main

pollinators, but you can add wasps, flies, birds and anything else traveling from one flower to another to share pollen to that list.



Even though there are countless pollinators, the conditions need to be right in order to attract these pollinators to the garden. Flowers are the natural attractor, so by default, the garden should have plenty of flowers. However, there are also environmental factors like construction and pollution that can disrupt the pollinators and lower the number of active pollinators in a community. If this is the case, consider manually pollinating certain plants in the garden. This is only needed for vegetable plants that have separate male and female flowers, like most varieties of squash, zucchini and cucumbers. For these plants, it is necessary for the pollen to travel from the male flower to the female flower in order to produce. Many other vegetable plants are self-pollinating. This means they

have both male and female parts within the same flower as most varieties of tomatoes, peppers and eggplants. For these plants, pollination can occur from the wind, insects landing on the flower, or even just giving it a little love tap for a few seconds.

Manually pollinating flowers is easy and fun. You can use a paint brush, Q-tip, or even your finger. It is important to identify the male and female flowers. The male flower typically has a straight stem, and the female flower has the bulge of a small vegetable at the base. When the female



flower receives the pollen from the male, the tiny vegetable will grow to full size, given the proper nutrients and sunlight. If the female flower is not pollinated, the small bulge will shrivel up and die. If you see that happen, get out there early in the morning when the flowers are open and beautiful and manually pollinate those veggie plants!

When gardening in small spaces, as the garden grows and matures, the plants naturally extend and grow into other plants' spaces. Be sure to keep on top of pruning those plants weekly. It's important because it will cause the least amount of impact to the plant if branches and leaves are pruned when they are small. This will also help to ensure the proper airflow through the branches of the plants and, in turn, reduce the number of pests while helping to increase focused vegetable production. Pruning can be especially helpful with tomatoes. Only prune what is necessary and let nature take care of the rest.

In humid environments, powdery mildew is a common occurrence. It is caused when there is too much moisture in the garden for a plant. Cucurbits like squash, zucchini and cucumbers are the most susceptible. So, if you get powdery mildew, here's an effective way to treat it.

1. Fix the moisture issue. If you catch it early, remove the affected leaves.
2. Spray other affected leaves and stems as well as the base of the plant with solution below only in the early morning or early evening when there is no direct sunlight. Test one leaf first.
3. Repeat every 10-14 days as needed then once more after it has cleared.

Recipe: In a 16 oz. spray bottle, mix 1/2 tsp. of potassium bicarbonate (food grade), 1/2 tsp. of vegetable oil, and 1/2 tsp. of soap with water.

Happy gardening!

Amber Harmon is the owner of My Nona's Garden, where they sell and service low-maintenance, elevated organic vegetable gardens. Our mission is to bring health, promote growth, and provide vegetable gardening education to local communities, one garden at a time.

Visit www.MyNonasGarden.com for more information.

"We make organic vegetable gardening easy!"



and family become afraid for your health.

8. Learn a new language without having to be embarrassed when you try to practice in real life.



9. Check your student loan debt for a sober realization about your future.
10. Research the minimum amount of money to open a savings account.
11. Break down and try to earn a TikTok dance.
12. Type "trailer" into the YouTube search and see what comes up.
13. Look up dogs for adoption and think of better names than they're listed as

Read more online at
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Zen and the Art of Being Online: 41 Ways to Waste Time Online Until We Can All Go Outside Again

BY CHRISTIAN CASALE


1. Watch videos of people building log cabins from scratch, and then think about how you'll never be enough of a man to do something like that.
2. Look through the IMDb Top 250 and get angry when you realize that *Space Jam* isn't on it.
3. Watch scenes from the few couple seasons of *Game of Thrones* on YouTube.
4. Watch scenes from the final season of *Game of Thrones* on YouTube and become upset.
5. Become clinically addicted to a video game.
6. Listen to an entire podcast mini-series, and then forget every single detail within a week.
7. Become so invested in the NFL Draft that your friends


LAKE NONA HOUSING MARKET UPDATE

March 2020

kw. THE LIZ TEAM
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 www.theLizTeam.com

Laureate Park


 **64 HOMES**
Active Inventory


 **11 HOMES**
New Listings

SOLD LAST MONTH: 18

Average sold price:

\$492,557

 **97%**
List to sold price ratio

 **65 DAYS**
Avg. Days on the market

Eagle Creek


 **27 HOMES**
Active Inventory


 **5 HOMES**
New Listings

SOLD LAST MONTH: 15

Average sold price:

\$375,633

 **98%**
List to sold price ratio

 **22 DAYS**
Avg. Days on the market

Village Walk


 **38 HOMES**
Active Inventory


 **8 HOMES**
New Listings

SOLD LAST MONTH: 7

Average sold price:

\$517,714

 **98%**
List to sold price ratio

 **25 DAYS**
Avg. Days on the market

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Contact the Central Florida Ronald McDonald House for more information about what they need and drop-off instructions.

If you aren't scared of needles or blood, consider donating blood. Right now, many blood drives are closed due to the coronavirus, which means a lot less blood in the blood banks. If you want to do your part and if you can donate blood, America's Blood Centers has locations across Orlando that will take you by appointment to donate blood on an individual basis. Orlando has many One Blood donation centers available for you to make an appointment at OneBlood.org.

Now, for a more futuristic option in helping fight the coronavirus: apps! Instacart is an app that lets you hire a personal shopper and shop for the groceries you want through the app. Why not buy groceries for your neighbors, especially the elderly, so they won't have to go out and risk getting infected? Better yet, there's an option for contactless delivery of the groceries, so you can just have your groceries delivered to your front porch without risking interacting with the personal shopper who could infect you or you could infect them. Another new way to help the frontline workers, besides not buying N95 masks and saving those for the healthcare workers, send them pizza! A food delivery app called Slice has partnered with an organization called Slice Out Hunger, where you can donate money online, and they partner with local pizza restaurants who then make and deliver pizza to the hospitals nearby. Simply go to sliceouthunger.org to donate money to pizza restaurants, who will donate pizza to frontline workers in need of a good lunch break.

Tough Things To Talk About: How to Help During a Global Pandemic

BY NATALIA JARAMILLO

With over 2 million cases of COVID-19 around the world, now more than ever is the perfect time to help others. The best way to help everyone on a global scale is to stay home and social distance as much as possible to flatten the curve, but there are still things you can do beyond that. This global pandemic is an opportunity for everyone all over the world to get together and show how well we can all work together. Here are just a few ways you can help make a difference along with social distancing.

Donating to organizations and non-profits is a great way to help that is relatively easy. The Centers for Disease Control has a foundation where you can donate money that goes toward funds for researching COVID-19. The American Red Cross is also in need of donations for COVID-19 relief. The Boys & Girls Clubs of America is another great organi-

zation to donate to because they are aiming to feed boys and girls who can't get food during this pandemic. Meals on Wheels and No Kid Hungry are another two organizations that are in need of monetary donations to keep providing food to those in need. Restaurant Workers' Community Foundation is an organization that helps small businesses take out loans to keep their employees' payrolls going and keep afloat restaurants that provide us all food.

If you are looking for a way to get more personally involved and are willing to risk more exposure, there are certain organizations in need of volunteers. The Second Harvest Food Bank of Central Florida is looking for volunteers to help sort and distribute food. The Food Bank is taking steps to keep volunteers safe, such as recommending face masks be worn, having groups of only 20 volunteers at a time, which are then further split up throughout the warehouse, sanitization stations throughout the facility, and more. If you are willing to help, head to the Second Harvest Food Bank of Central Florida's website to sign up for a shift. The Ronald McDonald House Charity of Central Florida has suspended taking in new families; however, they still need help feeding and housing the families that are currently in their care. Therefore, donations of cleaning supplies and food will be accepted.

Work Well: Compassion and Grit

BY NATALIA FOOTE

I've drawn a blank. This article is meant to uplift and motivate. It is meant to give you quick and easy tips to navigate your professional life and home life and recognize that it is all one, big, beautiful life. It is meant to give you some information that may allow you to work better, more efficiently, and perhaps bring a bit of calm and ease to an otherwise busy life. And right now, when calm and ease are most needed, I find myself without words.

Everyone's life has changed. The simple conveniences we got so used to living with have been modified without a clear definition of when or how they will return. Uncertainty brings along various emotions – worry, fear, and anxiety, to name a few. This article is here to remind you to feel compassion toward yourself and others and to look forward and forge ahead.

Compassion is the feeling that someone is there for you. Compassion is a mother rocking her crying baby and soothing it. According to Rick Hanson, author of *Resilient, How to Grow an Unbreakable Core of Calm, Strength, and Happiness*, giving compassion lowers stress and calms your body while receiving compassion makes you stronger and more able to

take a breath, find your footing, and keep going.

There are many people and professions that need our compassion: doctors, nurses, delivery personnel, grocery store workers, healthcare providers, teachers, people who have lost their jobs.

In addition to showing compassion for others, finding compassion toward yourself helps you become stronger. Compassion toward yourself is learning how to become your very own ally. Below, you'll find a way to build compassion toward yourself and others. It is a simple meditation called metta, or loving/kindness meditation.

Loving/Kindness Meditation

Sit or lie down and allow your body to relax.

Allow your eyes to close.

Say to yourself:

May I be happy, May I be well,
May I be safe, May I be peaceful and at ease.

Think of someone you love, someone you interact with, a group of people that may need compassion.

To them say:

May you be happy, May you be well,
May you be safe, May you be peaceful and at ease.

Repeat the sayings three times (or as many times as you need to hear it).

Compassion for yourself is where you start, not where you stop. In addition to compassion, a good amount



of grit is needed to maintain mental strength. Grit is the mental fortitude to push through. Grit is being resourceful and having agency, or the sense that you can make things happen, rather than being helpless. Rick Hanson says, "If you've been knocked down by life, agency is the first thing you draw on to get up off the floor; look for experiences in which you are making a choice or influencing an outcome." He uses the analogy of being a hammer rather than a nail.

Humans are resilient. YOU are resilient. Humankind has persisted throughout various challenges, and we continue to forge through. Continue to make progress within. Continue to believe in the resiliency of the human spirit. You can do this!

Natalia Foote is the owner of threeR, a company bringing mindfulness, meditation and yoga practices to the workplace. Her mission in life is spreading love and light in the world. When not spending time with her family, you can find Natalia taking and teaching yoga all around Lake Nona.

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KATIE'S CUCINA: BAKED SHRIMP PARMESAN WITH PASTA

BY KATIE JASIEWICZ, KATIESCUCINA.COM

Servings: 4 | Prep time: 10 min. | Cook time: 15 min. | Total time: 25 min.

INGREDIENTS

- 1 23-oz. jar of your favorite red sauce
- 20 jumbo shrimp, peeled and deveined
- 1/2 cup shredded mozzarella cheese
- 1/4 cup parmesan grated
- 1 8-oz. package of spaghetti
- Fresh basil and parsley for garnish

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit. Bring a large pot of water to a boil.
2. While the oven preheats and water boils, add half the jar of your favorite pasta sauce to an 8"x8" baking dish. Then, pat dry the peeled and deveined shrimp and add to the sauce laying flat (try not to overlap). Spoon a little bit of sauce on each individual shrimp. Then, sprinkle the shredded mozzarella cheese and parmesan cheese on top of each piece of shrimp.
3. Place the shrimp in the oven and cook for 10 minutes. While the shrimp cooks, place the spaghetti in the pot and cook for 10 minutes.
4. Drain the pasta. Add the additional half jar of sauce back to the pasta pot. Place the spaghetti in the pot with fresh basil and parsley, and mix well so that the sauce hugs every last noodle.
5. After the shrimp cooks for 10 minutes, increase the heat to 500 degrees and broil for 5 minutes or until the cheese is golden brown but not burnt (keep an eye on the cheese minute-by-minute).
6. Divide the pasta among 4 plates. Then, add 5 jumbo shrimp on top of each piece of pasta. Top with additional parmesan cheese, fresh basil, and parsley. Enjoy immediately.



Katie Jasiewicz is a full-time food blogger and recipe developer at KatiesCucina.com, a recipe blog that provides family-friendly, easy-to-make recipes that anyone can make. Join her on her culinary adventure, where life always tastes good.

Read full article online at nonahoodnews.com



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Dog of the Month



Scout

Owner: Erik & Gina Butz
Breed: Finnish Spitz / Chinese mutt
Age: 8 years (at time of submission)

Dog's Quirk/Story: Our family lived in Asia for 13 years, and we bought Scout in China for \$8 at a tiny, local pet store where we lived. We lived in a 12th floor apartment at the time, which made house training her a tough process! We classified her as a Chinese mutt (literally "dirt dog" in Chinese) but later found out she must have a significant Finnish Spitz background. One year after we got her, we decided to move back to the U.S., landing in Florida. All the costs of plane tickets, customs, and medical checks made her the most expensive member of our family for the return trip! Scout was a very important part of our family's move and cross-cultural transition process. She was (and is) our therapy dog! Scout loves walks in our neighborhood, staring down animals in our backyard, and any chance she gets to ride in a car with us. She also loves going to our daughter's soccer games, where her cuteness becomes a major distraction for all the players. She loves the attention. Scout has fully acclimated to life in America and is a proud Lake Nona resident.

Do you have the cutest, weirdest, smartest, or coolest dog in Lake Nona? Let's hear about it! Your furry friend could be featured in an upcoming issue! Submit your Dog of the Month nomination at <http://nonahood.to/pet>



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The Social Network for Lake Nona

One Date at a Time: Keeping It Real During a Quarantine

BY SHARON FUENTES



We all know that date nights can help you feel closer to your partner and remind you that you are a team. But at a time where you are forced to STAY HOME, causing you to be SUPER CLOSE together a gazillion hours a day, the idea of spending MORE TIME together may not be so appealing. I get it, really, I do. No matter how much you may love your significant other, it's easy to get on each other's nerves when you are stuck together during a pandemic quarantine! Add other people being trapped with you to the mix ... and the ideal date may now seem like both of you being in different rooms and an hour of uninterrupted silence.

But then, I started thinking about the real purpose of me and my husband's regular, once-a-month date night out. For us, it is more about stopping what we are doing and checking in with

the other person. It's about reconnecting, destressing, making time to just laugh and have fun. When I thought about it that way, suddenly the idea of a date with this hairy beast that looks a lot like my hubby used to seemed a lot more appealing. But we knew that we needed to keep things and expectations real.

We started off by just taking walks together. It was nice to be out of the house, and it gave us time to talk about fears or anxieties without having to worry about our kids listening in. Hubby is a first responder and still working, so I was able to express to him how I was really feeling about that and what I needed him to do when he came back home so I would feel safe. It was a serious conversation, but having it while we were walking helped keep it light. So did him doing his usual antics to make me laugh, like posing among the wildflowers that I mentioned were so pretty. Sorry, ladies, that goofball is all mine!

While walks have become our TALKING Time, we knew we needed to do something together that was just pure fun. And that is how we became reality TV junkies. *90 Day Fiancé* has become our go-to show. There is just something about watching these people who believe they've found their soulmate online and are traveling to a different country to meet them that makes you forget about your real life. Add wine and witty banter to the mix, and you have a night of pure entertainment. It's not that we are being mean and making fun of these folks; we certainly do not mean to be. It



is more like watching a trainwreck – you know you should do something to stop it, but you can't. No matter how hard you try to look away, you won't! But unlike a real trainwreck, this show has been made for entertainment and for us TO WATCH IT! So watch it we do. We watch 55-year-old Big Ed (who not so ironically is only four feet tall), who met 20-something Rosemary online three months ago, pack the ring he will use to propose when he gets to the Philippines to meet her for the first time. We watch her disgusted look that she tries to hide when she sees him for the first time, and his disgusted look that he tries to hide when he sees her hairy legs a few hours later in the fancy hotel room. We watch Big Ed meet Rosemary's father who, by the way, is younger than Big Ed. We watch Big Ed as he lays on the floor of Rosemary's house that has no windows, doors, or even floors, and he starts to wonder if perhaps Rosemary doesn't really love him and is only using him for a ticket to the U.S. and a green card. Both my husband and I yell at the TV, "YOU THINK!" Then, we lovingly look at one another. See, we are still in sync!

We thought this special time together could not get any better ... but then, it did. The other night, we had the ultimate quarantine date! The online neighborhood *90 Day Fiancé* Enthusiasts Facebook group we belong to (DON'T JUDGE ... in times of a crisis, you do what you have to do to survive) had a Zoom Watch Party where two of the cast members actually joined us! While Big Ed was a no-show, Baby Girl Lisa and Geoffrey were there to answer all our questions and feed our quarantine reality TV appetites. It was a night of unexpected fun that, honestly, would never have happened if we weren't in quarantine all stuck at home, trying our best to make the most out of a bad situation. Which really is the point of this article. Dating during a quarantine is not as hard as you think. You just need to figure out what you can do together to make the most out of a bad situation. And if you happen to see Big Ed while doing that, tell him our next Zoom Watch Party is in two weeks, and he is invited.

Stay safe, EVERYONE!



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