



THE FOUNDATION FOR
Independent Living

Thankful Together

Community, Family, Thanks



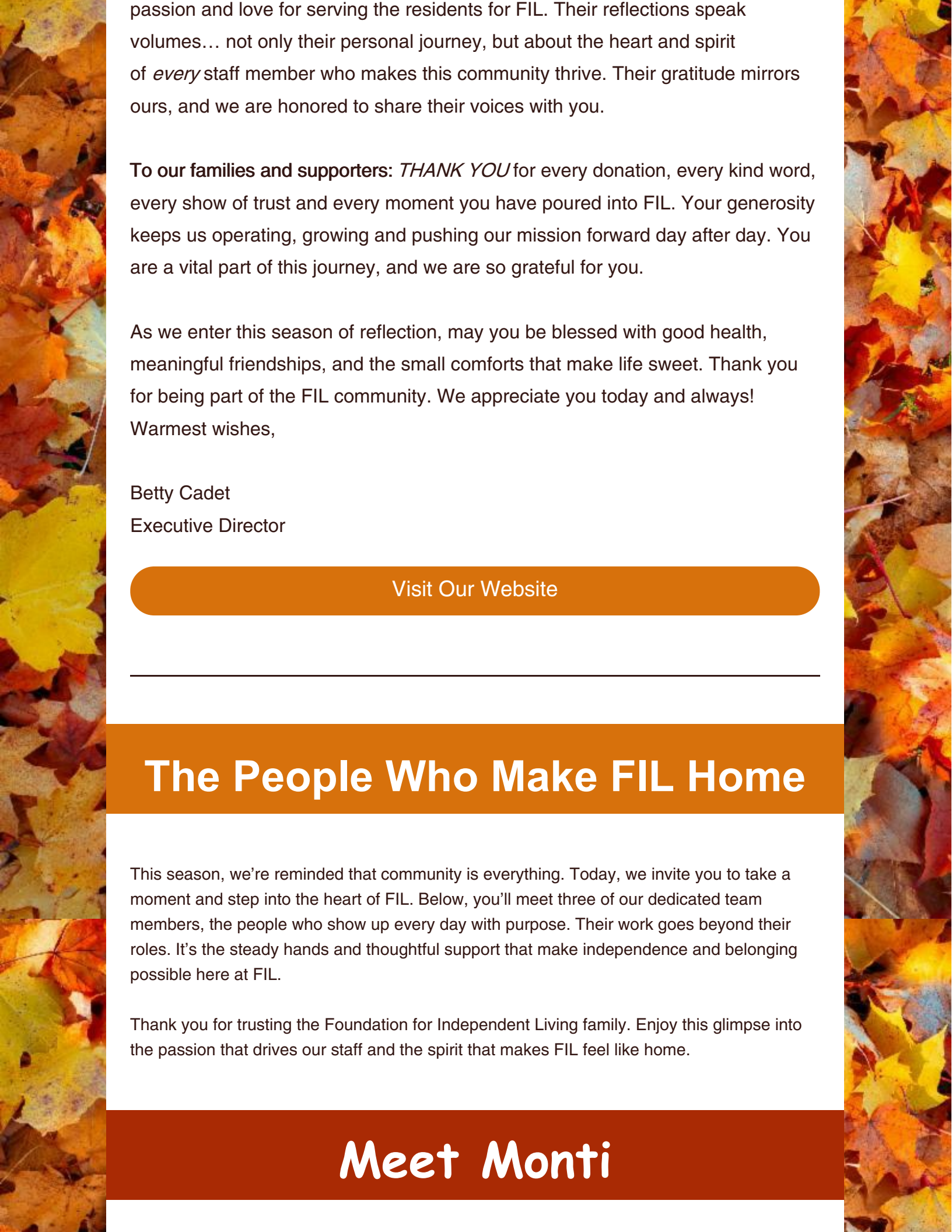
From Our Table to Yours

A Message From Our Executive Director

Tis the season to be thankful.

As we prepare to close out another remarkable year, I am filled with deep gratitude for our FIL community. Our 2025 journey has been one of undeniable growth... by strengthening our programs, expanding opportunities for our residents and continuing to build a place where independence, dignity and joy are celebrated every day. None of this would be possible without the unwavering support of our families, partners, donors and friends who stand beside us and align themselves with our mission.

In this Thanksgiving edition, we are excited to feature a special staff highlight. We sat down with three of our dedicated team members to capture their stories,



passion and love for serving the residents for FIL. Their reflections speak volumes... not only their personal journey, but about the heart and spirit of *every* staff member who makes this community thrive. Their gratitude mirrors ours, and we are honored to share their voices with you.

To our families and supporters: *THANK YOU* for every donation, every kind word, every show of trust and every moment you have poured into FIL. Your generosity keeps us operating, growing and pushing our mission forward day after day. You are a vital part of this journey, and we are so grateful for you.

As we enter this season of reflection, may you be blessed with good health, meaningful friendships, and the small comforts that make life sweet. Thank you for being part of the FIL community. We appreciate you today and always!
Warmest wishes,

Betty Cadet
Executive Director

[Visit Our Website](#)

The People Who Make FIL Home

This season, we're reminded that community is everything. Today, we invite you to take a moment and step into the heart of FIL. Below, you'll meet three of our dedicated team members, the people who show up every day with purpose. Their work goes beyond their roles. It's the steady hands and thoughtful support that make independence and belonging possible here at FIL.

Thank you for trusting the Foundation for Independent Living family. Enjoy this glimpse into the passion that drives our staff and the spirit that makes FIL feel like home.

Meet Monti

Meet Monti, one of our passionate Activity Coordinators at The Foundation for Independent Living. For nearly 2 years, Monti has brought creativity to every event, found new ways to connect with residents, and helped turn activities into moments that build real belonging.



Meet Elvith

Meet Elvith, one of our dedicated Independent Living Coaches who has been part of our journey for over 18 years. Elvith continues to find new ways to improve our residents' lives and stays committed to making independence possible every day.



Meet Harold

Meet Harold, our Music Therapy Teacher at The Foundation for Independent Living. Harold loves helping residents tap into their musical gifts so they can discover confidence and creativity through sound. He brings heart, patience, and joy to every session.



Employee Holiday Fund

Thank you for Your Generosity!

Earlier this month, we reached out to our FIL families asking for support for our Employee Holiday Fund and so many of you responded with open hearts and open hands. Thank you for contributing to this meaningful tradition and honoring the incredible team that serves our residents every single day. Your generosity reminds our staff how valued and appreciated they truly are.

For families who may have missed the first notice, we are still gratefully accepting donations. Every contribution, big or small, directly supports our end of year Staff Appreciation Event and goes right back to the dedicated team members who pour their love into FIL throughout the year.

If you would like to make a donation, you may do so in one of the following ways:

Secure donation through our website by clicking on the donate link below.

[Online Donation](#)

Checks: Please make checks payable to the Foundation for Independent Living

[1367 Lyons Road, Coconut Creek, FL 33063](#)

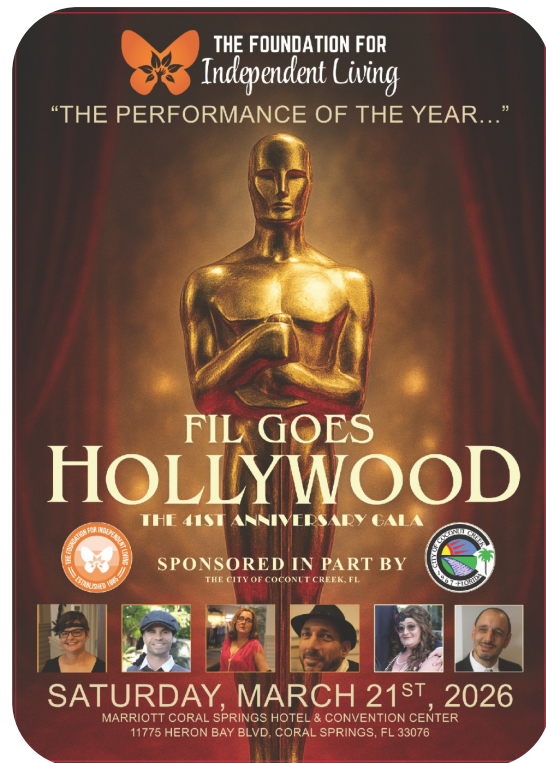
Note "Employee Appreciation Fund" in the memo line.

Checks can be mailed or dropped off at our main office.

SAVE THE DATE

By now, you should have received our Save the Date card in the mail for our 2026 Annual Gala. We're excited to announce that this year's theme is "FIL Goes to Hollywood" happening on Saturday, March 21, 2026 at the Marriott Coral Springs Hotel in Coral Springs, FL . Get ready for a night of fame, glam and unforgettable celebrations!

More details will be shared in the upcoming weeks as we prepare to open registration, along with information on hotel accommodations and additional event highlights. We look forward to seeing you there for what promises to be a night to remember! info@filinc.org



Skills That Stick

Powered By Community Partnerships

We're making powerful progress in vocational training and volunteer opportunities. Our partnerships are thriving, including meaningful work with Food for the Poor, Jacob's Shoes, and other aligned community partners helping residents build purpose and work skills. We also work with ArcWorks to deliver core skill training. Recently, we welcomed Burlington Coat Factory, located just steps from our campus.

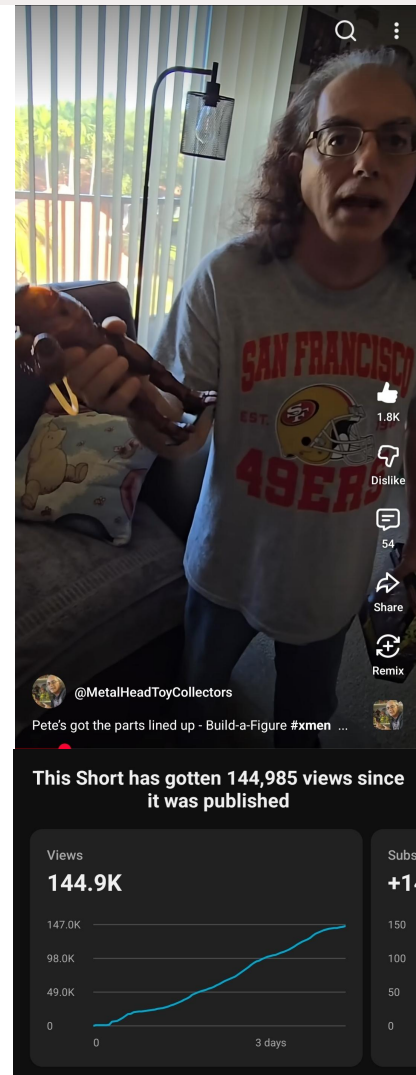
Because of this shared dedication, two residents are currently doing on-the-job training there, gaining experience and confidence. This is real impact in action.

Pete's YouTube Update

You remember when Peter started his YouTube journey a few months back? So far, things are off to a blazing start. Peter recently released his first video that surpassed 144,000 views in just three days. Collectors from all over have been reaching out, connecting, sharing stories, and enjoying the community he's building around his collection.

We're excited to see this momentum continue as Peter doubles down, inspired now that he can see his hard work paying off. In Pete's own words, "We hit an oil well... it's gushing!" Let's keep that energy flowing.

[Pete's Youtube Channel](#)



Holiday Package Reminder

As we enter the busy holiday shipping season, we want to ensure that all packages arrive safely to your loved ones. To avoid lost or misplaced deliveries, we kindly ask that all holiday gifts and incoming packages be sent directly to our FIL main office rather than to the resident apartments at Cypress Shores.

Please note that FIL & Cypress Shores is not responsible for any packages delivered to resident apartments, and we want to make sure every item reaches your family member without issue. Sending all packages to the main office allows us to secure and distribute them properly.

All packages should be addressed to:

[1367 Lyons Road, Coconut Creek, FL 33063](#)

Please make sure to include resident's name

Thank you for your cooperation and for helping us maintain a smooth and safe holiday season for our residents.

ON THIS DAY

This Thanksgiving, we embrace the togetherness this season brings. It's a reminder that gratitude is best shared, laughter heals deeper when it's collective, and time feels richer in the company of good people.

To everyone in our community, our residents, families, donors, community partners, staff, and supporters at every level — thank you for the love, the patience, the humor, the service, and the belief in our mission. You are the reason this place feels like home and the reason joy always has a seat at the table.

Today, we hope you reach out, say thank you, share a meal, share a laugh, and spend time with people who make your heart feel light. Let's carry this energy forward, not just for the holiday, but for the long road of real connection. Wishing you full hearts and full plates.

Happy Thanksgiving, with love and togetherness.



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