

Mission Statement

The Gulfport Multipurpose Senior Center Foundation, Inc. is a registered 501(c)3 charitable non-profit organization that exists to raise and distribute funds that support and enhance the recreational, educational, social and health related programs and services of The Gulfport Multipurpose Senior Center.

Gulfport's Nationally Accredited Senior Center, is one of only a handful of Senior Centers so designated in the State of Florida.

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Spring Gardening ... A Feeling of Peacefulness

When weeds started to invade the new garden outside the north entrance to the Foundation Fitness Center last year, Judy Trehub put on her gardening gloves and made it her job to keep the garden well manicured. When people come to the Catherine Hickman Theater or the Fitness Center, the garden is their first impression, she says. "I take pride in my city and this is my way of giving back."



peacefulness," Judy says. "I like working with my hands in the soil."

Judy can also be found volunteering every Thursday morning at the Fitness Center, where she has been working out every other day for about 18 months. The exercise helped restore her mobility so she can enjoy gardening at the Center and a bit at home. She and her husband plant annuals every spring and grew tomatoes and peppers in containers last year. Her gardening

obsession, however, is orchids, Judy says. The exotic flowers bloom on her porch year-round and cut blooms add color inside her home for weeks at a time.

Before long, her efforts were noticed and Judy was asked to keep the Senior Center's new Celebration Garden tidy as well. "It gives me a certain feeling of

It's all about Smiles!

They say spring is right around the corner. I say every day is spring at the Gulfport Senior Center. Why would that be? All one has to do is observe. You will see it in Betty who at 90+ plays Wii Bowling, checks e-mails on our computers, uses our Fitness Center, etc. But it's that smile - that charming, mischievous smile that invites everyone around to come have fun along with her.

You'll see it in the radiant smile of our volunteer Donna who finds every person she meets a delight and proudly boasts of our programs, activities and services that can and do enhance the lives of our participants.

Marvin has a smile that speaks of peace and contentment and is surely motivated by a mission to warm your heart.

And it's not just the smiles but those wonderful peals of laughter that can be heard coming from the Fitness Center and the Chair Yoga class. It makes one smile just to hear the sound of laughter.

Smiling and laughter are symptoms of happiness and joy that contribute to one's physical and emotional well being. It's a tonic with side effects but the effects are all positive. One effect is that others can easily catch it. And that's a good thing! So if you are feeling somewhat down or upset, your very mood can be lifted just by coming to the Senior Center. There's nothing to lose and everything to gain.

Share that smile. Make more room for humor and laughter. Then watch the benefits unfold!

by Sue Frank, Senior Center Manager

Coming Events

April

- April 11, 1:00 pm
Fashion Show
– St. Vincent's Episcopal Church Thrift Shop
Entertainment: Gail Biron
Refreshments
In the Hickman Theater – tickets: \$3:00

May – Older Americans' Month

- **May 21-25 - Senior Citizens' Week in Gulfport**
Gulfport businesses are invited to offer free coupons or discounts for seniors 50 & up. The GEMS minibus will transport clients to participating businesses throughout that week.
- **Wednesday, May 23, 1:30 pm**
Older Americans' Month Celebration at the Gulfport Senior Center
Entertainment – tba
Refreshments
- **June**
Fathers' Day Concert – Friday, June 15, 1:00 pm
Entertainment - **Paul Fornatar**
- Wednesday June 27 - Ice Cream Social

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Community That Cares is published quarterly by the Gulfport Multipurpose Senior Center Foundation. Amy Oatley, Editor

Celebrate Older Americans Month!

"May~Faire"

Community Family Fun-Festive

Saturday, May 12, 2012
9:00 AM ~ 4:00 PM
Boca Ciega Center, LLC.

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Yard Sale ... Arts & Crafts ... Health Fair
Kids' Korner ... Baked Goods ... Silent Auction
Entertainment ... Community Veterans Honored

Benefits
Gulfport Senior Center Foundation
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World Health Day 2012: April 7, 2012: Focus on Aging and Health

Each and every one of us can relate to the theme of this year's World Health Day. Over the past century life expectancy has increased dramatically and the world will soon have more older people than children. Populations are aging everywhere, but less-developed countries are witnessing the fastest change. This social transformation represents both challenges and opportunities. In particular, countries may only have a single generation to prepare their health and social systems for an aging world. FMI: <http://www.who.int/world-health-day/2012/en/index.html>



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Gulfport Multipurpose Senior Center
5501 27th Avenue S., Gulfport

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Our hearts are, too

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Gulfport Presbyterian Church

5313 27th Ave. S. 727-321-8086
Gulfportpc@tampabay.rr.com

Sunday Worship
10:30 AM

Our Annual Open House plus “Then & Now” History Expo

The 2012 open house highlighted the Senior Center’s rich history and many of the services and activities offered at the Senior Center. Display tables represented an array of interests from fun and games, support groups, and “The Chat Room”, to the harmonica club. The quilting club displayed a quilt they are raffling. Mayor Mike Yakes shared some heartfelt remarks about picking up his Senior Center application and the Gulfport community.

Participating organizations included the Gulfport Area Chamber of Commerce, one of two groups of women dressed in period costume. Other participating businesses and community groups included the Boca Ciega Yacht Club, the Gulfport Library’s Circle of Friends, Gulfport Historical Society, Gulfport Merchants Association, and Stetson University College of Law. Also represented was the Gulfport Senior Center Foundation, that raises funds to support and enhance the social and health related programs and services of The Gulfport Multipurpose Senior Center.



Gulfport Area Chamber of Commerce



Gulfport Merchants Association



Senior Center Writer's Group



Phyllis Plotnick Enjoyed the Open House



Fun Costumes!

Fun with Sudoku



Gulfport Quilters

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An Organized and Balanced Life

As the season of abundant blooms and beautiful weather is upon us, once again it is time to approach the areas of our home, office and life that require a clearing or refresh -- a "Spring Cleaning" of sorts. Everything from the review of our finances to purging areas of space or "clutter" can come under this category, so an organized plan of action keeps this process a simple one to accomplish.

Making a list to tackle those areas of life for review is a great place to start. Keep in mind that there are tasks to cross off your list and areas of adjustment such as exercise or health, schedule or commitments, family and friends, and even leisure time to allow for. Here are a few tips to consider when prioritizing and working through your list.

- Choose tasks first that need immediate attention due to renewal dates, cost or unnecessary discomfort. Think sooner done - quicker mended.
- If assistance is needed, take time to find help and coordinate accordingly to schedules or availability.



As you manage each task, keep in mind that changes in one area of life can affect others. Allow for adjustment or changing priorities.

Making your way through what needs to be done should leave you with a feeling of accomplishment. Move at your own pace and give yourself a pat on the back as each task is completed. Prepare for each task by sorting, information gathering, and coordinating your time and commitment.

As you make it through your to-do list, work to keep balance in all areas of your life. This way, certain areas will not become as easily cluttered or unmanageable again. Too much of anything is just too much, so know when it is time to cut back on that which does not serve your purpose. Keep life simple. There is no one ideal way to do things, so make your life work for you. Stay proactive in thinking and organized in movement and you will experience a sense of refreshment and renewal as you Spring into Action!
-- by Angelique Carter



Need Help with Spring Cleaning?

Since 1968, the Chore Services program of the Pinellas Opportunity Council has provided once a year deep cleaning services for thousands of frail seniors age 60 and up in Pinellas County. Clients are prioritized with special emphasis given to those that have the greatest economic or social need. Hundreds of needy elderly persons are served every year. Whatever the circumstance, Chore Services stands ready to help at no cost to the client.

Funding for Chore Services is provided through federal, state and local sources. According to client surveys, 98.6% stated that Chore services helped them remain in their home and independent.
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krussell-poc-chore@verizon.net



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Advocates for Grandparent Grandchild Connection

Meets 4th Tuesday of each month Time: 6:30 – 8:00 pm
For more information call: Julia @ 727-254-2024

Becoming a Grandparent is a milestone people seem to have differing opinions about. Some look forward to this event, while others say “it’ll come soon enough.”

Regardless of personal perspective, all parents of grown children have some expectations for the time when a son or daughter becomes a parent. After all, who would NOT be excited about a new baby? Grandparents all seem to enjoy the ability to have fun with the children and then return them to the parents for the “tough stuff.”

What happens when all of this goes very differently than the usual picture of contented grandparenthood? What does one do when a mother, father or stepparent decides they do not want the grandparent(s) to be a part of their child’s life? First there is incredulity. After the initial shock wears off, there is anger, followed by guilt, self-doubt and deep pain. And, let’s face it, there is embarrassment. What grandparent wants to admit that they are not allowed to see their own grandchild?

Unfortunately, more and more grandparents are experiencing exactly this phenomenon all over our country. Grandparents in similar situations benefit from networking with others to find support and to hear what has or has not worked in attempts to re-establish contact with their family members. Ultimately it is the grandchildren, the ones without a voice, who stand to lose the most.

Advocates for Grandparent Grandchild Connection is a group for and by grandparents. To learn more go to (www.grandparentchildconnect.org). Our goal is to **support, encourage, educate and empower** grandparents who have been denied access to their grandchildren.

New Coupon Exchange Club

Every Friday, 11 am - noon



“We do much more than clip and share coupons,” says savings addict Denise Lowe. “We also share lots of ideas on how to save through discounts, sales and couponing.” Learn what days to shop to save the most money. It is possible to receive free or almost free items. “I personally saved \$266.00 on groceries, clothing, health and beauty, and travel in the month of January,” says Denise.

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Leaving Your Legacy



Taxes and death, they used to say “you can’t avoid either.” I believe you can avoid taxes, but death is inevitable; it will touch us all.

We are a society of planners. We plan our children’s baptism, family birthday parties, weddings, anniversaries; why not prepare your last wishes? We protect ourselves from all the risks we can in life. We buy insurance for injury to our cars, our homes and our health. These all COULD happen to us, but are not INEVITABLE. Planning for your death is one of the most loving things you can do.

Consider this scenario: Mom wants to plan where her final resting place will be and all the details of her funeral. She has her wishes in her head. She does not want to bother her kids when the time comes. She knows that she can make her decisions now, put them in a contract and pay a little each month. Problem solved.

Much to her surprise, her daughter who just got a great job, says” Mom, I will take care of it when the time comes. I don’t want to discuss this now.” Unfortunately, four years later, Mom was diagnosed with ovarian cancer. Within those four years, her daughter lost her job. Mom passes, and nothing is written down, nothing is secured, and Mom’s wishes will not be honored. Daughter must cremate her due to lack of funds.

Mom never got what she wanted -- cremation is something she never would have chosen. What’s worse, her decedents will never be able to get past her part of their ancestral history with no cemetery records!

Families can avoid all of this by planning their departure and their Legacy ahead of time.

-- by Sheryl Coffy, Family Services Counselor

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More than a Memorial Wall

One can’t help but notice the beautiful ceramic wall tiles, natural stone pavers and the five beautiful textured benches adorning the memorial area on the southeast side of our Senior Center. It’s a perfect setting for seniors to sit awhile under the shaded oak tree that covers the entire area. There are only 102 things missing! Each tile needs a name. And that is the next and final stage of this special area that is more of a celebration wall than a memorial wall. Wouldn’t you like to see your name or that of a loved one on this celebration wall? “The tiles are now available for purchase: one full tile (\$250); half tile (\$150); 1/3 tile (\$75). Prices were recently determined by members of the Foundation Board”. For information call: 727-893-2237 or 727- 893-1231

Leaving your legacy

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