

**FOUNDATION  
BOARD OF  
DIRECTORS**

**Senior Center  
Supervisor**

Susan K. Frank  
(ex officio)

**President**

Sarah Peel

**Secretary/Treasurer**

Cynthia M. Dean  
(ex officio)

**Board Members**

Michael J. Audino  
Joan M. Barry  
Barbara Burkham  
William H. Distel  
Carole C. Gabrio  
April Hill  
Bernardette Homan  
Jane D. Ogilvie  
Lori Rosso  
Patricia M. Smoot

**IN THIS ISSUE**

2 Summer Events  
2 Art Under the  
Oaks  
3 Virtual Travel  
4 Safe Driving  
4 A New Car!  
5 Downsizing  
6 Benefit Concert  
6 Food Pantry  
7 Estate Planning

## *“Time for Me” Means Time to Travel*

For Carolyn Jacobs, moving to Gulfport in 1999 opened a window on the world. A member of the Senior Center and Town Shores resident, Carolyn coordinates a busy schedule of year-round travel opportunities available to local seniors.

From regular trips to the Seminole Hard Rock Casino in Tampa to the Holland, MI Tulip Festival, she says there is always something interesting for every budget. The Tulip Festival trip was one of Carolyn’s first excursions outside Florida after her husband passed away. Before that, family trips were limited to Florida. Now Carolyn has taken cruises as far as Alaska and the Mediterranean. This is “time for me,” she says.

“This is a great way to go places for people who can’t drive or can’t afford to travel on their own,” Carolyn says. The most popular and frequent trip to the Tampa casino is only \$20 and includes a food voucher and free play. Day trips, including dinner theaters, mystery tours and museums are usually under \$75 per person. The bus trips are “fun all the way,” she says. Occasionally trips from 2 -7 days are also available.

Day trips are open to anyone, so they are a great way to relax and share some Florida fun with visiting friends and relatives. For information about available trips, visit the Senior Center.

### *Thank you, City of Gulfport!*

We have a vibrant Senior Center and an awesome Senior Center Foundation but we wouldn’t have either without the City of Gulfport. The Senior Center was built in 1983 and the City has been supporting it ever since. Sometimes, in our excitement about what the Senior Center Foundation has accomplished in the past eight years, we forget to mention the City’s very long standing track record of making Gulfport’s elderly a high priority.

Just look at GEMS – another Senior Center program that the City started in 1975. (Turn to page 4 to see GEMS’ brand new Ford Taurus) This wonderful transportation service has kept Gulfport seniors independent and moving freely for the past 36 years! Mayor Michael Yakes is present for almost all of our special events while at least one council member stops by to say hello. How’s that for public support! We live in a city that cares and that fits right in with the title of our Newsletter – “Community that Cares”.

We can be sure of this – the Gulfport Senior Center, the Senior Center Foundation and the City of Gulfport all work together for the good of our participants. How fortunate is that! So the next time you see a city official, please thank him/her for the city’s strong support for the past three decades!



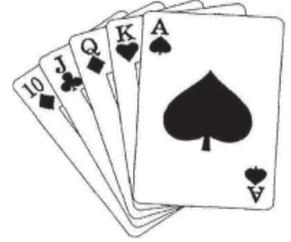
## Senior Center Summer Events



**July 27 - Hawaiian Luau - 1:30 pm 'til**

**Tickets \$3 in Advance, \$5 at the door, if available**

Includes Hawaiian entertainment, great door prizes, opportunity drawings, refreshments. Best Hawaiian Shirt Contest and a Hula Contest.



**August 31 - Annual Game & Card Party - 2-5 pm - Tickets \$10**

Finger Foods, Beverages & Fun. Door Prizes & Opportunity Drawing: Play Bridge, Canasta, Euchre, Pinochle, or Scrabble, Tiles, etc. Name your Game.

**September 30 - Night in Italy - Tickets \$10**

Dinner - 6 pm Theater performance - 7 pm

Entertainment, door prizes and opportunity drawings. Sponsored by the Italian American Society of St. Petersburg.

**Get Your Event Tickets Online: <http://gulfporthseniorfoundation.org/tickets/>**

**For information, call 727-893-2237 or 727- 893-1231**

## November Art Under the Oaks Call for Artists

Artists in all media are invited to participate in the first Art Under the Oaks, on Saturday, November 5, 2011 to benefit the Gulfport Multipurpose Senior Center Foundation. This juried show is open to all visual arts including painting, drawing, textiles, collage 3-dimensional arts, ceramics, metal sculpture, glass, wood, photography and more. The "Acorn" category is open to area elementary, middle and high school students up to age 18.



General artist space fee is \$75. Local Gulfport artists will pay only \$50. The Foundation Board and/or the selection judges will have the final say on who qualifies as a "local Gulfport artist." Senior Center members may be considered local, even if they do not live in Gulfport. General public applicants under age 18 will pay only a \$10 application fee. There will be no fee for young artists who are referred by a student teacher or art organization. Winners will receive certificates of recognition, award ribbons (purchased by the Gulfport Chamber of Commerce) and a free booth space for the following year.

**For information call 727-893-2237 or 727- 893-1231**





**Blow Your Own Glass Masterpiece**  
*"It's the experience of a lifetime for kids age 5 to 85"*

Choose your own colors and blow with your own breath. Make your masterpiece from a menu of 7 items.

every first Friday and third Saturday, 6-10 pm

**Industrial Arts Center**  
 2902 A Beach Blvd S  
 in the Gulfport Art Village Courtyard  
**727-289-9365**

IAC Master Glass Blower Jackie Ballard

# Summer Time is Vacation Time

Summer time means vacation time and if that isn't true today, there is a good chance you have fond memories of earlier years when you traveled somewhere to get away from it all, discover new things, visit family or friends or just reward yourself for a year of hard work. There is something very rejuvenating about traveling.

That is why I am so pleased when participants tell me they have overcome their fear of the computer by taking classes at the Senior Center and now find it a wonderful tool to connect with family and friends and learn about any subject imaginable. Some may no longer be able to travel as freely as they once did, but they are still going places!



Near and far-away family and friends become daily visitors via e-mail. Skype makes it possible to actually see and speak with each other live. Facebook brings a fun dimension and keeps groups of people socially connected. Online banking and shopping simplify lives. The internet provides virtual vacations to countries all over the world with their breathtaking landscapes. Educational opportunities are endless.

Although the computer may seem like a foreign language, it all starts with a mouse and from there our excellent computer instructors Arthur Rudin and Henry Grierson are soon taking you to a whole new level of knowledge and interaction.

So let's get traveling! All you need to do is sign up for a few lessons with one of our experienced tour guides. Never has it been so easy to connect with the world around us!

Whether your travels are real or virtual, here's wishing you a happy and meaningful summer!

P.S. The Senior Center is in need of a few more computer tour guides to enrich the lives of our seniors. Call now if you would like to assist.

## Computer Classes for Seniors

Beginning to Advanced  
Tuesday and  
Wednesday Afternoons  
Learn to use your computer  
for fun & communication.

LEARN:  
WiFi  
Google Maps  
YouTube  
Facebook  
Chat Rooms  
Instant Messaging  
Skype  
Viruses  
Troubleshooting

for details call  
727-893-1231 or  
727-893-2237

## What's your Disaster Plan?

Senior Center staff and Foundation Board members urge our readers to seriously consider making concrete plans for hurricane season. If you live in a mobile home, you must automatically evacuate. If you are in an evacuation zone, where will you go? Make plans now rather than later when everyone else will be scrambling for assistance. Public shelters should always be the choice of last resort as they lack the comforts of home and you might mind a lot of noise and sleeping on a cot. But if you must go to a public shelter and need transportation to get there, do you have your assistance form completed and on file with Emergency Management? Please call the Senior Center and we will help with that process. Be smart! Be prepared!

Watch On YouTube  
the City of Gulfport's  
2011 Hurricane Seminar

It's easy to find.  
Simply visit our website  
and click the link  
on any page.

**PATRIOT MEDICAL INC.** Learn more about diabetes  
[www.patriotmedical.com](http://www.patriotmedical.com)



**Diabetic?**  
Qualify for **FREE** testing supplies  
Locally owned and operated  
310 Main Street, Safety Harbor (727) 712-1928

**727-343-7003**

**Bay Breeze**  
Hair  
Manicures  
Pedicures

**Beauty Salon**

3117 Beach Blvd  
Gulfport, FL 33707

# Before You Get Behind the Wheel this Summer

For many seniors, summertime means it's time for a road trip. Before a long trip, most of us take time to make sure our car is ready to travel, checking the fluids and tires, and doing whatever is needed to avoid mechanical problems on the road.

## Senior Center Gets a New Car!



The Senior Center's Transportation Service (GEMS) just got better in more ways than one! We now have a new Ford Taurus to transport our Gulfport seniors. Passengers enjoy the smooth ride and the added leg room that the 2011 model provides. GEMS client Ms. Laura Manning said she found it most enjoyable and said it comfortably holds 3 back seat passengers whereas it was more of a tight squeeze in the 2005 model. GEMS driver Peter Amabile says the car handles great, feels safe and is reliable. Other GEMS drivers Ron Ascolillo, Jean Audino, Jay Edwards, Brian Miller and Betty Pearson couldn't agree more! Another improvement is the express trips to South Pasadena on Fridays. GEMS will return to South Pasadena on an hourly basis to accommodate shoppers who don't require a longer time frame to shop. GEMS is always looking for ways to improve their service so expect to see more senior friendly adjustments in the coming months. Come try out the new GEMS car that is fondly nicknamed "The Silver Fox" by its riders.

But what about tuning up our driving skills? According to the AARP Driver Safety Program, cars have changed and so have traffic rules, driving conditions and even roads you travel on a daily basis. Some 50-plus drivers have never looked back since they got their first driver's license, but even the most experienced can benefit from brushing up on their driving skills.

AARP Safe Driving Classes are offered at the Senior Center every month – meeting on the first and second Tuesday afternoons. (Exception: July 12 & 19, due to holiday)

### What Will You Learn?

- How to minimize the effects of blind spots.
- How to maintain the proper following distance.
- The safest ways to change lanes and make turns.
- Proper use of safety belts, air bags, anti-lock brakes.
- Getting familiar with new technologies like GPS.
- Ways to monitor your driving skills and capabilities.
- The effects of medications on driving.
- The importance of eliminating distractions.

After completing the AARP Safe Driving Course, senior drivers have a greater appreciation of new driving challenges and how to avoid collisions. Graduates may even qualify for discounts on car insurance.

For information or to register, call 727-368-3199

**Jamie Woroner**  
Financial Advisor

6775 Crosswinds Drive North  
St. Petersburg, FL 33710-9807  
tel 727 302 6300  
direct 727 302 6329  
fax 727 302 6398  
toll free 800 347 9584  
jamie.woroner@mssb.com

**MorganStanley  
SmithBarney**

**Stella's Deli**  
3119 Beach Blvd. S.  
Gulfport, FL 33707  
727-498-8950  
stellasdeli@gmail.com

**"Gateway to Good Food"**

**Brentwood**  
Senior Living Community  
Assisted Living Facility 11812

**Dixie Gerdon**  
Community Relations Coordinator  
Mkt.crc.SPE@SMACommunity.net  
www.StPetersburgSeniorLiving.com

P: (727) 536-9900  
F: (727) 827-2896  
6280 Central Avenue  
St. Petersburg, FL 33707

**JojoRehab** Therapy, Inc.  
Caring for you in the Comfort  
AND  
Security of your Home  
**Palms** Staffing, LLC

**COMFORT**  
Home Health Agency, Inc.

Phone: 727-682-0053  
Fax: 727-785-2484  
www.comforthha.com

# It's Hard to Leave a Good Friend -- Your Home!

By Barbara Marshall

If you are reading this article, you are probably a senior (or know a senior) who is facing the important decision to make a change to a smaller residence. Big word: OVERWHELMING! It's a big event and not a decision to make lightly. Moving and downsizing can evoke the same emotions as losing a friend: deep sense of loss; anger with letting go; fear with coming out of a comfort zone. There are so many questions that relate to emotional, financial and independence concerns.

- What to do with a lifetime of belongings and memories?
- What treasures/possessions to give up? What will fit?
- Where to start?
- What if I make a mistake or bad choice?
- Will new neighbors be compatible?
- Will costs increase in the new residence?
- Will income cover costs?
- What's the cost of moving?
- Will others make decisions for me?

What are the positives? Relief from duties at home, making new friends, having chores, meals, sometimes having health and medical attention provided; experiencing new travel and fun without the worry of a home or yard, to name a few. The key to a positive experience in moving and downsizing is planning, researching, especially while being able to make decisions. Most who do it say "I wish I had done it sooner." There are plenty of invaluable resources. And seek help from family, friends or professionals who can take a lot of the stress out of the entire process. Senior Move Managers are just one group of professionals who can help. Find them online here ([www.nasmm.org](http://www.nasmm.org)). "Make New Memories; Cherish the Old."



Barbara Marshall is Owner and Senior Move Manager with House to Home Relocation, St. Petersburg, Florida  
[www.hthrelocation.com](http://www.hthrelocation.com)

Barbara & Jay Marshall *Bonded & Insured*  
Owners

Barbara@HTHrelocation.com (727) 385-4746  
Jay@HTHrelocation.com (727) 248-9288  
204 37th Avenue N., #316 • St. Petersburg, FL 33704  
[www.HTHrelocation.com](http://www.HTHrelocation.com)

Marta L. Woodhead  
Proprietor • Stylist

2820 Beach Blvd.  
Gulfport, FL 33707

Cell: 727-424-6085  
Salon: 727-323-7870

**A Life Tribute**  
Funeral Care

**Cecile Maharne**  
Administrator

5601 Gulfport Blvd. So. Phone: (727) 347-5521  
Gulfport, FL 33707 Fax: (727) 347-4925

716 Seminole Blvd. Phone: (727) 559-7793  
Largo, FL 33770 Fax: (727) 559-8704

[www.alifetribute.com](http://www.alifetribute.com)

**Sugar-free has NEVER been SO SWEET!**  
Great Selection of Sugar Free, Gluten Free and Diet  
Controlled Products Available. Call, Click, or Come In!

310 Main Street • Safety Harbor, FL 34695  
sfshoppe@aol.com • 727-712-1928

Visit our new website at [www.sfshoppe.com](http://www.sfshoppe.com)

## Concert Benefits Food Pantry

As thunderstorms scattered over Gulfport on Friday May 6, 2011, Paul Fornatar prepared for his Mother's Day tribute concert at the Catherine Hickman Theater. Fornatar and the Gulfport Senior Center came together to provide afternoon entertainment for mothers and seniors at no cost, except the simple request of donations for the Senior Center food pantry.

The 78-year-old Fornatar is also a teacher, author, photographer and a member of the Senior Center Foundation.

"I want to help out the Senior Center as much as possible. Mother's Day is Sunday and since mothers feed children I wanted to give something back," Fornatar said. He did indeed give back, bringing smiles to the audience despite a soar throat. His second number, *Ave Maria*, raised goose bumps. Food pantry donations piled up at the entrance.



"I have been singing for 70 years, and I still remember my first performance at eight years old. The song I performed was called *Blue Italian Skies*."

Patricia Cook, who was helping with the donations and passing

out brochures said, "Paul Fornatar is an inspiration to all, giving so freely his many talents."

Before the concert began the rain had ceased and people piled in. Senior Center volunteers and employees greeted everyone with a smile. The theater was just a few seats shy of being filled to capacity.

Six big bins were filled to the brim with food for the Center's pantry and everyone who donated received a raffle ticket for a chance to win a prize. There were four winners: Karen Love, Doris Callahan, Marianne Saunders and Gloria Richards.

Reprinted courtesy of Gulfport Patch

## Volunteering Together



Kallie King, a disabled adult, and her companion Donna Sakuta have been volunteering together in the Gulfport community for over three years. Kallie and Donna started out delivering Meals on Wheels in Gulfport the first couple of years.

They were asked last year if they could assist in the food pantry located in the Gulfport Senior Center. Kallie and Donna go to the Senior Center twice a week to sort and check for expiration dates on donated food the pantry receives. Together they stock the pantry shelves and put the sorted canned food in the storage area.

When additional items are needed, that have not been received through donations, Kallie and Donna go to the grocery store and shop for these items. Kallie and Donna also volunteer together at two local elementary schools and the Science Center, where they work with Pre-K and Kindergarten students. The food pantry is Kallie's favorite volunteer activity.

Please Support  
Seniors in Need  
Our Food Pantry Needs  
donations of  
non-perishable foods

727-893-1231 or 727-893-2237

### *Caring Heart Senior Services*



*Judith East and  
Frances Chambers, Owners*  
6279 Sun Boulevard #608-H  
St. Petersburg, FL 33715  
**(727) 430-1414 or 871-1887**  
caringheartss@aol.com

**Mission statement:** Providing the client with customized Bookkeeping and Secretarial Services, thereby supporting their need to remain as independent as possible. Providing assistance with the day-to-day management of your personal paper work.

**(Licensed and Bonded)**



The CPA, Never Underestimate The Value.®

*Ingalls Associates, P.A., CPAs*

Certified Public Accountants

Phone: (727) 327-0406  
Fax: (727) 327-1598  
3495 - Fifth Ave N.  
St. Petersburg, FL 33713

**CHESTER W. INGALLS, CPA, CFP, CLU**  
email: chester.ingalls@ingallscpa.com

# Women's Issues in Estate Planning

By April D. Hill, Esq.

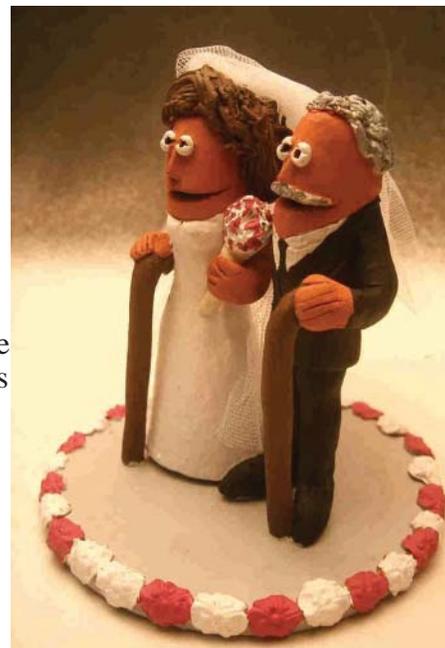
Some time back I met with a woman who married, for a second time, later in life. She was quite proud of herself, having put her estate plan in order long before marrying her new husband. Even though she and her new spouse discussed her intentions to leave her estate to her children, they never put anything in writing. Little did she know, if she did not establish a new estate plan after the marriage and if she died before the new husband, her prior plans would have been thwarted. Her estate would have included her husband just as if she already included him in her will.

Some people believe that their new spouse would not assert his rights. But he is not the only person to contend with in a situation like this. Also included is his designated representative who quite often would be his family. With the possibility of a windfall strong motivation could exist.

Unless they properly waive them, spouses have certain rights to each others' estates. It is called an "elective share right." For women this can be good or bad, depending on that woman's financial situation and the spouse's estate plan. Later life marriages are just one of the circumstances that present interesting estate planning challenges.

We often find that people believe their estate plan once established, no matter how long ago, should be good for life. But life changes such as marriage, death or disability of a beneficiary or designated representative are a few of the reasons for an update. Many more exist. A regular review by an estate planning attorney can reveal circumstances that warrant updates.

April D. Hill, Esq. is a member of the Gulfport Senior Foundation Board of Directors



Pets and owners enjoyed browsing a variety of vendors at Wags & Whiskers May 21st

*The doors are open.*



*Our hearts are, too*

**+** Come, explore and deepen faith with a welcoming, inclusive, small congregation.

**Gulfport Presbyterian Church**

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

**Sunday Worship**  
**10:30 AM**

## Your Ad Here

*Expand Your Outreach to the area's active over 50 Community while supporting the diverse programs of the Gulfport Senior Center*

**2000+ registered participants**  
**Attendance: 200 daily**  
**100+ Active Volunteers**

*distribution to ALF's, doctor's offices and other locations serving seniors in Gulfport, S. Pasadena & St. Pete Beach*  
*Email distribution: 600 & growing*

TO ADVERTISE, CALL: Sue at 727-893-2237 or Cynthia at 727-893-1231

**WORKING TOGETHER FOR YOUR FINANCIAL FUTURE.**

**Kenny Locke**  
Financial Advisor

6501 Central Avenue  
St Petersburg, FL 33710  
727-347-5179

[www.edwardjones.com](http://www.edwardjones.com) Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING

## Please Support Your Senior Center

To help your Senior Center and the 501 c 3 Senior Center Foundation, please patronize our advertisers and tell them you saw their ad in this Newsletter.

## Thank You to our Latest Donors

Betty C. Strickland - \$1,500.00

The Estate of the late Victoria Strauss Hewitson - \$10,000.00

By leaving a legacy to the Gulfport Senior Center Foundation you can make a significant difference in the lives of the younger seniors of our community as they age, as well as those of more advanced years.

Your gift of any size will impact the lives of many in ways for which they will ever be grateful.

For Information, Call 727-893-1231 or 727-893-2237

### Gulf Side Sitters • Cleaning • Pet Sitting



**Connie Blankenship**  
727-282-3213  
Fax 727-623-9207

**Delores Maxey Beam**  
727-709-3571  
Fax 727-954-3070

#### Foundation:

Believe in the Value of Human Life

#### Principles:

Involve Family & Friends  
Encourage Independence  
Freedom of Choice  
Preserve Dignity  
Individuality Within Self  
Take a Stand and Make a Difference

**JSA Medical Group – Pasadena**  
**508 Pasadena Avenue South**  
**St. Petersburg, FL 33707**  
**Phone: (727) 343-6119**

Hours of Operation: Monday – Friday: 8 am to 5 pm

**Now Accepting New Patients including Humana and CarePlus Medicare Advantage Plan members.**

For your convenience we offer many in-office services including:

- Same Day Appointments for Urgent Care
- 24 Hour Physician On-call Availability
- On-site Laboratory Services
- Diabetic Education
- Dermatology & Well Woman Services
- Osteopathic Manipulations/Treatments
- Musculoskeletal Medicine



# DEREK HILTZ, D.O.

Board Certified in Family Practice



**JSA** Medical Group®

A HealthCare Partners Company

[www.jsamedicalgroup.com](http://www.jsamedicalgroup.com)

JSA MEDICAL GROUP

Derek Hiltz, DO  
Family Practice