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Gulfport Senior Center Honors Centenarians

Just as the City of Gulfport celebrated its centennial in October 2010, the Senior Center celebrated its 27th birthday and the 100th birthdays of several local women. During the festivities, Mayor Mike Yakes acknowledged the centenarians, among them Janet Stutz, Margaret Scarfia, and MaryAnn Snow.

These women all have active lives and frequent many Gulfport Multipurpose Senior Center events.



Lillian Tignanelli (sister) and centenarian Margaret Scarfia

Janet Stutz celebrated her 100th birthday on Dec. 12, 2010. A native of Chicago, Illinois, she came to Florida in 1976 to take care of her mother. According to Janet's daughter,



Centenarian Janet Stutz (right) and daughter Jane Stretch

Jane Stretch, she is fiercely independent, saying, "I can do that myself" about most things. She loves the hearing support group at the Senior Center on the 1st and 3rd Mondays of each month where she feels understood and a part of the group.

Margaret Scarfia, born Dec. 2, 1910, came to Florida from New York City. She and her husband owned "The Music Box" on Gulfport Boulevard for several years until retiring in the early 70's. Still active, Margaret says, "I'm a doer. If something has to be done, I get up and do it." She

participates in many senior center recreational activities and appreciates the volunteers at the center calling her every morning to check on her well-being.

Mary Ann Snow celebrated her 102nd birthday on May 6, 2010. A snowbird for many years, she finally nested in Florida in 2000. Mary Ann is active and until very recently played bridge every Tuesday and Thursday. Her daughter, Beverly Newcomb, says she has "geared her life around the game" and no one could visit her on Tuesday or Thursday morning before bridge.

Article by Karen Gates



Centenarian Mary Ann Snow, friend Carol McCarthy and daughter Beverly Newcomb

Back and Forth

by Sue Frank
 Gulfport Multipurpose
 Senior Center Supervisor

There is a tendency to look back when you're about to make a new beginning — to assess where you have been and to help define where you are going. Looking back today, 2010 was an exceptional year.

Achieving national accreditation was no small thing. Facility upgrades and improvements were phenomenal: 7 new lap top computers, additional custom made cabinets in the lobby for the snack bar and computer workstations, patio renovations including installation of a hand-capped accessible door, a new

Self-Testing Health Station in the Fitness Room, this expanded newsletter, and much more.

Would all this have happened without the support of the Foundation? I think not. Many other things would not have happened without some good folks coming forward to share their expertise for the benefit of others: instructors in art, language, dance, exercise and computer use... a new health and fitness coordinator. All volunteers. What generosity!

We are also very proud of our special fundraising friends Jay Edwards, Pam McGinnis, and Julie Fuce who spearheaded special projects for the Foundation throughout the year. Talk about

energy and creativeness!

Finally, we applaud our Leadership Team who advocate on behalf of our participants and do so with vigor and enthusiasm. And did you know that without our 100 plus volunteers, our doors could not remain open? Kudos to our partners and sponsors who found our mission plausible and supported us with their dollars and in-kind services.

So for all the reasons stated above, we look back with appreciation and thanksgiving for the people who supported us and we go forward to meet 2011 with high expectations of making it the best year yet. We hope you are onboard with us to make that happen. Happy New Year!

Coming Events

Attention: Vendors Sign up Now!! Wags & Whiskers Fun Day for People & Pets May 7

Sign up now to participate in this fun event happening just a stone's throw from the annual Antiques in the Park.

Seeking: shelters, pet rescue groups, pet shops, groomers, dog trainers and other pet-related businesses.

Information:
Gulfport Senior Center
 5501 27th Avenue S
 Gulfport, FL 33707

Online:
gulfportseniorfoundation.org
Telephone:
 727- 893-2237



Intergenerational Wii Bowling Tournament Feb. 15



Gulfport's Stetson University College of Law and the Senior Center have enjoyed a long partnership. Stetson students and the Senior Center's trophy-winning Wii bowlers are practicing now for the first Intergenerational Wii Bowling Tournament on Tuesday evening, February 15.

On Monday, January 10 from 1-5 p.m., Stetson students will be providing one-on-one computer training for seniors. They will also be demonstrating some of the popular hand held electronic gadgets.

Stetson staff members provide presentations for the Center on a regular basis and on last year's Community Day, students painted the parking lot bumpers bright yellow for greater visibility. "No one has tripped over them since," says Susan Frank, Senior Center Supervisor.

Wii Bowling—Every first & third Tuesday at 6:30 p.m.

Presidents Day



Patio Party
Monday, February 21
 11:30 a.m. 'til
Barbecue Lunch



Spring Fling Mardi Gras

Enjoy a bit of Decadence
Monday afternoon, March 7

- Prize for the best Mardi Gras Mask
- Champagne Fountain
- Chocolates, Strawberries & Shortcake
- Yummy finger foods

The Benefits of Senior Pet Ownership ... Let Me Count the Ways

Senior pets and senior owners can be a perfect match. It's sad but true that many pets in shelters are doomed to die because there are not enough people to adopt them. Even more sad are the senior pets who most certainly will be passed over when a wonderful senior could have given them a loving and caring home.

Bonding - Pet and owner seem to "understand" one another and respond to one another's needs.

Seniors and pets excel at this. It is a very primal need and very comforting. Pets and seniors make great cuddle buddies!

Therapy - Many seniors have lost friends and family members and so they feel alone and isolated at a vulnerable time in their lives. A pet is just what's needed to revive them from the "blues" and bring joy to their lives. Nothing is more satisfying than being needed by and being able to care for another.

Unconditional Love - This is what our pets give to us in exchange for very little from us. They never get mad, don't care if we sleep in, always greet us at the door, always listen to our stories and jokes, defend us to the death, entertain us, eat whatever we give them, feel our pain, stay near when we are sick, and LOVE US TO THE END.

by Mary O'Malley
 Reef Dog Gifts
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Remembering Our Loved Ones

While everything was humming along in 2010, we were caught off guard over the loss of some very special friends like Joe Koehler (Mr. Senior Follies) and Nino Gallina (Italian American Society of St. Petersburg). They

were both deeply involved with the Senior Center and everyone affiliated with them was enriched in many ways. Candles were lit in their memory at the Candle Lighting Ceremony at the Senior Center on

December 6. Candles were also lit in memory of several other Senior Center participants who passed away in 2010. It is good to pause and reflect on how these loved ones touched our lives. All will be greatly missed.



Senior Follies Continues the Joe Koehler Tradition



Joe Koehler Memorial Senior Follies

March 25, 2011
7 p.m.

Catherine A. Hickman Theater
5501 27th Avenue South
Tickets \$7
Information:
727-893-2237 or 727-893-1231

This year's Senior Follies, on March 25 at 7 p.m. will continue the tradition started by the late Joe Koehler in 2006 — plus there will be a few new surprises.

Jay Wygant, who took over the Follies directorship in 2009, promises this year's 2-hour show will feature a great variety of performers of all ages ... singers, dancers and some surprising new crowd pleasers.



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Starting the New Year Fit and Fine

For more information about the Fit & Fine program, call the Senior Center at 727-893-2237 or 727-893-1231

A second group of Senior Center participants will start 2011 on the path to better health by joining the new Fit & Fine program. Fitness Coordinator Elaine Mikurak says this 12-week series will include more group activities and incorporate a workout guide from the National Institute on Aging.

Perla Perez, 59, who participated in the inaugural group in late 2010, says Fit & Fine “changed my life completely.” Before she started the program, Perla says she weighed over 200 pounds and “everything hurt – my knees, my feet, my legs. My goal was to lose 25 pounds, but instead I lost 30 pounds and I have no more pain.”

“I take no medication for anything,” Perla said. “I will keep exercising because I see how it is working for me.” Her fitness routine is 30 minutes on the treadmill and 30 minutes on the recumbent bicycle three to four times a week. “I never went on a diet,” she said. “I drink a lot of water. I took the classes and everything I learned ... I do it.”

At the beginning of each 12-week session, Fit & Fine participants each meet individually with the Fitness Coordinator to define their goals. At the end of 12 weeks, their progress is measured and participants will receive certificates from the National Institute on Aging.

“We found that the participants really enjoyed talking about their challenges with the others,” Mikurak said, so more group activities have been added – chair yoga on Mondays, stretching on Tuesdays and “Stronger Seniors” video workouts on Thursdays. The 45-minute “Stronger Seniors” will alternate between strength training and stretching each week.

So far, only eight seniors can participate in each series. Mikurak says the goal is to find more volunteers so the program can be expanded. By Amy Oatley

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



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Take a Day Pass & Explore Gulfport

Look Where the GEMS Minibus Will Take You ...

Every first Tuesday, Gulfport seniors age 55 & up are invited to hop on the GEMS minibus and explore the city for only a \$1 fare. Stops include the Foundation Fitness



Center, Gulfport Beach, the Gulfport Art Village Courtyard, the Gulfport Public Library and any of Gulfport's lovely parks. The GEMS driver will pick up passengers at their door. The annual GEMS membership fee is waived for the monthly Health & Wellness Day Pass.

At other times, GEMS provides rides to the Senior

Center, grocery stores, medical appointments, beauty shops, and other destinations.

GEMS riders received a Gulfport Business Directory from the City of Gulfport's Senior Citizens' Advisory Committee on Aging. The guide is designed to provide information about the wide range of businesses, organizations and services that are available within the city. Included with the guide is a review form riders can use to share their impressions of businesses and other locations they have visited.



To become a GEMS rider, call 727-893-2242.

A \$50 annual membership is required. Rides are only \$1 per one-way trip. (Scholarships are available for low income, eligible residents.)

Article & photos by Amy Oatley

Grab a Bite Today at the Senior Center Snack Bar



**Monday-Friday
8am-4:30 pm**

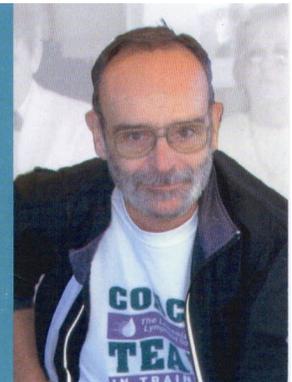
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Foundation Accomplishments in 2010

In one year alone, the Foundation has provided a variety of gifts for use by Senior Center participants, including:

- Seven laptop computers
- Three computer workstations
- Sink & cabinet for art classes
- Life Clinic Self-Testing Station
- Food Pantry for low income Gulfport residents
- GEMS Transportation Scholarships
- Snack Bar improvements and ongoing supplies
- Quarterly "Community That Cares" Newsletter

Support the
Gulfport
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Senior Center
Foundation
Today

Call
727-893-2237
727-893-1231

Why Support the Foundation?

When you support the Gulfport Multipurpose Senior Center Foundation, you join a very special group of dreamers who see the Gulfport Multipurpose Senior Center as a place to find fun, health, new ideas and new interests. Foundation supporters have already helped bring many dreams into reality — including the Foundation Fitness Center equipped with six Shapemaster powered exercise machines, three treadmills and a recumbent bicycle for Senior Center participants who are taking charge of their health by using them on a regular basis. Dreams for the future include expansion of the Fitness Center into a larger room with more fitness equipment and a memorial area east of the main Senior Center entrance.

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Diversify Your Fixed Income Portfolio

All bonds are not created equal. Diversifying your fixed income portfolio may help you more effectively balance risk and return potential. There are a wide variety of fixed income instruments available, with varying maturities, credit qualities, and currency exposures. You should be aware there is no guarantee that diversification, or a specific asset allocation, will meet your investment objectives, generate a specific amount of income or protect you from loss in declining markets.

Consider Quality

For some types of bonds, such as U.S. Treasury securities which are backed by the full faith and credit of the US government, the risk that the issuer may default on a payment of interest or principal is extremely low. However, modest yields generally accompany this high degree of credit quality. If you seek to capture higher yields by investing in lower credit quality securities (therefore taking on more risk), diversifying among different issuers may help reduce your total exposure in the event of any single issuer's default. Bonds rated below investment grade have speculative characteristics and present significant credit and default risks beyond those of other securities. You should consider these risks alongside your investment objectives and risk tolerance before investing. High yield securities should comprise only a limited portion of your portfolio.

Submitted By:

Jamie E. Woroner

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6775 Crosswinds Drive
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Phone Number:
727-302-6329

Vary Maturities

Longer-term bonds generally offer higher yields, but are more sensitive to interest-rate fluctuations than similar coupon shorter-term issues. Some risk-averse investors may choose to purchase only short-term issues, settling for a lower yield. Other investors choose longer-term bonds for higher return potential, taking on more market risk. Choosing a range of issues with staggered maturities, perhaps through a ladder portfolio, may help improve return potential and reduce interest rate risk, depending on the interest rate environment.

Your Tax Bracket

Many investors who are in the higher (28- 35%) tax brackets gravitate towards municipal bonds for one reason: tax-exempt income. Income from municipal bonds is generally federally tax-exempt, and if issued in your state or local city of residence, may also be state and local tax-exempt. Consider that some municipal bonds may be subject to the federal alternative minimum tax (AMT). Many municipal bonds are considered second to Treasuries in terms of credit quality, which adds to their appeal.

Explore the Diverse Market

The large domestic market for individual bonds offers many choices, such as U.S. Treasury, inflation-protected, tax-advantaged municipal, mortgage-backed, preferred and corporate securities, but there is also an entire world of bonds beyond our borders. Foreign governments and corporations also issue bonds, many of which are denominated in foreign currencies, while others are denominated in U.S. Dollars. While enhancing diversification, investing in foreign markets also entails greater risks than those normally associated with domestic markets, including political, currency, economic and market risk. International investing should comprise only a limited portion of a balanced portfolio.

Investment Considerations

As with all investments, fixed income securities have inherent risks. These risks include credit risk, interest rate risk, market risk, reinvestment risk and call risk (if callable). In particular, should you sell your security in the secondary market, the price you receive may be more or less than your original purchase price or maturity value.

Tax Considerations

If sold prior to maturity, investments in fixed income securities may be subject to gains/losses based on the level of interest rates, market conditions and credit quality of the issuer.

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You can help assure that the Gulfport Multipurpose Senior Center will continue to look after the needs of your community's future generations of older residents by arranging a charitable gift in your estate plans.

It is easy to arrange your legacy to the Gulfport Senior Center Foundation through: A bequest in your will or living trust, a beneficiary designation on a life insurance policy, a beneficiary designation on an IRA or retirement plan(401-k or 403-b), a payable-on-death arrangement on a bank account or certificate of deposit (CD), a transfer-on-death designation on an investment account or mutual fund.

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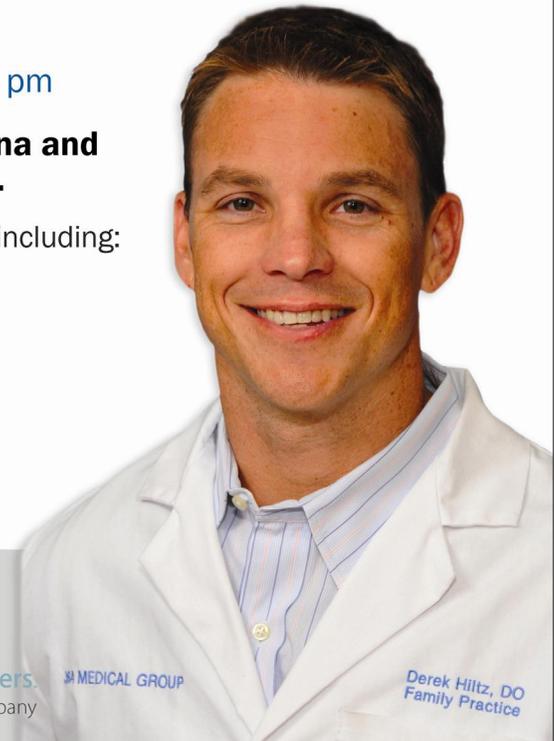
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