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# Gulfport Multipurpose Senior Center

## Community That Cares

news by and about active seniors

**Fall Issue      October 2011**



**Working out on the Fitness Center's Multimaster machine helps Gloria Robinson overcome affects from a serious stroke 10 years ago.**

### Gloria Says Fitness Center Machines Are "Best in the World"

After coming to the Gulfport Senior Center's Foundation Fitness Center for two years, Gloria Robinson says she feels much better than when she first started working out with help from Ruth Chapman of Shapemaster of Florida, LLC.

"I Love It!", she exclaimed. Gloria looks forward to coming to the Senior Center and has a daily routine with a group of friends. They take the Neighborly Care Network bus to the Senior Center, work out on the Fitness Center's Shapemaster machines and then enjoy lunch together in the cafeteria. Gloria proclaims that "these machines are the best in the world" for her.

Article & photo by Lynn DiVenuti

## Health and Wellness Programs Shine at the Center

The theme of our October 2011 newsletter is Health & Wellness – and why not? We see enough doom and gloom in our world so why not focus on something positive within ourselves and within our own Senior Center. I'd like to put the spot light on a few areas that will reveal some of this positive energy.

Shine that spotlight on our Senior Services Coordinator Cynthia Dean for having the foresight to search for opportunities to help us all become a little healthier. Cynthia has been dreaming and developing plans for the Senior Center to have an extensive health and wellness program. Now true, we have been offering presentations on various health issues right along but Cynthia had something a little different in mind. Her vision included a combination of health topics that would all tie in together thus giving it a more in depth and comprehensive structure focusing on preventative health care. This would supplement our very popular state-of-the art Fitness Center.

Cynthia marketed her idea to several interested entities but it was Fusion Health Care that stepped up to the plate. Like a well rehearsed football play, Fusion caught the health and wellness ball and ran with it thanks to Fusion's Director of Operations, Rehab Division, Lorette Volsloo. Lorette offered an 8 week pilot project on balance, strength and flexibility and ten seniors participated which resulted in very favorable measurable outcomes for each individual. The students loved it and begged for more classes.

Fusion is now ready to kick a field goal with the next phase of this comprehensive program which will address cardiovascular, arthritis, low vision and pain management. The classes will be divided into two 16-week semesters. When will it start? It will start as soon as we find a sponsor or two to provide the financial backing to make Cynthia's dream come true. We are almost there! Hopefully, by the next quarterly newsletter we will be sharing how the Senior Center's Health and Wellness Program has taken off. Wish us luck!!!



The first Art Under the Oaks juried art show is scheduled for Saturday, November 5, 2011 from 10 am to 5 pm, in Gulfport's Clymer Park. Hosted by the Gulfport Senior Center Foundation, the show will feature original works including Painting, Drawing, Textile, Collage, 3-Dimensional, Ceramic, Metal, Glass, Wood and Photography.

The "Acorn" youth category is open to young artists up to age 18. Ribbons, certificates and purchase awards will be given in several categories. Purchase awards of \$100 or more will be provided by individuals and businesses that support the festival.

Art Under the Oaks is sponsored in part by Brighthouse Networks, The Fountains of Boca Ciega Bay and Humana, Inc. Additionally, there will be select food vendors and local entertainment on site. Information is available online at [www.SIKPromotions.com](http://www.SIKPromotions.com) or by calling 727-322-5217.



### Announcing Our New Memorial Area

By the time our newsletter goes to print, the first phase of our outdoor memorial area should be completed. The beautiful oak tree on the front east side of the Senior Center was just waiting for someone to come along and make it a more attractive space for the enjoyment of our participants. So a contractor was hired by the Senior Center Foundation to design such an area and enhance it with pavers and jasmine plants. Be sure to take a look at it. All we need now are some benches to complete the second phase of this project. The third phase involves more details on actually making it a memorial area. You will hear more about this in our next quarterly newsletter. Stay tuned! You just may want to be involved!

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 MAKING SENSE OF INVESTING

# Get up, Get Out ... and Stretch

"I absolutely love it here", says Rae Fleming, who has not slowed down and it doesn't look like she will any time soon. It is a good thing because she has been on a life long mission to help as many people as she can. Rae is a firm believer that "getting up and getting out keeps you from getting depressed." This is her key to keeping a positive outlook on life.



After successfully owning and operating a day care center for children for 38 years, Rae and her husband made plans to retire to Florida after selling their house in Indiana. Unfortunately, her husband passed on before their house was sold, but within a year the house finally had a taker. Rae took this as a sign to fulfill their retirement wishes and moved to Florida three years ago.

Joining the Gulfport Senior Center, immediately Rae enjoyed the Foundation Fitness Center and has been a volunteer there for two years. She also led a senior exercise group at *Curves*, a national chain of women's exercise studio for a year. Just after that location closed due to the economy, Cynthia Dean approached Rae to start an exercise program at the Gulfport Senior Center. Rae brought her exercise group here and most of them became members. "It's nice to have them with me here. We have a great time. The cost benefit alone is incredible", says Fleming. "Compared to the \$900 annual fees at Curves, \$20 a year to be a member of the Gulfport Multipurpose Senior Center Foundation is great! Even my "Snow Bird" friends have joined."

Going on two years, Rae has taught the popular exercise workshop at the Gulfport Senior Center called *Stretching For Seniors*. She teaches or volunteers at the Gulfport Senior Center every day along with volunteering for the *Visiting Angels* program and the *Literacy Program* where she teaches adults to read. Having cared for children for 38 years, Rae admits she misses working with young children and mentors a young child on the weekends. Last week, together they went to the Pirate ship event in Clearwater. When she has time, Rae also volunteers at the *Little Theatre* concession stand where she enjoys the plays and can get tickets for her friends, too.

Every day is a full day for Rae. She exercises at the Gulfport Senior Center's Fitness Room five days a week and volunteers there three days a week. Rae Fleming has a Lifetime of caring and helping people. We are very blessed to have her share her energy and her positive outlook.

Article and photos by Lynn DiVenuti





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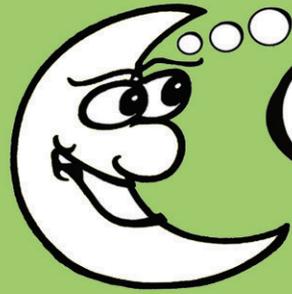
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# Your Journey Through Grief

Grief is what one experiences when there is a death of a loved one. Grief affects you emotionally, physically, spiritually and socially – every part of your being. When death occurs you step into a journey that can be painful, overwhelming, and frustrating.



While traveling your grief journey you will experience hills, valleys, pot holes, and dangerous curves. These obstacles are known as your feelings and emotions: shock, numbness, disbelief, searching, yearning, guilt, anger, some depression and finally reconciliation; which means you will learn how to live without the physical being of your loved one; but with the love and memories that you have with them. There are no detours on this journey, you must go through it. Give yourself permission to embrace your grief by expressing, experiencing, and doing the hard work of mourning.

**Crying-** allow yourself the healing affect of tears. They are nature’s way of releasing the sadness and the beginning of the healing process.

**Talking-** talk about your feelings, and life with the person who died. Find a support person, one who is a good listener, not judgmental; avoid one who is critical. It’s your grief; you have the right to express it your way and no one can take that away from you.

**Remembering-** memories are the lasting part of a relationship. They maybe happy or sad experience your memories. Hold them in your heart throughout your journey they will become an ever lasting comfort to you.

**Journal-** release your feelings on paper. Keep a journal of what is going on inside you; keep it simple, if you don’t like to write, one word a day can say a lot about how you feel.

**Join a support group-** it is always helpful to share with others, comparing how they feel. The group can give you opportunities to learn new ways of approaching your grief.

**Seek out resources-** books, videos, tapes, magazine articles are just a few to consult to aid you in traveling your journey. You may want to seek a professional counselor to discuss special problems or seek advice.

By Carole McLeod, *Grief Matters*, certified grief facilitator

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# Proper Posture and Breathing While Exercising



Contrary to popular belief, breaking out in a sweat and increasing speed are not the most beneficial results of exercise. Think about it like this, if you focus on exercising with good posture and breathing properly, you will have to use core muscles that will help your balance, strength and mobility.

The foundation for good neck and back care starts with posture. Bad posture can be the cause of spinal pain, it can make existing pain worse, and it certainly can make the pain last a lot longer. Poor posture is also a factor in conditions such as chronic headaches, and shoulder pain. The basis for good posture is maintaining a "neutral spine." A neutral spine retains three natural curves: a small hollow at the base of the neck, a small roundness at the middle back, and a small hollow in the low back. A neutral spine is neither rounded forward nor arched back too much. Maintaining a neutral spine is important as you transition from one position to another around the circuit of Shapemaster machines in the Foundation Fitness Center.

Once you have the best posture you can, think about how well you can breathe using your nose as you exercise. The volunteer on duty will show you how to coordinate your breathing with your movements on each machine. Keep the movements slow and controlled and endeavor to maintain proper breathing for the three minutes on each machine. Imagine how much more beneficial it is for your body to work in this position. Your lungs have room to expand and contract, the oxygen you are breathing in can circulate to your brain and organs more easily and you are burning calories just by making basic movements. Next time you are sitting on the machines get that posture and breathing right first, before you add effort. You will be astonished at how powerful in improving your health that simple process can be. Think too about trying to keep the good posture and breathing going while you are performing daily tasks even watching the TV!

by Ruth Chapman, Shapemaster of Florida, LLC

## Tips for Best Results While Working Out With Shapemaster Easytone Machines

- 1.) Feet should be resting on the supports with knees and hips bent at a comfortable angle of up to 90 degrees. Your feet, knees and thighs should be as aligned as possible.
- 2.) Maintain an arch in the low back. If you are unsure how much arch is "good," go from a slouched position up to the extreme end range of erect posture. Now back off 10-15%. Use the support cushions if needed.
- 3.) Lift your breastbone. Picture a string tied to the 2nd or 3rd top button on a shirt pulling straight up to the ceiling. Your shoulder blades should be down in back.
- 4.) Make your chin level. If it helps, picture a book on your head. The highest point of your body should be the top back region of your head.

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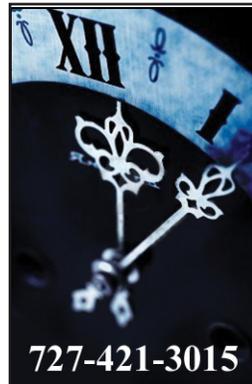
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## Coming to the Senior Center This Fall

### October

Friday, October 28, 7 pm - Una Voce, men's choral group in the Catherine Hickman Theater  
Tickets \$12 in advance (order online) or \$15 at the door

### November

Wednesday, November 2, 2 pm - "Remembering our Deceased" lighting of the luminaries  
Saturday, November 5, 10 am - 5 pm -- sik promotions: Art Under the Oaks fine art show  
Tuesday, November 22, 11:30 am - Thanksgiving Dinner Party

### December

Wednesday, December 7 - 2 performances - 1:00 pm and 7:00 pm  
the Debby Bacon Show in the Catherine Hickman Theater  
Monday, December 12, 4:30 pm - Reassurance Annual Dinner  
Monday, December 19, 6:30 pm - Christmas Holiday Lights Trolley Tour  
Wednesday, December 21 - Senior Center Holiday Party - time, tbd  
Friday, December 23, 1 pm - Holiday Senior Follies in the Catherine Hickman Theater

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## Financial Wellness ... Tips for Avoiding Fraud

In 2007, a Federal Trade Commission study reported that 13.5% of Americans had been victims of fraud. According to AARP, This number is significantly higher among seniors, as seniors are reluctant to acknowledge their status of victims of fraud. As a personal banker, I recommend the following helpful tips for seniors or anyone who would like to protect their identity and not become a victim of fraud.



1. Avoid sweepstakes entries or lotteries that include an enticement where money is sent in advance to claim the earnings. Scammers use this to ensure a check will be sent, most often to a P.O. Box address. The victim unwittingly sends a check that provides the routing number, account number, and their signature. These valuable pieces of information allow for checks to be reproduced, or purchases made online without any knowledge until the account becomes compromised.
2. Secure important documents such as wills, trusts, power of attorney, deeds, living will, and insurance policies in a safe deposit box at your bank. Leaving documents at home allows for neighbors, acquaintances, caregivers, and other service providers to use the information to gain trust, and prey upon the vulnerable to coerce the victim into changing important documents or may lead to forgery.
3. Before discarding any magazines, catalogs, junk mail or other leaflets, remove the nameplate that bears the name and address of the recipient. This information allows for another person to easily assume your identity.
4. Do not provide any financial information such as social security numbers, account numbers, or credit card information to callers or emails requesting verification. Remember, your bank of choice already has this information, and would not request this information from you.
5. Stay alert to any changes in your credit score or inquiries on your credit. To determine if there are any inaccuracy or fraudulent charges, request a copy of your credit report. The Fair Credit Reporting Act was amended in 2004 to allow consumers to request a free copy of their credit report from the three credit agencies: Equifax, Experian, and TransUnion every 12 months through [www.annualcreditreport.com](http://www.annualcreditreport.com).

Remember, the most important defense in protecting your identity and avoiding fraud is to secure your information. If you become the victim of fraud, one of the most important steps to take is to place a credit alert with all three credit reporting agencies; this would be essential if there are any credit disputes or fraudulent charges filed on your personal credit report. Secondly, file a police report if you determine your information has been compromised, i.e. checks stolen or fraudulent transaction conducted. Third, contact your personal banker to have your accounts reviewed to determine if there are any suspicious transactions or checks. In many instances, if fraud is detected, most banks have fraud departments that investigate, and help provide a resolution. Lastly, never reveal any personal or financial information online, over the phone or through requests in the mail. Remember as the holiday season approaches, stay alert and do not drop your guard, as fraud typically increases during the season of giving.

by *Alvina Miller, Personal Banker, Sun Trust Bank*



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