



The Foundation PAGES

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The Foundation Needs YOU to help our Seniors with every day living & exercise.

Please support our Holiday Fundraiser December 3rd

**We need:
Volunteers
& your donations
for our
Silent Auction
& Live Auction**

**727-893-2237
727-893-1231**

Message from the President Shapemaster is on the Way!

Dear Foundation Members and Friends,

Spring is upon us and with it comes the renewal of energies required for growth and productivity. The Foundation was “planted” in fertile ground five years ago. We have been nurturing it with consistent care, and “feeding and watering” it with commitment and perseverance. As is the case with all fragile “newborns”, constant care and great patience is required. The Foundation has been no different. Having now “set roots”, the “fruits of our labors” are becoming more apparent. Fundraising along with continued development of organizational goals is our primary focus in 2009.

Surely by the next edition of this newsletter, the Center will be showcasing to the public six new pieces of Shapemaster exercise equipment in the new exercise room. There’s chatter about a silent auction later this year to raise funds for the purchase. We’re getting started now. Sure sounds like a great event.

In March, we held an invitation only Open House at the Senior Center to share the Foundation’s role in financially assisting the Center in order to enhance the programs and services offered there. This will provide us with an opportunity to spotlight the new exercise room and tell others about our fundraising plans to purchase six new pieces of Shapemaster equipment.

In February the Board was pleased to welcome new member Bernadette Homan. Bernadette works full time for Arden Courts, which specializes in Alzheimer’s care. Bernadette is full of energy and ideas and we consider her presence on our Board a great gift.

Many of you came to the terrific performance by Chorus Angelorum on February 27th. The singers provided us with an enjoyable evening, melding their voices together to sing an array of music from Gregorian chant to the Teddy Bear’s Picnic. Please enjoy this issue of Foundation Pages. We write it for you! Let us know what you think!

Jane D. Ogilvie, President



Thank you to our supporters for helping the Foundation provide:

- Exercise Room – Three treadmills and one recumbent cycle -- soon to be fully equipped with 6 exercise chairs.
- Two computers & Internet service, 40” flat panel TV & DVD player, digital camera.
- Education and fitness classes, support for special events, door prizes, GEMS scholarships.
- Lobby snack bar & supplies, microwaves for kitchen and snack bar, lobby brochure racks.
- Commitment to support Senior Center Accreditation.



Congratulations! Wii Winners!

Wii Game bowling is a relatively new activity at the Gulfport Senior Center; the players have been meeting there to bowl for only four weeks. From the peals of laughter that can be heard throughout the building, they were all clearly having a very good time with their activity leader Philip Penrose. On Thursday, February 26, eight bowlers from the Center responded to a challenge from Palazzo di Oro to play in a local senior bowling tournament. 80 bowlers took part in the match; the Gulfport players excelled themselves - Vince Del Corso winning the trophy for best male player, Bette Aldrich for best female player and the entire team of four won the trophy for being the best one of the day. Congratulations, Gulfport Senior Center Wii Game players!

Pictured left to right: Catherine (Kay) Giammanco, Bette Aldrich, Gladys Del Corso, Vincent Del Corso

Benefits of Exercise for Seniors

- Exercise can help older people feel better and enjoy life more.
- Regular exercise can help prevent or delay certain diseases like some types of cancer, heart disease, diabetes and arthritis as people grow older.
- Regular exercise can improve some diseases and disabilities in older people such as heart disease, high blood pressure, diabetes, and arthritis.
- Regular exercise is standard treatment to improve mood and relieve depression
- Scientific research for older Americans shows that exercise is your best resource against age-related illnesses and conditions. **The reason for this is that:**
- Exercise improves flexibility, balance and range of mobility. Exercise can strengthen your heart.
- Gentle exercise can relieve joint stiffness and pain and so increase mobility for people with arthritis.
- Exercise can reduce the stress placed on the whole body system by keeping the natural process of gaining weight as people grow older and so maintain a healthy body.
- You can strengthen your body and increase your endurance no matter what your age or fitness level. Ever considered chair exercise?
- Older adults who lift weights have greater bone density.
- Regular cardio and strength training exercise, along with a healthy diet can help you avoid Type 2 diabetes which is related to obesity.

Senior Center Update

By Susan Frank, Senior Center Supervisor

Our Annual Health and Beauty Fair was a week-long event that focused on different aspects of health each day. Our most popular days occurred when the Shapemaster Exercise Chairs were on site and our participants had a chance to try them out. Everyone who tried the chairs had positive comments and expressed interest in seeing them permanently housed at the Senior Center. The beauty of these chairs is that they do not require a great deal of space and will still allow small exercise groups to be held in the Fitness Room.

Thanks to our members and supporters, our participants are already enjoying the treadmills and recumbent cycle. Our treadmill "poster child" Perla Perez is a prime example of one who uses the exercise equipment for better health. We hope many more will follow her example and get on the band wagon for a healthier lifestyle.

Medical permission slips are no longer required but participants are highly encouraged to check with their physicians to be sure they are physically fit before using the equipment. All participants must be registered Senior Center members, receive orientation and sign an orientation agreement form. This will assure prompt attention if anyone should fall or need assistance.

If you haven't yet visited our Fitness Room, come and see why this dynamic place is where people come to have fun and be fit!



Charles Grigg gets his hair cut at the Senior Center Health & Beauty Fair by Ellen Clifford of Kohl and Child in Gulfport

Senior Artists Workshop

Just about everyone would like to know how to paint. For the past 17 years, the Gulfport Senior Artists Workshop has been held Thursday mornings from 9:00 a.m. to 12:00 noon.

As a dedicated artist wishing to add to our already diversified Gulfport Senior Center, Betty Staebell requested permission to volunteer as an art instructor and conduct an art class for Seniors. The response was overwhelming from the beginning. Betty's instruction consists of lessons in sketching and painting in all mediums.

Each year, in March, the class' annual exhibit is held at the Gulfport Public Library. During the year our "gallery" is open to the public, displaying works by the class in the main dining area of the Senior Center, and in room 106. Many of the paintings are available for purchase upon request.

-- contributed by Betty Staebell



Betty Staebell at the easel with some of her students

Sophie's Gift

A strong Foundation must be built with conviction and guiding principles. One of the most important aspects of an all-volunteer, charitable, non-profit organization is fundraising. Without it, the Mission cannot be achieved and it will not properly grow and prosper. So it is for our Foundation.

Our Board of Directors was forced to accept Board Member Sophie Friedlander's resignation in order for her to focus on other issues of importance. Sophie has been a member of an international charitable organization for many years, but still found time to help us.

Sophie played a critical role on our Board, helping us learn and grow in the area of fundraising. Recognizing that every Board member shares a responsibility to the Foundation, she introduced us to fundraising guidelines that have proven themselves to be effective time and time again.

The Board has accepted these fundraising principles and will consistently refer to them for years to come. When the decision was made to start the Foundation, each of us shared a vision. By adhering to the principles found in Fund Raising Realities Every Board Member Must Face by David Lansdowne, the Foundation will forever be recognizing the important role Sophie played in the development of our organization.

-- contributed by Jane Ogilvie, President



A Delicious Reminder:

We have World's Finest Chocolate bars on sale at the Center for \$1.00! These are an inexpensive way to recognize a friend's birthday, or to surprise someone with "Just Because". All proceeds help to support operating costs of running the Foundation.

Special Thanks to Chorus Angelorum:

The Foundation would like to thank Mike Davis for bringing this talented group of singers to perform for us on February 27th in the Catherine Hickman Theater. We hope they enjoyed their experience, and we thank them for helping us with our first fundraiser of 2009.

Foundation Members

Ada Wade	Everett W. Husted	Margaret Reilly
Agnes Finitzer	Frederick J. Kirby	Margaret Wyrick
Aileen Price	George R. Rook	Marie Colello
Alice Billhimer	Gerard DiStefano	Marie Pawlikowski
Amandina Bowdoin	Gladys Kozera	Marilyn Howard
Amy Oatley	Gladys Moses	Marjorie A. Ullman
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Angela Munafó	Gloria T. Impagliazzo	Marjorie Y. Wayland
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Anna Mae Pinizzotto	Hazel DeVine	Mary Maytan
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Antoinette Cindric	Helen S. Piazza	Mercedes Losey
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Arline E. Bean	Herbert Guelden	Michael and Shirley Calamari
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Betty J. Staebell	Janet Shepherd	Paula Talbot
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Claire Sears	John Bisson	Robert G & Patricia C. Foxwell
Courtland Yarborough	John D. Miller	Robert J. Pickup
Danuta G. Bialasiewicz	John Greer	Robert Scalzo
David Lemke	John J. Phillips	Roberta M. Johnson
David M. Lemke	John Sternberg	Rose Raschilla
Delia Saavedra	Josephine Amato	Rosemarie Angi
Dolores M. Grzechowiak	Josephine Curcuruto	Rudolph Green
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Donald R. Wingard	June Smith	Sharon Kay Drews
Donald Snow	Karean A. Dorn	Shirley C. Wright
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Edward J. Clancy	Lilli Holland	Terri Bennett
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Elisabeth Konrad	Lorraine DelBene	Victoria Hewitson
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Elizabeth P. Browne	Louise M. Strong	Virginia Gnegy
Elizabeth V. Whitehair	Lucy Bednarek	Virginia McCauley
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Esther P. Mitch	M. Helen Dukeshire	William H. Cord
Eva Morison	Madeline Belkin	Willie Harris

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