



The Foundation PAGES



Special People Make Our Foundation Successful – Thanks to You All!

Message from the New Foundation President, Sarah Peel:

As this piece will reflect, the Foundation and the Senior Center continues to enjoy the generosity of friends and patrons. Frances Rumore, resident of The Springs in South Pasadena, donated \$1000.00. Ms. Rumore, a retired RN from Staten Island, New York, participated at the Gulfport Senior Center as a weekly lobby volunteer, Congregate Dining participant, Neighborly Care Network volunteer, and dance organizer. She was everywhere and loved everyone.

Norma J. Thornton is responsible for the monthly delivered drinking water in the Fitness Center; she participates actively as a member of the Fitness Center and has recently and most generously donated \$5000.00 for its future development.

Last but not least, the Foundation says “thank you” to Ken Reichart, owner of The Gabber Newspaper, by giving him a Lifetime Membership to the Foundation. Ken has a special relationship with our motley crew. Not only did he serve on the Board but he prints this newsletter free of charge, provides advertisements of upcoming events at no charge, and has offered other printing services.

These are just three illustrations of why the Gulfport Senior Center is so fortunate in its volunteers, friends, and patrons and we celebrate all donations regardless of size.

Thanks to these special people.

This Issue

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2010 Accreditation and Dreaming New Dreams

So many good things have been happening at our Senior Center that it's hard to know where to begin. First of all, we are happy to announce that our Senior Center is now designated as a fully accredited Senior Center. That means we meet national standards for Senior Centers and are now the 10th Senior Center in Florida to be so designated. Less than 200 Senior Centers are accredited in the whole United States so this is quite an honor. Thanks to the Foundation for supporting this effort by paying all the associated accreditation fees. We hope you will be joining us for our Accreditation Celebration on Wednesday, May 19 at 1:30 p.m. It's also Older Americans Month so it will be a double celebration.

Did you notice the latest improvements made possible by our wonderful Foundation? We now have a new side-by-side refrigerator/freezer behind the Snack Bar and a new sink/cabinet in Activity Room #106 where three Art Classes meet. We didn't know that one small sink would create so much excitement!

Even though our city continues to face serious budgeting challenges, we are fortunate that we can continue to go forward with facility improvements and programming. The best part of having a Foundation is that it allows us to dream new dreams to make our Senior Center even better!

So just to give you a sneak preview, here are a few ideas already brewing: Improved seating arrangements for Snack Bar Participants, cosmetic improvements in the Dining Hall and an improved outdoor patio area. And yes, we have a really ambitious dream of expanding our Fitness Center. How were we to know that our Shapemaster exercise chairs would be so popular! How popular? How about 90 to 100 seniors per day! So if we could just stretch our walls and bring in more equipment, we could continue to grow a healthier community! Thanks to each and every one of you who help keep our dreams alive and growing through your annual Foundation membership. We couldn't do it without you!

-- contributed by Susan Frank, Senior Center Supervisor

Mark Your Calendar 2010 Fundraising Events

April 16 -- "Steve Wayne" at the Hickman Theater, 7:30 p.m.

April 24 -- 3-K Walk, 9:00 – 12:00 p.m.

May 19 – Senior Center Accreditation Celebration, Older Americans Month – Senior Center Art Classes Show & Sale
1:30 p.m.

June 21 -- Senior Center Ice Cream Social – Entertainment – Guessing Games – Market Table, 1:30 pm

July 21 -- Senior Center Summer Social – Games (Tournaments) Afternoon – Wii Bowling, Scrabble, Dominoes, 1:30 pm

September 27, 2010 – Senior Center Patio Party – Barbecue Lunch, Recyclables Competition, 11:30 a.m.

October 2, 2010 – Centennial 3-K Walk, 9:00 – 12:00 p.m.

October 11, 2010 – Senior Center 27th Anniversary - Flea Market/Boutique, lunch entertainment. All day event.

October 15 (1-2 weeks) – Art Show (Hickman Theater Lobby)

November 6 -- 2010 Senior Center Antiques & Collectibles Show/Market Day

November 23 -- Thanksgiving Dinner – Flea Market/Boutique – Opportunity Drawing (Theme Basket)

December 3 - Chorus Angelorum – Christmas Concert – Hickman Theater, 7:30 p.m.

December 6, 2010 -- Gulfport Christmas Tree Lighting - Christmas Luminaries

December 22 -- Holiday Dinner – Opportunity Drawing - theme baskets

And then in 2011 ,...

Pet Festival, Strawberry Fest, Trolley Tour and Beach Restaurant, Car Safety Day ... & more.

Line Dancing with Carmela Nesci



While the Senior Center's Line Dancing Group has been coming together for only 12 months, already it is attracting a growing number of men and women who meet each week on Thursday mornings at the Gulfport Casino. This group of 17 to 20 enthusiasts began line dancing in the Senior Center's Dining Hall. It became obvious very quickly that a bigger space was needed, necessitating the move to the Casino.

It's no surprise that their instructor and group leader is Carmela Nesci. Carmela, a retired banker and native of New York, has been a line dance devotee and instructor for 20 years. For the last 10 years she has led a line dance group for the Town Shores of Gulfport condominium complex where she has lived for 27 years. Carmela loves to share her passion for this healthy exercise for seniors learning new steps all the time by visiting with other local groups. Carmela makes no secret of the fact that she would rather "dance than eat." She wrote the following poem about line dancing which says it all:

L-I-N-E-D-A-N-C-I-N-G

L is for a STRAIGHT LINE and LOVE for each other

I is for INTEREST in self-improvement

N is for NOT saying I CAN'T do it

E is for the EFFORT that you make

D is for DEVOTION every THURSDAY

A is for the ABILITY that you didn't know you had

N is for NEVER, NEVER giving up

C is for CARING for your dancing brothers and sisters

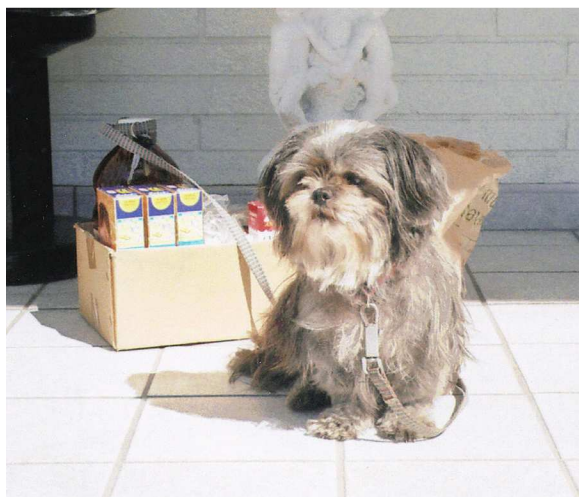
I is for INTERACTION with others

N is for NEGATIVE feelings that become positive about yourself

G is for the GRATIFICATION that we all get when we are a team

That's What Line Dancing is All About! - Carmela Nesci

Carmela, and her assistant, her "right arm", Lynn Anzalone, will give you a very warm welcome if you would care to join them for an exhilarating line dance experience on Thursday mornings at 9:30 am at the Gulfport Casino.



Mindy Thomas Guarding Donations for the Senior Center Food Drive, February 2010. Mindy is companion to Audrey Thomas, the Dover Building's "Condo Angel."

Special thanks to Property Manager Gregg Fata, the Town Shores building representatives - the "Condo Angels" - and all the residents who donated so very generously an extraordinary amount of canned / dry food items and monetary gifts for Senior Center Food Pantry in the name of the Foundation through the month of February. The Senior Center is proud to be able to provide food items for low income Gulfport residents who apply to the Center for assistance.

Carole Ehrenkranz Facilitator, Senior Center "Chat Room"

A group of people, somewhere between 5 and 12 in number, come together each Friday afternoon at 2:00 pm in the Senior Center. They are each handed a piece of paper with suggestions on it of a variety of topics that might be the start of a story to share with others. One after another they start to tell a story, aware that after five minutes, a bell will ring to let the person know they have only 2 more minutes in which to conclude their story.

After this ice-breaking, initial round of stories, people can gravitate to the ones they have to share that are on any subject they choose.

Come join the fun, the Chat Room participants would love to meet you and hear your stories. It is a place to learn about each other and make new friends.

For additional information on the Senior Center "Chat Room," call Carole at (727) 347-3424.

Benefits of the Shapemaster Senior Exercise Machines

The Oklahoma State University has prepared an independent report commissioned by an assisted living facility in Oklahoma on the Benefits of the Shapemaster Senior Exercise Program.

Seniors, 70 years old and older exercised on the Shapemaster Easytone Machines twice weekly for only 10 weeks. There were 7 different tests to measure their changes in strength, mobility and balance. The improvements in their health were recorded. The results showed tremendous benefits:

- ◆ Improvement in muscle strength of 24% to 50%.
- ◆ Mobility and agility increased by 22%.
- ◆ Of particular note was the benefit in increased balance, which improved by 33%.

The report confirms:

- ◆ The benefit of exercise for seniors since it will promote a longer and healthier life.
- ◆ That we lose 40% to 50% of our muscle strength as we age.
- ◆ Physical activity retards many age related changes and reduces the onset of many killer diseases such heart disease, colon cancer, and diabetes.

One of the greatest benefits of exercising on Shapemaster machines at the Gulfport Multipurpose Senior Center is that they provide a safe and friendly environment for seniors who may not want to exercise in a traditional gym.



Carole Ehrenkranz

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Supporting Your Senior Center Through Membership and Becoming a Volunteer

We rely on donations and volunteer energy to keep bringing you the services and the no cost/ low cost programming that you have come to expect from the Gulfport Multipurpose Senior Center. Thank you for joining the Senior Center Foundation as the way to provide that support.

Here are some ways you can help:

Volunteer!

We can always use help in any number of ways, particularly with organizing fundraising activities for improvements to the Senior Center's facility and range of services. For more information, see the volunteer opportunities listed on our web site or call 727-893-2237 or 893-1231.

Make a donation through Foundation Membership!

The Senior Center Foundation is supported principally by those who use and appreciate what the Senior Center has to offer them. Becoming a member of the Foundation on an annual basis contributes in no small way to its ability to maintain and enhance Senior Center services and activities. There are in addition, a growing number of businesses and collaborating partners that are pledged to support its role as an important community resource by becoming a Partner Member at the various levels each is able to afford to keep us maintaining our high standard of service.

NEW!

Become a Sustaining Member!

If you feel that you would like to support the Foundation by making a small monthly contribution to its funds by an automatic transfer to its account through your bank, then a most convenient way for you to do so is by becoming a Sustaining Member and in this way contribute to the Gulfport Multipurpose Senior Center Foundation Inc. on a regular basis. Your monthly contribution (at least \$5 a month) will automatically be deducted from your checking account. This involves no credit card fees, no interest charges, no reminder notices about annual dues! It is a very easy and secure way for you to support your Senior Center Foundation.