



The Foundation PAGES

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

**Please support our
Holiday Sale
Extravaganza
Saturday,
December 5, 9 am – 3 pm
Flea Market
Boutique Tables
Themed Baskets
Silent Auction
Live Auction**

**We need
Volunteers & Donations**

**727-893-2237
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Dream Big!

The Foundation Fitness Room is Here!

Dreaming big. That's what the Foundation continues to do. The new Shapemaster exercise equipment has arrived and the Foundation Fitness Center is open for business!

Dreaming big is easy. Making dreams come true isn't - unless others believe those dreams are possible. Fortunately for the Foundation, there are many who know how to dream with us.

"No", "It's impossible", "We can't", have not been part of our vocabulary or mindset since the Foundation was started. Without your support along the way, and your determination to help us make these dreams come true, we wouldn't be where we are today.

The Foundation is not just a Board of Directors! Our Members and Supporters are critical to the organization. Everyone who buys a raffle ticket, or attends a fundraising event, or who donates time to a Foundation project, or who tells others about our Mission, or who invites others to our events ... You are ALL the Foundation.

We hope our Members who have gone north for the summer are enjoying themselves. We miss you and look forward to your return in the Fall.

Don't forget. You don't need a reason to dream big. You've already got one in the Foundation!

A Happy and Healthy Summer to you,
Jane D. Ogilvie, President



Our Foundation Fitness Room ribbon cutting was officiated by Councilman Bob Worthington and Mayor Mike Yakes.



Meet Ginny Fonte – the Perfect Senior Center Receptionist!

Ginny Fonte is the perfect receptionist because she conducts herself in a professional manner, is very conscientious when serving people and goes out of her way to be sure the information being provided is accurate and thorough. Ginny is a retired nurse and continues to demonstrate the traits she learned in her profession, dependable and helpful with any tasks she is assigned.

She is also very considerate of staff - checking with them first to see if they are available for unexpected visitors. A great asset in the position she holds.

In spite of the daily discomfort she has with osteoporosis, she provides excellent customer service and always with a smile. Ginny is a low key kind of person, thorough in every way and with a personality that says "come in and enjoy the Senior Center."



Exercise, Relaxercise, Laughercise!

Every Tuesday, rain or shine, our Gulfport Senior Center members can “Exercise With Phil” to stay fit and mobile through a combination of stretching and strengthening exercises all performed while sitting in a chair.

The first half of each session consists of a standard group of exercises to warm up, stretch and strengthen the main muscle groups of the body. The second half can only be described as a combination of exercise and meditation. In this session a tape called ‘Relaxercise’ is played while an instructor explains how the mind and body can work together to make everyday movements easier and less stressful on the body. The lights are lowered, “Do Not Disturb” signs are placed on the doors and the group goes into their own quiet place to relax and exercise.

In the course of an hour the folks in the class Exercise, Relaxercise and to top it off, they Laughercise...because exercise goes easier if you have fun while doing it.



A Testimonial:

“When I heard about the treadmills at the Senior Center, I started going there to improve my health. It’s now been three months since I started going there and exercising. I am 10 lbs lighter, my blood pressure and cholesterol levels are back to normal.

“But the Senior Center is so much more than an exercise program; it’s a nice place to go and meet friendly people in a lovely atmosphere. I can honestly say my working in the exercise room has become a wonderful part of my day, a time I look forward to when I can enjoy the people, the place and my work there.

“Thank you.” -- from Perla Perez
Senior Center Fitness Center trained volunteer – and one of the earliest regular users of the Center’s SportsArt T630 Commercial Treadmill

...And the winner is.....The Foundation! Meet our Newest Board Members

We are pleased to announce that Susan A. Calistri and Barbara Burkhams have joined our Board of Directors. We are happy to have these two talented individuals join us as we further develop the Foundation and continue to plan for its future. Both Susan and Barbara are familiar faces at our Senior Center!

Susan is an Attorney for the Community Law Program and also has her own law practice. She’s experienced in many aspects of law: business, estate, non-profit, and guardianship to name a few. She has been the Senior Gift Officer for the American Diabetes Association. She’s what I’d call a Senior Center kind of gal, and will represent our Foundation well within the community.

Barbara is currently the Liaison Coordinator for The Hospice of the Florida Suncoast. She has worked with Hospice since 1998 and has been a Member of their Orientation Team and the Hospice Ethics Committee. Like other current Board Members, she’s been a Member of Better Living for Seniors for some time. Working to improve the lives of seniors is part of Barbara’s personal make up.

We know the Foundation’s best interests will be served with Susan and Barbara joining our team. They’re a gift to us and to you our Members, Donors, Friends, and Sponsors.

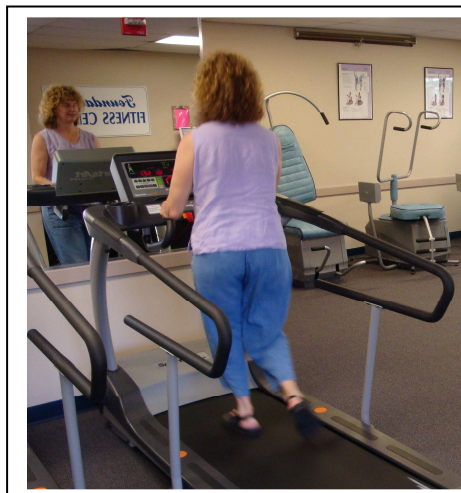
-- Submitted by Jane D. Ogilvie, President

Foundation Fitness Center – Open for Business!

On Tuesday May 19th, the Foundation joined with the Senior Center in officially opening the newly created, Foundation Fitness Center. The “pool room” has been impressively transformed into an exercise room. The Shapemaster equipment is positioned around the room now and joins four other pieces of equipment that has been in use for several months. After its journey from England, the Shapemaster equipment has found its new home.

Shapemaster owners Robert and Ruth Chapman shared in the excitement and can be proud of the role they so masterfully played in helping the Foundation bring this dream to fruition. We are thankful for their interest and assistance from the initial discussions to the completion of our goal.

-- Jane D. Ogilvie, President



Senior Center News

From the Senior Center Supervisor, Susan Frank

It didn't take long to realize the right decision had been made to outfit our Fitness Center with the six Shapemaster Easytone exercise chairs. Over 35-40 people per day are using the machines and we are hearing some very positive comments from participants. Some who haven't exercised in years are now making it a habit and feeling the difference in strength and stamina. Fitness Center volunteers are equally enthused and many have recently been trained and certified by Shapemaster owner Ruth Chapman.

Our first 12-week fitness program “Feel Fine in 09” – designed by The Allegro at College Harbor and Alliance Care - started in June with 25 people signed up. Twenty five more people are on the wait list for the next class. It's pretty obvious that health is a high priority for our Senior Center participants.

And there's more good news! Senior Center staff completed the final step in becoming a nationally accredited Senior Center by submitting a 3-inch binder filled with all of the Senior Center reports, photos, certificates, check lists, agency agreements required by the National Institute of Senior Centers. We have been informed that a peer review team is preparing to visit our Senior Center to evaluate our readiness for accreditation. It would be such an honor and an accomplishment to receive national recognition that we have met the high standards of the National Institute of Senior Centers. Kudos to Senior Services Coordinator Cynthia Dean who spearheaded this two year project.

We are currently looking at creating some much needed office and storage space. The new office would accommodate Neighborly Care Network Services next to the kitchen. This would free up the current NCN office for Senior Center volunteers who provide clerical assistance. The new storage space would be located behind the Snack Bar after we stretch the walls just a bit.

The Fitness Center would never have happened without the support of the Foundation. Staff would not have applied for Accreditation without the financial backing of the Foundation. And there certainly would be no point in dreaming new dreams if the Foundation were not here to support us. I can't stress enough how important it is for all participants to support the Foundation that serves our participants so well. We are blessed indeed!

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Remembering Sophie Friedlander - 3/25/23 – 6/14/09

Board of Directors 2005-2009

It is with deep regret that I inform you that Sophie has passed away. These words will always come to mind when I think about Sophie: inspiring, altruistic, loving, aware of higher causes & frustrated with trivial debate, a user of the “high road”, due great respect and respectful of others, fair, wise, and insightful.

Sophie will forever be one of the Foundation's building blocks. She was solid, dependable, unmoving in her commitment to our Mission to support the Senior Center. She could see the role the Foundation plays. Sophie was a gift to the Foundation. We are honored to have had her amongst us; her involvement all the more meaningful as she tangled with the physical limitations imposed upon her through aging.

We will miss her, but her spirit will live on amongst those who knew her. The Foundation extends it's sympathy to the Friedlander family and to all of those who mourn her loss.

- Jane D. Ogilvie, President



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