

*Leave A Legacy
Support the
Foundation ...
Support Your
Gulfport
Multipurpose
Senior Center*

Foundation Pages

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Ivy Trades Cane for Treadmill

By Colleen Godin

In 2002, Gulfport Senior Center regular Ivy Nicholas suffered a stroke that rendered her temporarily blind and almost paralyzed on her left side. Only four years later, she had a heart attack and a second devastating stroke. With the aid of therapy, Ivy was able to recover her vision and begin walking with a cane, but her real breakthrough didn't occur until she moved to Gulfport.



Ivy Nicholas

Born in British Guiana, South America (now Guyana), Nicholas moved to New York at age twenty and eventually retired to Florida. In 2006, Ivy moved to Gulfport from Kenneth City to aid a friend in the care of her grandmother. It wasn't long before Ivy found herself at the doors of the Senior Center during one of her

daily walks. Ivy immediately took advantage of the opportunities offered at the Center, especially the recently updated fitness room. The treadmill and Shapemaster machines became fast favorites as she dedicated five days per week to a work-out routine. Ivy's friends soon noticed a change that Ivy almost didn't notice herself: she no longer needed her cane.

Ivy credits the Senior Center and the Foundation Fitness Center with her improved

health. She reports that her heart is healthier, her steps are greater, and her mobility has increased. She enjoys the combination of exercise, dining and socializing that the Center brings to her life. "The staff is beautiful and the people are wonderful," states Nicholas. "I love being here."

Something New is Coming in October ...

By Sarah Peel
Foundation President

I am excited about a new publication that will be replacing these Foundation Pages in October. The Board has decided to take a bold step into the modern era by giving the Senior Center and the Foundation one unified voice.

The first edition of this new publication will arrive in early October 2010. Just as today,

it will be available via email and at the Senior Center.

What will change? Everything! Sports, editorials, health issues, area political figures, social happenings, ideas from the membership — literally anything that affects age 50 through death will be found in this new publication. Please contact Sue and Cynthia with your ideas. 727-893-2237 or 727-893-1231

**Watch for
Something New for
Gulfport's Seniors:**

**Editorials
Sports
Health Issues
Politics
Social Life
People
Community**

More & More Seniors Getting Online



**Master Your Computer ...
Expand Your Horizons**

Gulfport Multipurpose Senior Center ... one of Florida's top ten and number 180 of 15,000+ Senior Centers nationwide

Join us for Wii Bowling every first & third Tuesday at 6:30

Studies and surveys show that seniors are developing new computer skills and getting on the World Wide Web in leaps and bounds. According to Nielsen, the number of seniors actively using the Internet increased by more than 6 million in the last five years.

What are all these seniors doing online? Their three most popular activities were checking email, followed by printing maps and checking the weather. Other popular and useful online activities for seniors include bill

paying, banking, shopping and staying in touch with family and friends through social networking.

Computer Class Coming in September

The Senior Center will offer a 12-week computer class for beginners, starting in September. The instructor will be Arthur Rudin.

Topics will include – Learning to use your computer by playing games and other time wasters, the Internet and the World Wide Web, Microsoft Word, Excel and

other Office products, E-Mail, pictures and your computer, backing up important documents, printing and scanning, Skype – Free Internet Telephone Service.

Classes will be held on Wednesdays at 2 p.m. with sessions tailored to meet student needs. Class size will be limited to ensure a hands-on learning experience for beginners. There will be a small fee for the course, payable in advance, that has yet to be determined. Start date TBA.

Accreditation Accomplished ... Now What?

By Sue Frank
Senior Center Supervisor

Now that we are a nationally accredited Senior Center, where do we go from here? The celebration is over and our prestigious award is displayed in a prominent spot. We are still boasting that we are in Florida's top ten and number 180 out of 15,000+ Senior Centers nationwide.

"Nationally Accredited!" How we like to say those words! But being designated with accreditation has its responsibilities. We must remain worthy of the status and we must make it work for us.

I've been asked, "Was it worth all the trouble?" True, it was a lot of work. It was difficult to open ourselves to be scrutinized and

evaluated by outsiders.

It created more work for staff – more committees, more documentation, more fire drills, more planning, more safety checks, and more surveys. Most important – more involvement and collaboration with individuals and agencies. Our list of active partners continues to grow! So for that alone, it was worth it!

We were told that nationally accredited Senior Centers are given a higher consideration for grant awards. We are seeking! We shall see! But we do know that the title alone gives people a certain assurance that we care about our facility and the people we serve. Our participants have always been and will always be our main priority.



Congratulations Gulfport Groovies!

The Senior Center Wii Bowling Team (The Gulfport Groovies) participated in a Wii Bowling Tournament at the Palazzo DiOro Retirement Center on Thursday, May 20. Bowlers from four different facilities participated in the event. The Gulfport Groovies won the tournament and returned with a very large trophy now on display in the Fitness Room.



By Colleen Godin

For local artist and native Floridian Helen Mullins, art is a continuous learning experience. After studying at Winthrop University in South Carolina, becoming a full-time teacher, and finally retiring to Gulfport, Helen has continued to create passionate works to the delight of the Senior Center. "Gulfport and its award-winning Senior Center are great supporters of

Great City, Great Art... Coming October 15

the many artists who call this area home," says Helen Mullins. A painter who declares Florida landscapes her favorite subjects, Helen mostly works with oil paints, but also enjoys mosaics and stained glass. As "a representational painter," states Mullins, "I like my works to tell a story; hence a figure or two may appear in a landscape. Likewise, a portrait may have an unusual backdrop to reveal something of interest about a person."

Most recently, Helen's work was exhibited at events staged by the Treasure Island Art Guild and

will soon be on display at this fall's "Great City, Great Art" fundraising event. Held at the Catherine Hickman Theater and adjoining Senior Center, the October 15th event will begin at 6pm and offer a cash bar, silent auction, live music and lots of fantastic art created by Gulfport seniors. A \$5 donation is requested for non-artist attendees.

Colleen Godin is a recent graduate of Indiana University in the fields of Tourism Management and Event Planning. Her time was graciously lent to us by Lori Rosso, owner of Seabreeze Manor Bed and Breakfast Inn and President of the Gulfport Chamber of Commerce. Colleen is interning with Lori for the summer and can be found working on various volunteer projects around Gulfport.

Great City, Great Art ...

"It promises to be an event not to be missed," says Helen Mullins."

For more info about showing your work at the art show, call Helen at 345-5358

Start Training Now for Our Centennial Fun Trot!

Sign up now and start training for the Gulfport Centennial Fun Trot 3K and 5K race coming November 6 when the weather will be much cooler! Cost to participate in the Foundation sponsored event is \$15 in advance and \$20 day of event. Funds benefit the Gulfport Senior Center Fitness programs. A special t-shirt featuring a Gulfport scene will be included free in every registration packet.

For information and registration forms:

Visit online:
gulfportseniorfoundation.org

Telephone:
727- 893-2237
or 727-893-1231

Gulfport Chamber of Commerce
2808 58th Street South
Gulfport



Game & Card Party July 21st

Guys and gals are invited to join us July 21st for a Game & Card Party at the Gulfport Multipurpose Senior Center. From 1 to 4 p.m. groups of people will be playing a variety of card games, dominoes and table games. Finger sandwiches, appetizers and beverages will be included for a \$10 donation.

There will also be a fund raising raffle for 20 opportunity items. These will include oil paintings, exercise mats, filled baskets, and gift cards for restaurants, hair styling, manicure & pedicure and much more. The cost for the raffle is 20 tickets for \$5.00 or three for \$1.00, so don't forget to bring some extra cash.

We recommend buying tickets for a group, but we will also be making up groups at the event. Buy your ticket now and name your game!



Get your tickets NOW and Name Your Game! Only \$10 for three hours of fun & games. FMI: call 727-893-2237 or 727-893-1231

**Leave A Legacy
Support the Foundation ...
Support Your Gulfport Multipurpose
Senior Center**

Please consider supporting the Gulfport Multipurpose Senior Center in your will by leaving a gift to the Senior Center Foundation, Inc.

You can help make sure that the Gulfport 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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Welcome to the Board Lori Rosso

Owner of the Sea Breeze Manor Bed and Breakfast Inn, Lori has been involved in our community for more than 7 years, including four years as President of the Gulfport Chamber of Commerce, 8 years as a member of the Gulfport Merchants Association Board and 7 years as a member of the Waterfront Redevelopment Advisory Board. Lori has helped coordinate with outside organizations to produce many popular Gulfport events and has been instrumental in bringing the media spotlight to our city.

Thanks to All Who Made Thrills & Chills a Success!

More than 100 seniors attended our Thrills & Chills Ice Cream Social in June. Many thanks to the 22 Senior Center and Foundation volunteers who made it all happen. Participants enjoyed building their own ice cream sundaes and banana splits. Mayor Mike Yakes stopped by to say hello which pleased everyone.

Entertainment was provided by Foundation member and volunteer Joan Kujawa, who played lively music on the piano. She even inspired some to start dancing!

Kudos to our own Pam McGinnis, the prime mover and organizer of this highly successful event, and to Jay Edwards who assisted her so ably. A very special thank you to the Physicians United Plan Health Insurance Company and to the Senior Center Foundation for sponsoring the event.

