

# COMMUNITY THAT CARES

news from the Gulfport Multipurpose Senior Center & Foundation

## GULFPORT MULTIPURPOSE SENIOR CENTER Memory of Naomi Clymer



**Snack Bar Makeover  
Colorful, Vibrant, Fun**

**President's Message**

**Urban Sketchers**

**LGBT Resource Group**

**October 2015**

**Mark Your Calendar**  
**Don't Miss These**  
**Special Events**

**October**

**FLU SHOTS**  
Thursday, Oct 22, 1 pm

**NEW CLASSES**  
Thursdays  
Urban Sketchers  
1st Tuesday  
Laughter Yoga

Monday, Oct 26, 2:30 pm  
Take a Breath!  
How to Treat Asthma

**November**

Wednesday, Nov 2, 2:30 pm  
How Would You Know  
if You Are Having a Stroke  
Wednesday, Nov 4, 2:30 pm  
Using Neurobiology  
to Improve Communication

**December**

Wednesday, Dec 2, 2 pm  
What Every Woman  
Should Know About Money

For information about more special  
events at the Center, visit  
[www.gulfportseniorfoundation.org](http://www.gulfportseniorfoundation.org)

or call Rachel 727- 893-1231  
or Joe 727-893-2237

Community That Cares is  
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April, July and October by the  
Gulfport Multipurpose Senior  
Center Foundation  
Editor, Amy Oatley  
To Advertise Call 727-893-1244

Gulfport Senior Center Foundation & Roger Bell, Association Manager, Town Shores  
Present

**Monster Mash II**

**Gulfport Casino - Saturday, October 31st - 7PM - 11PM**

Music & Dancing

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At the Door

**TAP DANCE**  
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Thursday, November 19, 6-8 pm  
Also Featuring the Boca Ciega  
High School Jazz Ensemble



Saturday, November 21, 7-9 pm  
Featuring the Senior Center Harmonica Club  
Guest Appearance by local and New York  
Members of the Truth Tap Company

Catherine Hickman Theater  
5501 27th Avenue South, Gulfport, FL 33707

**TICKETS \$15**

Benefits Gulfport Senior Center Foundation

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**HOLIDAY CLOSINGS**

Wednesday, November 11 - Veteran's Day  
Thurs-Fri, November 26 & 27 - Thanksgiving  
Friday, December 25 - Christmas

# *There's Always Something New at the Senior Center*

October ushered out the long hot Florida summer and ushered in lots of fun at the Senior Center. The Snack Bar got a brand new tropical look with lots of food, snack and beverage options that are all available from open to close. (See pages 4-5) GEMS – the Gulfport Extended Mini Bus service – expanded its service area over the summer, including regular trips to the Trader Joe's, The Fresh Market and the St Pete Beach Family Aquatic Center.

Some unique new activities also kicked off this month, including Urban Sketchers, Computer Roundtable, Laughter Yoga (pg 7) and LGBT Resource Group (pg 6) All classes combined equal an average of 626 hours per month.

Senior Center Supervisor Rachel Cataldo says registered participants this year exceeded 3,000 – “3,152 to be exact!” She said the Center averaged 80 new registrants every month. More than 2,300 registrants participated in at least one Senior Center activity every month.

New volunteer training was introduced in September and will be repeated every few months year-round. Rachel says the training covered the difference between the Senior Center and the Senior Center Foundation, and how they work together. Other topics included the importance of Senior Center registration and renewals, safety procedures, and where to find information to answer the most common basic questions.

A large team of 143 volunteers help keep the Senior Center humming Monday-Friday, but more are always needed, Rachel says. Currently, the greatest need is for Fitness Center attendants.

## ***September Open House Celebrates LIFE: Learning, Independence, Friends, Energy***

Senior Center Supervisor Rachel Cataldo planned her first Open House September 18 in celebration of National Senior Center Month. She organized a team of volunteers to provide tours of the facility, and demonstrations in the Fitness Center, art classroom and dining hall.



Visitors included Senior Center Foundation board members, Gulfport City Council members, local residents and Senior Center participants who were encouraged to explore everything the Center has to offer. Demonstrations

included Laughter Yoga, Chair Yoga, Mindful Movement, and Painting with Judith.



The Open House theme was Celebrate LIFE: Learning, Independence, Friends, Energy. Planned every year by the National Institute of Senior Centers (NISC), the Gulfport open house was part of a nationwide celebration designed to showcase local senior centers and promote a positive image of aging.

“From the youngest baby boomers turning 50 to nonagenarians, older adults today are looking for empowerment, and senior centers are evolving to support their needs,” said Maureen O’Leary, Program Manager of NCOA’s National Institute of Senior Centers (NISC). “Senior centers are the first place to turn for valuable programs, activities, and access to benefits and services.”

Flo Moon, a Fitness Center volunteer, visits the Senior Center every day.



“I love it here,” she said. “I have met a lot of nice people.” Flo says she feels healthier and has lost weight since she started coming to the Fitness Center and volunteering there three years ago. “This is a wonderful place,” she said. “Gulfport is lucky to have it.”

# Senior Center Snack Bar Gets a Tropical Makeover



Visitors to the Senior Center on Monday, October 5, entered a colorful spacious Snack Bar/Lobby with bright green walls, colorful furniture, and sturdy chairs with colorful pillows. The big screen TV is still there, in addition to a new curio cabinet filled with table games and two new bookshelves for the Curiosity Corner.

It only took a week for a crew of Senior Center staff and volunteers, along with Supervisor Rachel Cataldo, to move out the old and bring in the new tropical Florida décor. The team worked through the weekend to remove old furnishings, repair and paint walls, and assemble the brand new furniture. The new vending machines offer a large selection of chilled beverages, flavored coffees, sandwiches and popular snack foods, including healthy and sweet options. Free regular coffee is provided every morning by the Gulfport Senior Center Foundation.



“These machines are ADA approved, so that they are user friendly and easy to operate,” according to Rachel. She says the best part is that they are operated by Blind Dog Vending, a Bureau of Business Enterprise under the wing of the Florida Division of Blind Services. Blind Dog owner Woody Matthews received more than 300 hours of training and on-the-job experience before he was selected as the BBE vendor for Pinellas County.

Snack Bar activities including the monthly Coffee Club and Free Movie Day will continue. Scott O’Berry of Edward Jones, who hosts the Coffee Club says “It looks great!” He likes the vibrant colors and additional seating.

Foundation Board Member Linda Grimes says the new décor is “brighter and cheerier.” During her weekly Senior Center volunteer shift, Pat showed off the cabinet full of table games: Bingo, UNO, dominoes, Parcheesi, and more. Sandwiches will be as low as \$3, she said, so a light lunch with a beverage will cost only \$4.

Funding for the makeover was provided by the Senior Center Harmonica Club and the Senior Center Foundation.



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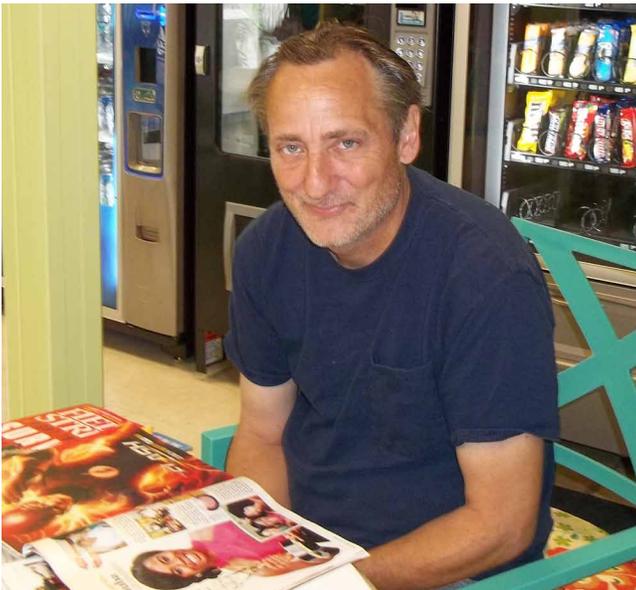
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Snack Bar regular, Mark, says he likes the free coffee, new chairs and new vending choices.

Scott O’Berry, who hosts the Coffee Club at the Snack Bar on the first Tuesday every month, says it “Looks great!” He likes the vibrant colors and spacious feel.



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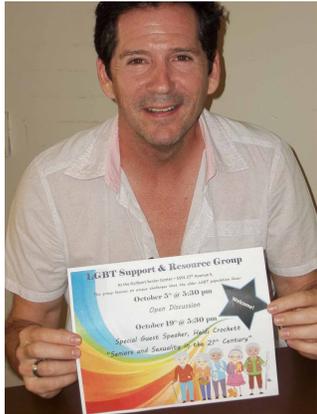
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# Center's LGBT Group Gives Seniors a Voice

Reprinted Courtesy of the Gulfport Gabber  
by Lynn Taylor



The city of Gulfport has a history of being in front of equality issues – from being the first in the county to support domestic partnership and then same-sex marriage, to the opening of the LGBTQ Resource Center at the library earlier this year. Now, with the launching of a new support and resource group at the Gulfport Multipurpose Senior Center, LGBT seniors have a place of their own.

“The support and resource group is the first of its kind in the area and one of the first in the state of Florida,” said Richard Radovic, facilitator for the group, which held its first well-attended meeting on Monday, August 3. “Seniors face many concerns, but when you add in the LGBT issue, many of these seniors are alone and have no connections for a variety of reasons.”

The meetings, open to men and women ages 50 and over, focus on the unique challenges facing the older LGBT population. At the first meeting, over 20 men and women decided unanimously on a simple mission statement: To provide support and a voice for LGBT seniors. The group also decided on discussion topics for coming meetings.

“It’s important to create a space for real dialogue,” said Radovic. “We want to have guest speakers and really cover a topic, which is hard to do in one meeting.”

Radovic notes that the topic of greatest importance to the group is personal safety and safety in the community. “Seniors are the group hardest hit by crime,” said Radovic. “They want to feel safe and secure.”

During the month of August, the group is discussing car-jacking, person crime and theft. The Gulfport Police Department provided materials that deal with these issues and guest speakers have been scheduled. In addition, upcoming topics will include housing, sexuality, local resources, anti-discrimination, legal issues, estate planning, and budgeting and finances.

Radovic explains, “LGBT seniors need a safe place to go where they can be themselves to discuss confidential issues.”

Radovic, who settled in Gulfport five years ago with partner Jon Ziegler, has been an active volunteer with the Gulfport Merchants Association, Gecko Ball events and the Senior Center Foundation. He says that when he approached Senior Center Supervisor Rachel Cataldo with his idea for the support and resource group a month ago, she felt it was a great fit for the Senior Center and the community.

“Gulfport has so much going for it that other towns don’t have,” said Radovic. “I knew I wanted to do something more connected to the community.”

Radovic notes that future plans for the group include dialogue with other entities, a mentoring program with seniors talking with LGBT kids, and a speaker exchange with the Metro Wellness Center in St. Petersburg.

For more information or to sign up for the group, contact the Gulfport Multipurpose Senior Center, 5501 27<sup>th</sup> Ave. S., at 727-893-1231 or 727-893-5157. Meetings will be held every first & third Monday at 5:30.

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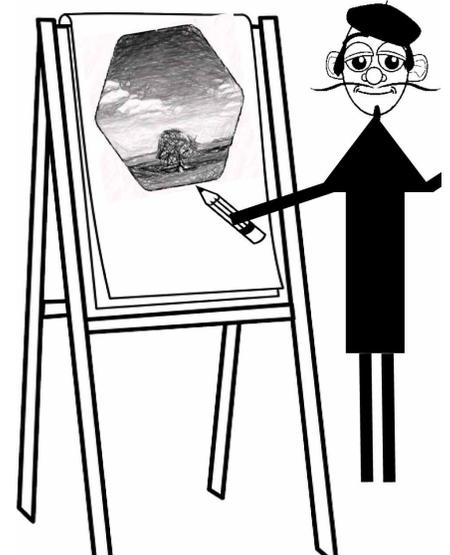
# Get Outside With the Urban Sketchers

Now that the hot summer weather is behind us, are you looking for a way to enjoy the great outdoors, make friends, and learn something new? Check out the Senior Center's newest art class, led by Judith Carruthers. Urban Sketchers meet every Thursday at 1:30 pm.

This unique new class is open to all interested artists – with or without experience. Judith will be on hand for guidance and cheerleading if needed. Sketchers will travel all over Pinellas County in search of scenery. Locations will be decided at each meeting.

Needed materials include sketch book, pencils/pens, eraser, hat, water bottle, sun-screen, sunglasses, a comfy chair and an easel if you have one.

Urban Sketchers is actually a worldwide nonprofit volunteer group dedicated to fostering a global community of artists who practice on-location drawing.



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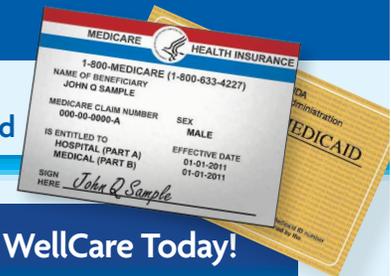


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# HAPPY THANKSGIVING



The Gulfport Senior Center Foundation invites you to  
**Thanksgiving Dinner & With All the Trimmings**

**Thursday evening, November 19 @ 4 pm**

Dinner will be served at your table  
Generously Sponsored by Brentwood

**Dinner Tickets are only \$5**

Following Your Thanksgiving Dinner  
please join us for a

## Tap Dance Extravaganza

Featuring the Jeanne Lynn Dancers  
and the Boca Ciega High School Jazz Ensemble

**Thursday, November 19 @ 6-8 pm**  
**@ the Catherine Hickman Theater**

**Tickets are only \$15**



## Super Bingo Success!

September's Super Bingo was a "roaring success" raising more than \$1,600 for the Gulfport Senior Center Foundation, according to Board Member Jerryanne Hindman, who chaired the event. Attendance was better than expected, Jerryanne said. "We were set up for about 125 players and we had to add more tables!" After playing 12 games, there were 18 winners. Prizes included a

one-night stay at the Hampton Inn, plus gift cards from the Dali Museum, Tampa Bay Aquarium, Bass Pro Shops, Neptune Grill, Stella's, Panera Bread and Magia Gourmet.

## Mission Statement

The Gulfport Multipurpose Senior Center Foundation, Inc. exists to raise and distribute funds that support and enhance the recreational, educational, social and health related programs and services of The Senior Center.

## Board of Directors

President - Michael J. Audino  
Vice President - Jim Williams  
Treasurer - Mark Beggs  
Secretary - Carole Gabrio

## Board Members

Donald Banno  
Chip Cospser  
Linda Grimes  
Jerryanne Hindman  
Sharon Lardieri  
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## Office Manager

Tina Della

Questions?  
**Call Tina**

**@ the Foundation Office**  
**727-893-1244**

# The Foundation and the Center

by Michael Audino, Foundation President



Many people in Gulfport with whom I interact often ask me “what is the difference between the Senior Center and the Senior Center Foundation”? My short answer is that the Foundation raises money that helps the Center provide its programs and services. But there are other features that differentiate the Center and the Foundation.

## Let’s start with “why” we exist.

The Gulfport Senior Center was created to help support the independence and increased quality of life of participants by encouraging involvement in programs and activities that promote their health, welfare, safety and dignity. The Center accomplishes its mission by providing a variety of programs and services---educational sessions, food pantry, physical fitness, and socialization—to name a few.

The Foundation was created to raise and distribute funds that support and enhance the recreational, educational, social, and health related programs and services of the Senior Center. Our mission is to raise money. We accomplish that mission through our events, like the Monster Mash and Super Bingo, and the generosity of individuals.

The Senior Center is owned and operated by the City of Gulfport. Rachel Cataldo serves as Supervisor of the Senior Center and she is a city of Gulfport employee.

The Foundation is a 501© (3) non-profit organization which is governed by a volunteer Board of Directors. From time to time the Foundation enters into contracts with professional service providers, such as our newsletter producer. We also

retain the services of Tina Della who is our office manager.

The Center provides its many programs and services with funding provided by the City of Gulfport, the Florida Department of Elder Affairs, the Area Agency on Aging, and the United States Department of Human Services’ Administration on Aging. The Center also receives money from the Foundation for special purposes, such as the purchase of computers, exercise equipment, and televisions.

The Foundation relies solely on the generosity of its members. We receive no money from any government entity.

## Am I a Member or a Registrant?

This is one of the issues that really seems to confuse people. Anyone who uses the services of the Senior Center or participates in any of the programs offered at the Center must first register with the city of Gulfport by completing a city of Gulfport registration form. There is no charge for this registration.

Anyone who supports the Foundation by making a financial contribution becomes a member of the Foundation. Our membership fees are as low as \$25 yearly for an individual and there is no upper limit to what a person can donate to the Foundation. Because we are a non-profit organization, all contributions to the Foundation are tax-deductible. Many people are both a registrant at the Center AND a member of the Foundation.

A large number of the programs and services offered by the Center would not be possible without the financial support of the Foundation. And, the Foundation would not need to exist if not for Center. We proudly work hand in hand to help improve the lives of our area’s senior citizens.

I encourage you to become an active Center registrant. I encourage you to become an active member of the Foundation. I encourage you to join us in our collaboration.

	SENIOR CENTER	FOUNDATION
<b>OWNER</b>	City of Gulfport	Foundation Board of Directors
<b>SUPERVISOR/MANAGER</b>	Rachel Cataldo	Foundation Board of Directors
<b>FUNDED BY</b>	City/State/Federal Governments & Foundation	Private Donors
<b>MISSION</b>	Support the independence and increased quality of life of its participants by encouraging involvement in programs and activities that promote their health, welfare, safety and dignity	Raise and distribute funds that support and enhance the recreational, educational, social and health related programs and services of the Gulfport Multipurpose Senior Center.
<b>REGISTRANTS/MEMBERS</b>	Registrants - Free	Members - Annual Fee



# The Gulfport

## MULTIPURPOSE

SENIOR CENTER FOUNDATION, INC.

### Support Your Senior Center Foundation Today!

*Aging affects each one of us -- and our friends and family members.*

Your gifts and involvement are needed to give the Gulfport Senior Center the means to serve our participants in a more comprehensive and meaningful way. Your gifts are needed to ensure the Senior Center's ability to support positive aging for seniors in our community.

You can help fulfill the dream and mission of the Gulfport Senior Center by supporting its not-for-profit Foundation, the Gulfport Multipurpose Senior Center Foundation.

Thank you for helping us establish a solid foundation for this important work. By doing so, you also motivate others to assist in providing this important service to your community.

**Thank You!**

## Please Help the Foundation Support These Senior Center Activities

### Be Healthy:

Blood Sugar & Pressure: 2<sup>nd</sup> Thursday – 10:30 to 11:30 am (L)  
 Memory Screening: 2<sup>nd</sup> Monday – 9:00 to 11:30 am (2)\*  
 Mini Health Clinic: Last Thursday – 10:00am to 12:00pm (L)



### Be Active:

Dance Fusion: Mondays – 9:30 am & Thursdays – 10:30 am (RC)  
 Italian Folk Dancers: Thursdays - 7:30 pm (DH)  
 Laugh Yoga: 1<sup>st</sup> Tuesday – 1:00 pm (L)  
 Line Dancing (Beginners): Tuesdays – 10:30 am (SH)  
 Line Dancing (Intermediate): Fridays – 10:30 am (SH)  
 Mindful Movement for the Mind, Body & Soul: Wednesdays – 2:30 pm (L)  
 Strength Training & Aerobics: Mondays & Thursdays – 1:00 pm (DH)  
 Tai Chi: Tuesdays & Thursdays – 9:00 am (RC)  
 Tai Chi for Seniors: Tuesdays & Thursdays – 10:00 am (NC)  
 Yoga: Wednesdays – 10:30 am (C)  
 Yoga (Chair): Mondays – 11:00 am (SH) & Fridays – 11:00 am (C)



### Be Helped:

Clear Caption Phones: 1<sup>st</sup> Monday - 10:00 am (7)  
 Community Law Program: 3<sup>rd</sup> Friday – 9:30 am (2) \*\*  
 Phones for Hearing Impaired: 3<sup>rd</sup> Tuesday–9:30 am (7) \*\*\*  
 Senior Help Line: 800-963-5337  
 SHINE: Call for available dates – 12:30 to 3:30 pm (3)\*



### Be Creative:

Art (Open Studio): Mondays – 2:00 pm (6)  
 Art (Watercolor): Wednesdays – 1:00 pm (6) \*\*\*\*  
 Art (Workshop): Thursdays – 9:00 am (6) \*\*\*\*  
 Harmonica Club: Wednesdays – 9:00 am (6)  
 Knitting & Crocheting: Fridays – 9:00 am (DH)  
 Painting with Judith: Mondays – 4:30 pm (6) \*\*\*\*  
 Ukulele Group: 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays – 4:00 pm (7)  
 Urban Sketchers: Thursdays – 1:30 pm (SB)  
 Writers Workshop: Fridays – 9:30 am (6)

### Be Fun:

Bingo: Fridays – 1:00 pm (DH)  
 Board Games: Mondays – 1:00 pm (7)  
 Bridge: Tuesdays (DH) & Thursdays (L) – 2:00 pm  
 Canasta: Wednesdays – 6:30 pm (7)  
 Chat Room: Fridays – 2:00 pm (6)  
 Euchre: Tuesdays – 6:30 pm (DH)  
 Happy Birthday Party: 4<sup>th</sup> Friday – 3:00 pm (DH)  
 Ice Cream Social: 2<sup>nd</sup> Thursday – 3:00 pm (DH)  
 Movie Day at the Snack Bar: 2<sup>nd</sup> Tuesday – 11:00 am (7)  
 Pinochle: Wednesdays – 6:30 pm (6)  
 Super Savers – Coupon Club: Fridays – 11:30 am (SB)  
 Wii Bowling (Competitive Team): Thursdays–1:00pm (6)



### Be Smart:

AARP Safe Driving Class: 1<sup>st</sup> & 2<sup>nd</sup> Tuesday–1:00 pm (6)\*  
 Cell Phone Class (iPhone): 4<sup>th</sup> Thursday – 2:00 pm (7)  
 Coffee Club (Investment Grp): 1<sup>st</sup> Tuesday–10:00am (7)  
 Computer Round-Table Discussion: Tuesdays–2:00 pm (7)  
 Tech Talk (iPad): 3<sup>rd</sup> Wednesday – 2:00 pm (7)  
 Fruit for Thought: 2<sup>nd</sup> Monday – 10:00 am (7)  
 Investment Discussion: Wednesdays – 10:00 am (7)  
 Italian Classes: Thursdays–6:00 & 7:00 pm (2,6,7,DH)  
 Mah-Jongg Instruction: Mondays – 12:00 pm (7)  
 Spanish Class: Thursdays – 9:30 am (7)

**Call Today 727-893-1244**  
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**The Gulfport Senior Center Foundation**  
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