

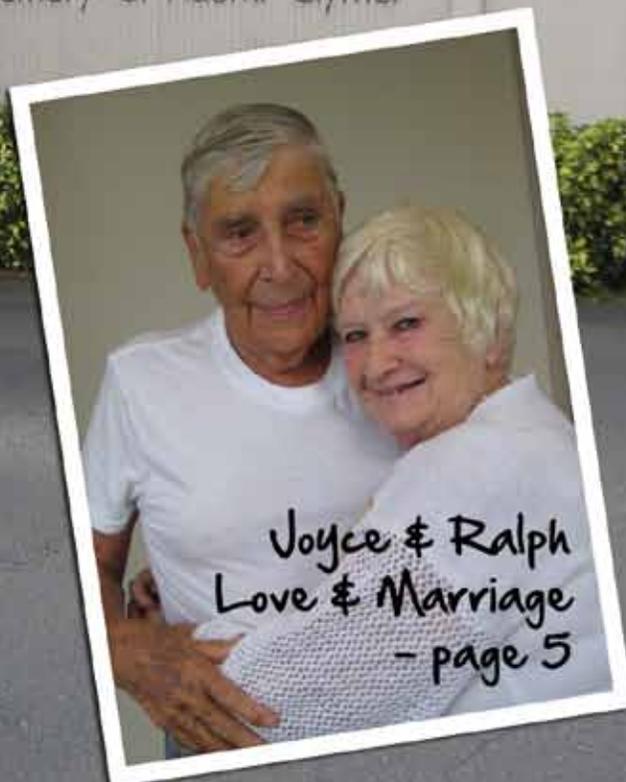
# COMMUNITY THAT CARES

news from the Gulfport Multipurpose Senior Center & Foundation

**Gail Biron's New Gulfport Journey**  
**Joyce & Ralph: Senior Center Love Story**  
**Redefining Retirement**  
**Need Help? Who Do You Call?**

5501

GULFPORT MULTIPURPOSE  
SENIOR CENTER  
In Memory of Naomi Clymer



**January 2013**

**Welcome Gail Biron**  
**New Senior Center Manager**

## Mark Your Calendar

### Upcoming Events & New Classes

#### January 2013



#### Genealogy Class

*Where do You Fit on the Family Tree?*

Friday, January 11, 10:30 -11 a.m.

#### Free Blood Pressure Checks

by Simone Healthcare

January 31, 10 – 11:30 a.m.

#### February 2013

#### Health & Wellness

#### Expo 2013

Wednesday, February 6

10 a.m. – 2 p.m.

Gulfport Casino Ballroom

5500 Shore Blvd. S.

FREE Health and interactive information.

#### Vaudeville Show!

Singing, special acts and some surprises -- the show of yesteryear!

Friday, February, 7 p.m.

at the Catherine Hickman Theater,  
5501 27<sup>th</sup> Ave. S. Tickets are \$5.

#### March 2013

#### St Patty's Party

Wednesday, March 20, 2 p.m.

Music by the Toonsters Show.

Opportunity drawings.

Tickets are \$5



## Empower Your Body, Mind & Soul

This year's Health & Wellness Expo has a new look and a new venue. Scheduled for Wednesday, February 6, 10 am-2 pm, the 2013 Expo is moving to the Gulfport Casino to make room for more than 30 health related vendors and a great variety of speakers throughout the day. The public is invited to learn about the health and wellness options available locally.

Mel Coppola, Marketing Director with Griswold Home Care, and Angela Poirier, Community/Client Liaison with Lasting Legacy, are spearheading the amazing selection of local health and wellness companies to be represented.

This year's offerings will include:

*Free Health Screenings*

*Healthy Cooking Demonstrations*

*Life Healing Information*

*Western and Eastern Medicine*

*Information*

*Interactive Demonstrations*

*Special Life Changing Presentations*

*Opportunity Drawings*



**Empower Your  
Mind, Body & Soul**

Sponsors include the City of Gulfport,

The Gulfport Multipurpose Senior Center Foundation, Griswold Home Care and Lasting Legacy. For more information on this event, please contact Gail Biron, Gulfport Senior Center Manager, at 727-893-2237.

## Don't Worry, Be Happy

Did you find one of those newfangled mobile devices in your Christmas stocking this year? Have the kids gone home and now you don't know what to do with it? Don't worry, be happy. The Senior Center is offering a series of classes led by Senior Center volunteer Karen Gates on three Mondays at 11 am to help you explore the potential and uses for those perplexing smartphone and Android tablets.

On Monday, January 7, there will be a class on smartphones, those mobile devices that do quite a bit more than receive phone calls. With your smartphone, you can send and receive emails, take photos and upload them to the web, and "Google" things. Karen will also teach you how to install and use the "apps" feature.



The second Monday, January 14, will be a tutorial on the iPad. An iPad can shoot video, take photos, play music, and send and receive email. An iPad is manufactured by Apple and is a specific type of "tablet", actually a small hand held version of your home PC. Finally, the last Monday, January 28, Karen will take a look at another type of "tablet", an Android tablet that also has a touch-screen interface. All three classes are free to registered Senior Center members.

Please pre-register by calling 727-893-2237 or 727-893-1231.

# *My Journey to Gulfport and Beyond*

## **Meet Gail Biron, Your New Gulfport Senior Center Manager**

Relocating from Maine to Florida in 1997 was a huge step for me. I left a large loving family and many still life long friends, but I knew that with the tough job market at the time, I didn't want to wait to recreate my life in a new an warmer climate. I packed up and sold the house, stuffed my 1994 Corolla wagon and with some coaxing of a few dear friends who were already here, my lifelong partner and I headed to the sunshine state.

Gulfport was not the first place that we ended up. We settled in Pinellas Park where every block looked the same . It sure didn't feel like home to me, but at least a beautiful sunset was 20 minutes away. I never get tired of our Gulf coast sunsets.

It didn't take long to land work in the corporate world. Times were different then. If you were a northerner, your work ethics helped you land a job.

After 9/11 and working in the corporate world, I was ready to make a drastic change. Certain things became more important to me. I wanted to be closer to home, which was Gulfport by now. I wanted to feel closer to my community, which was always important to me in Maine.

I read an ad for a Staff Assistant position at the Recreation Center and in September of 2002 and I became employed with the City of Gulfport. The position allowed me to meet so many families in the community. Now all these kids are mostly adults and I see them and their parents occasionally at the many citywide events that Gulfport offers.

My next venture for the city was in 2006 when I became the first Technical Events Specialist. This job allowed me to help showcase the city and all it's amenities, cross the lines of departments to assist in projects and get to know the many fantastic organizations that assist in keeping the Gulfport engine humming. I loved

my job and my city and I learned what a busy city it is. As Mayor Mike Yakes says, "we celebrate everything but water bill day."

Then, last year when Sue Frank announced her retirement after twenty-one selfless years of service I applied for her position. I knew many of the staff, volunteers and other seniors that have become my friends. I felt it was a calling for me to continue my journey with the city. I have many things to learn, but one thing is very clear. I love helping people. I have visions of growth for the center and I listen to every idea anyone has to offer.



Gail Biron, new Senior Center Manager

Development of programs for a growing senior population

is inevitable and I am ready to help transition these changes for the positive. We are emerging into a time where our needs continue to change. Right now, I am so impressed with all the classes and programs offered, but I always am ready for suggestions. So far, the suggestions have included more technology classes, a choir, more art classes, another writers class and I am sure by the time you read this I will have more to add. If you are 50 or older and have not checked out this very active center, I am cordially inviting you to stop by my office and let me show you around. It is here for you.

Wishing you all the best for the New Year!  
-- **Gail Biron, your new Senior Center Manager**

## **MORE IN THIS ISSUE ...**

- 4 – Redefining Retirement
- 5 – Love & You Shall Be Loved
- 6 – Who You Gonna Call?
- 7 – Casino Royale Fundraiser
- 8 – Your Foundation Pages

# Redefining Retirement

by Michael J. Audino, Foundation President

So, what does the word RETIREMENT mean to you? 24/7 golf? Watching Oprah and eating bon bons? Fishing all day every day? Never working another day in your life?

For many, these more “traditional” examples of retirement have ceased to be the choice and lack of funds is not the driving motivation. Many baby boomers are looking for direction to make their “bonus years” -- those years beyond midlife and the drive to professionally succeed at any cost -- more personally meaningful.

So, what does the next phase of life have in store for you? What will you do? Who will you become? Why should you care?

We all spend some time thinking about how nice it would be if we did not have to work. However, the latest research suggests we will be happier, healthier and wealthier if we keep working in some capacity. Why would we want to stop doing something that provides a place to go, people to see, mental stimulation, a feeling of being needed, a way to hone skills and experience?

Over the course of the next year we will include articles in each issue of our quarterly newsletters that will help answer these fundamental questions and help you discover who you are, determine who you want to become, and



Jerryanne Hindman, Foundation Coordinator, started volunteering in the community only a year after she left the corporate world for retirement. After a few volunteer stints that turned into temporary jobs, she found herself a happy independent contractor with the Gulfport Multipurpose Senior Center Foundation. Now you will find her every day at the Senior Center.



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# Love and You Shall Be Loved

article and photo by Lynn DiVenuti

Malcolm Forbes once said, "To live long and achieve happiness, cultivate the art of radiating happiness."

"You have to be feisty to get through in life", says Joyce McMahon Mobley. Joyce is no longer one of Gulfport's most eligible bachelorettes. At age 72, Joyce took her marriage vows in November with retired Civil Engineer Ralph Mobley, 89, at the Gulfport Multipurpose Senior Center.

The feisty couple glowed with warmth of friendship, respect, and love as they told me the story of their second chance at love & happiness. Ralph & Joyce had known each other for a few years, often seeing each other around town. They met in an exercise class at the Senior Center. They both were in pretty good shape and wanted to keep fit. One day Joyce was talking about a recent car accident and Ralph overheard the conversation. He asked if he could come over to Joyce's house to see the damage to her car.

She asked, "Are you a mechanic?"

Ralph looked with a grin and said, "I'm a lover."

Then Ralph asked Joyce out to lunch. On their way to the restaurant Joyce accidentally fell and Ralph was there to help her up. Joyce said, "Of course I was wearing white pants and dirt and leaves were all over my rear end. Ralph was helping brush them off and that's how the romance started!"

"We've been together ever since!" They started dating in April 2012.

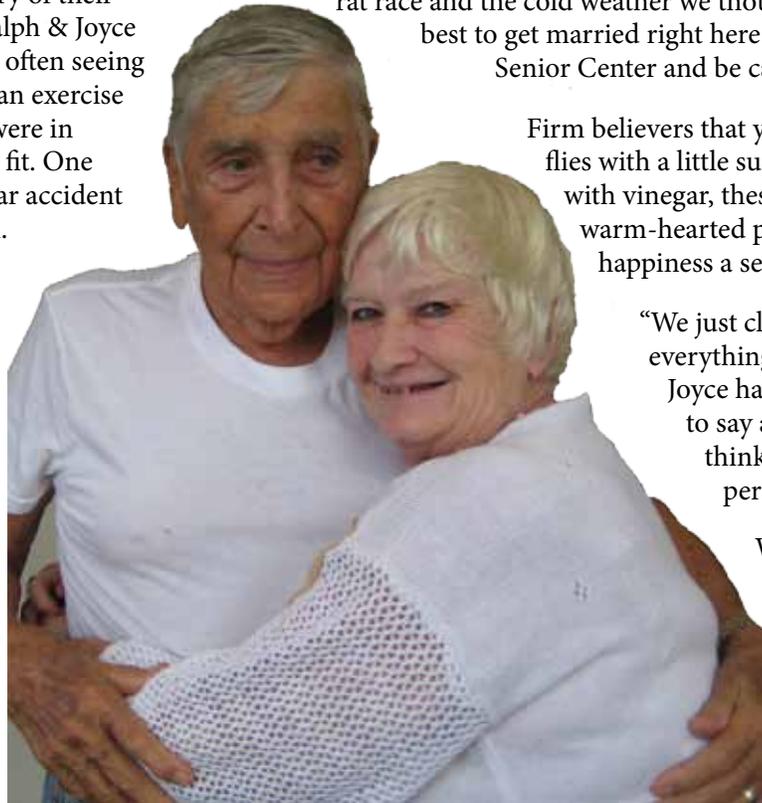
The newlyweds are well known in Gulfport. Joyce recently retired from a lifetime of work which included the Sands Casino, the IRS, and the last 17 years at the local Walgreens. Ralph retired in 1982 as a civil engineer. He keeps busy with family and friends, and tries to work out every day at the Foundation Fitness Center.

Both were previously married and Ralph says, "We know the ropes! We wanted to get married up north but with the rat race and the cold weather we thought it would be best to get married right here in the Gulfport Senior Center and be casual."

Firm believers that you can catch more flies with a little sugar than you can with vinegar, these two graciously warm-hearted people have found happiness a second time around.

"We just clicked it off on everything, we laugh and Joyce hasn't a bad thing to say about anybody. I think she is a real good person", says Ralph.

With a big smile, Joyce said, "We love each other."



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Gulfportpc@tampabay.rr.com

**Sunday Worship**  
**10:30 AM**

# Do You Have Questions? Who You Gonna Call?

The Department of Agriculture and Consumer Services, Division of Consumer Services is the state's clearinghouse for consumer complaints, protection and information. The Division has responsibility for regulating various business industries operating in Florida and conducts investigations of unfair and deceptive trade practices.

The Division of Consumer Services is comprised of five bureaus:

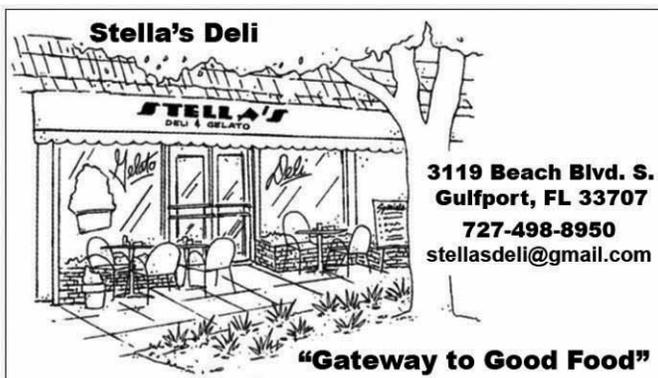
- **The Bureau of Compliance** has regulatory responsibility for the following types of business entities: Business Opportunities, Motor Vehicle Repair Shops, Charitable Organizations, Dance Studios, Pawnbrokers, Health Studios, Sellers of Travel, Intrastate Movers, Sweepstakes/Game Promotions and Telemarketing. This bureau also administers the Florida Do Not Call Program.
- **The Bureau of Fair Rides Inspection** mission is to promote the safety of Florida's citizens and visitors to our state through our amusement ride inspection program.
- **The Bureau of Liquefied Petroleum (LP) Gas Inspection** mission is to promote the safety of Florida's citizens and visitors to our state through our amusement ride inspection program.
- **The Bureau of Mediation and Enforcement** is responsible for mediating complaints filed by consumers regarding goods and services provided by businesses.

- **The Bureau of Standards** is responsible for conducting inspections of the petroleum distribution system and analyzes samples of petroleum products to ensure consumers are being offered quality products at a fair measure. Additionally, they are responsible for conducting inspections at the 9,025 retail facilities and inspect more than 60,000 commercial measuring devices each year.

Our Communications and Outreach section promotes educational outreach programs aimed at increasing public awareness of consumer protection issues among Florida citizens and visitors. Along with the information provided through our Communications and Outreach Center, which can be reached at 1-800-HELP-FLA (435-7352) or 1-800-FL-AYUDA (352-9832) en Español, thousands of educational brochures are distributed each year to individuals, civic groups, community organizations and schools. The Department offers speakers, at no cost, to participate in community meetings, conferences and meetings around the state.

The Department has created a monthly electronic newsletter for Florida consumers. Within our newsletters, you'll find tips on important consumer related issues and resources to find additional information. Subscribing to our monthly newsletter is easy, you can subscribe by going online to <http://www.800helpfla.com> or by calling our Customer Assistance Center. Our Customer Assistance Center is located in Tallahassee and is staffed with trained analysts who answer more than 220,000 telephone calls and emails annually from consumers and businesses.

When dealing with consumer issues it is important to remember that we are here for you!



# Casino Royale on the Bay Wows Gulfport!

Gulfport's first Casino Royale on the Bay November 2012 raised more than \$5,500 in net proceeds to be shared by the Gulfport Multipurpose Senior Center Foundation and the Gulfport Area Chamber of Commerce Mentor Program. The evening was declared a resounding success, thanks to the work of many volunteers, donations of prizes by area business and institutions, cash sponsorships, and the generosity of the 230 attendees.



photo courtesy of Rob Fowler

The historic Gulfport Casino was transformed for a single night from a beautiful dance/concert/function hall into a full blown gambling casino complete with glitter, balloons and the sound of slots and laughter from the pseudo gamblers at the 20 gaming tables. At the same time, a spectacular silent auction was taking place with items gathered by members of the Gulfport Multipurpose Senior Center Foundation. Between forays to the tables lots of folks bid on their selections. The shouts of winners at the Texas Hold 'Em Tournament could be heard.

At 10:30 PM sharp, the winners were awarded raffle tickets based on their winnings at the tables and over 60 donated prizes were presented to a crowd of raffle winners in what turned out to be a highlight of the evening.

More than 60 businesses and institutions donated prizes ranging from rounds of miniature golf to 2-night, 3-day stays at beach hotels and resorts. The overall value of prizes given to winners exceeded \$4,000. In addition 18 businesses donated sponsorship dollars by covering the cost of individual gambling tables.

The evening was possible because of the work of event Chairperson Ruth Gruhn, City of Gulfport staff and dozens of Chamber and Foundation volunteers. No attempt will be made to name everyone, but every person involved should be aware of the gratitude of both the Gulfport Area Chamber of Commerce and the Foundation.

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# The Foundation



Michael Audino

Wow! 2012 was an incredible year for the Gulfport Multipurpose Senior Center Foundation. For the first time in our history we reached the 1,000 membership threshold. We installed the first recognition tiles and officially launched our Celebration Wall. We partnered with the Chamber of Commerce and helped support the inaugural Casino Royale on the Bay night. We conducted our

first-ever “non event” fundraiser. And we successfully navigated a transition in our Board leadership.

As a result, we begin 2013 with a growing membership base, a strengthened passion for our mission, a vision for the future, and a plan to help us reach that vision.

The Merriam-Webster dictionary defines *foundation* as the “groundwork of anything” and “the natural or prepared ground on which some structure rests.” The Gulfport Senior Center Foundation was established to “raise and distribute funds that support and enhance the recreational, educational, social, and health related programs and services of the Gulfport Multipurpose Senior Center” and our focus on this mission is how we best “prepare the ground” for the programs and services provided by the dedicated professionals and volunteers at the Gulfport Senior Center.

## 2012 Foundation Accomplishments:

- **Membership reached 1,000.**
- **The new Celebration Wall was constructed and the first tiles were installed.**
- **The First Foundation Non-Event raised in excess of \$4,300.**
- **Foundation leadership accomplished a major transition & laid the groundwork for a successful year in 2013.**

The generosity of our members, our business and corporate partners, and numerous supporters and

## 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 Gulfport Multipurpose Senior Center.

## Board of Directors

### President

**Michael Audino**

### Vice President

**Jane Ogilvie**

### Board Members

Joan M. Barry

Carole C. Gabrio

April Hill

Bernadette Homan

Louise Lavalla

friends helped us raise over \$50,000 in 2012, over 95% of which we invested in the Senior Center to support the programs and services the Center provides. And we have even bigger goals for 2013.

No matter your age, financial condition, or political persuasion, the Gulfport Multipurpose Senior Center Foundation supports opportunities for you to learn new ways of acting, thinking and behaving. You can learn another language. You can improve your physical condition. You can meet new friends. You can share your time, talent, and treasures to improve the lives of others.

The Gulfport Multipurpose Senior Center Foundation and the professionals at the Gulfport Multipurpose Senior Center can help you reach new levels of personal success, fulfill life-long dreams, and accomplish whatever your head and heart desires.

Please visit our web site ([www.gulfportfoundation.org](http://www.gulfportfoundation.org)) to learn more about the Foundation, the work we do, and how you can become a member of the best non-profit organization in Gulfport.

-- **Michael Audino, President**

**Gulfport Multipurpose Senior Center Foundation**



Michael Audino & Joan Rucksdassel

Every donation is important, but the St. Vincent's Episcopal Church Thrift Shop has gone above and beyond for more years than anyone can remember. For the past two years, the Thrift Shop has donated \$2,500 to the Foundation, and for many years before that the same gift has been given directly to the Gulfport Multipurpose Senior Center. Thrift Store Manager Joan Rucksdassel and her all-volunteer crew have also pitched in to help put on a "thrifty" Fashion Show for the Senior Center that has been brought back twice due to its popularity.

The St. Vincent's Episcopal Church Thrift Shop, is located at 5124 Gulfport Blvd. S. Hours: 10 am-4 pm, Monday-Saturday. For more information: 727-321-7215

## ***Celebrate Our Community for a Lifetime!***

For many, the Senior Center plays a critical role in their general well being. It is a place of support during personally trying times, as well as on a daily basis as we face various challenges. It provides socialization, which is a key component in eliminating or reducing isolation. Life itself is shared at the Center, and quality of life is enhanced.

Purchasing a tile for the Celebration Wall is a way for people near and far to express their gratitude to meaningful others, to recognize enduring friendships, to pay tribute to those loved, and to "celebrate" people and events. As you "Celebrate" by purchasing a Wall tile, you are supporting the Foundation whose Mission it is to provide for the many unbudgeted programs, services, and events thousands enjoy year to year, here in Gulfport.

We hear it more and more, "Buy local. Help support the community in which you live"! Here's a way to

"Celebrate", donate to the Foundation, help Gulfport continue to be the place people want to call home, AND help us to live up to our designation of being a "Community for a Lifetime"!

**Community That Cares is published quarterly - in January, April, July and October - by the Gulfport Multipurpose Senior Center Foundation.**

**Editor, Amy Oatley**

**Back Issues are available here:**  
[www.GulfportSeniorFoundation.org](http://www.GulfportSeniorFoundation.org)

**Get Your Next Issue Here:**

- Gulfport Multipurpose Senior Center
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- Small Adventures Bookstore
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- Comfort Cafe
- Palms Of Pasadena Professional Center
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- Publix - South Pasadena
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- CVS Pharmacy - South Pasadena
- St. Vincent's Episcopal Church Thrift Shop

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**\$75 donation**

Panels are beige with brown engraved text

**For Information:**

**Call 727-893-2237 or 727- 893-1231**

# Jane Ogilvie Returns to Foundation Leadership



Jane Ogilvie

Jane Ogilvie, Foundation Vice President, has been a mainstay of the Gulfport Multipurpose Senior Center Foundation since its inception. As a founding member and its first president, Jane opened the Foundation's first bank account with the only cash she had in her wallet – a \$5 bill – the minimum deposit required by the bank. Her vision, along with a handful of other founders, was to start a non-profit

organization to support the services and programs offered by the Senior Center.

Born and raised in the suburbs of Baltimore, Md. just 30 minutes away from Washington, DC., Jane developed a true Marylander's love for steamed blue crabs drenched in Old Bay spices while still in a high chair. She learned the fine art of crab picking from her grandmother, and how to be a successful recreational crabber by her grandfather by the age of seven.

She went west in the late 70's to Rapid City, SD and learned what the term "wide open spaces" meant. It was there she discovered that beauty can be found in places that others might think are "boring" and sensory depleted. It was also there that she was inspired to go into nursing in 1982. She traveled six hours to Sioux Falls to take her State Boards in 1982. Since then, Jane has been licensed in South Dakota and Maryland, and remains licensed in the State of Florida.

Specializing in care of the elderly, Jane has enjoyed many continuing education courses in geriatric care, and the benefits of various "alternative" methods of healing. Now she is studying the importance of technology in the delivery of healthcare. She is currently developing a program to help educate others about how technology is currently

being used, and how it will be integrated into the healthcare system.

Jane moved to Gulfport, Florida in 1990 and immediately threw away all ice scraping equipment, and reduced her sweater and coat inventory by 75%.

In 1999 she started Senior Solutions of Pinellas County to serve overwhelmed caregivers and the elderly who find themselves confused navigating the health care system. She liaisons between physicians, physicians and families, monitors in home care providers, monitors medications, helps people to understand their medical conditions, finds unique solutions to increase quality of care and life, responds to medical emergencies and calls to ERs, always advocating for her client and their responsible parties.

Her fundamental business theory is simple: Provide the kind of oversight and care that she would want and expect her parents to receive; refer only to those individuals and businesses that share similar philosophies related to work ethic, and have proven track records of providing that degree of care/service.

Jane consults with any business entity interested in learning how to better serve the unique needs of the aging consumer. She also provides presentations on senior care related issues to local groups and organizations.

A member of Better Living for Seniors since 2000, Jane was a member of The Affordable Assisted Living Workgroup – a 2-year project of the Florida Department of Elder Affairs funded through the Robert Wood Johnson Foundation's Coming Home Program in 2001. In 2003, she volunteered and was appointed to the Gulfport Senior Advisory Board and was reappointed to a second term in 2006. She served as President of the Foundation for six years, and has been an active Board member since 2011.

In addition, she is a member of the Gulfport Chamber of Commerce and a Business Development Representative for Proximiti Communications, Inc.

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## Thank You, Pat Smoot

The Board of Directors has accepted the resignation of Board Member, Pat Smoot. Pat is an all or nothing kind of gal. If she can't give 100% to her commitments, she feels she's not upholding her end of the bargain. Like all full time employees, Pat juggles many responsibilities professionally, and personally. She recently started a new job and loves it! It's demanding more of her attention though, leaving her with less time to devote to volunteer efforts.

Pat joined our Board in 2008. Over the past four years, she has helped us to reach our Mission goals. She's offered us enthusiasm, creativity, level-headedness, and helped us to grow and develop in various ways. Pat will continue to support our Foundation, and will help us when and as time permits. Her belief in the Mission is undiminished. She's seen the faces of Center participants, and is assured the work of the Foundation helps improve overall quality of life in our community.

On behalf of our Board of Directors and Membership, we wish Pat nothing but the best, and great success professionally and personally in the years to come.



## 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!***

## Make Your Tax-Deductible Gift Today!

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The Gulfport Senior Center Foundation

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- Primary Stroke Center, *DNV Healthcare*
- Stroke Gold Achievement Award, *The American Heart Association & The American Stroke Association*
- Grade "A" in Leapfrog Hospital Safety Survey
- Five-Star Rated for Joint Replacement 2012, *HealthGrades*
- Five-Star Rated for Total Knee Replacement 2012, *HealthGrades*
- The Rehabilitation Hospital at Palms of Pasadena, *CARF Accredited*
- Chosen out of over 10,000 Home Health Care providers throughout the United States to receive the AdvisorMed Award of Excellence, ranking Palms Home Care within the top tier nationwide
- Palms Home Care, Top 25% of home health care agencies in the U.S. three years in a row, *HomeCare Elite Award of Excellence*
- The only hospital in Pinellas County to be designated a Bariatric Surgery Center of Excellence, *American Society for Metabolic and Bariatric Surgery*
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