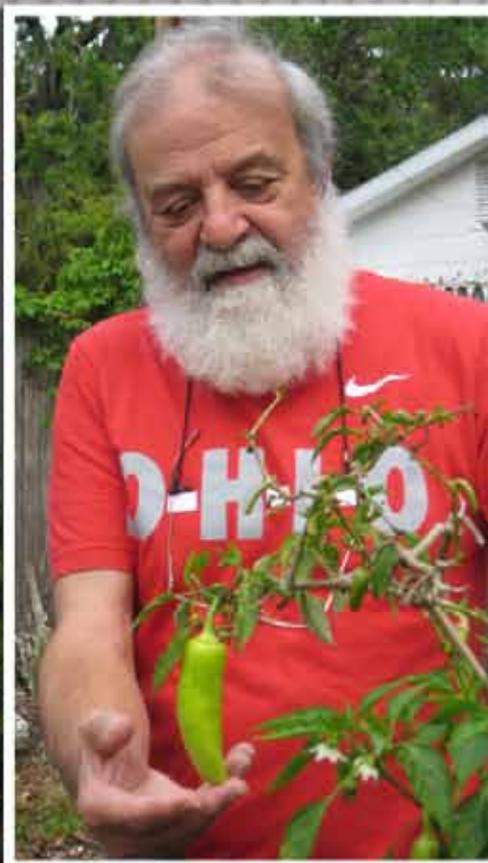


# COMMUNITY THAT CARES

news from the Gulfport Multipurpose Senior Center & Foundation

## GULFPORT MULTIPURPOSE SENIOR CENTER Memory of Naomi Clymer



**Retired? Get Into the Garden**  
**Meet Rachel Cataldo --**  
**New Senior Center Coordinator**  
**Volunteers & Volunteering**  
**What's Your Foundation Up To?**

**April 2013**

## Mark Your Calendar Coming Events

### April

#### *The Law of Attraction*

Wednesday, April 3, 1 p.m., Free  
\*repeats May 1 & June 5

#### *Special Plaque Dedication for Pam McGinnis*

Friday, April 5, noon

#### *Senior Follies presents "Musical Memories of the 50's and 60's"*

Friday, April 5, 7 p.m. (sold out)

#### *Life is in the Blood*

Wednesday, April 10, 2 p.m.  
\*repeats May 8 & June 12

#### *Empowerment of Healing with Barbara Newborn*

Tuesday, April 16 at 1 p.m.  
Scout Hall, 5315 28th Ave. S.  
May 29, 1:30 -2:30 p.m. dining hall  
June 19, 1:30 -2:30 p.m. dining hall

#### *Fashion Show presented by St. Vincent Thrift Store*

Wednesday, April 24 at 1 p.m.  
Catherine Hickman Theater  
Tickets Only \$2

### May

#### *Shorts for Seniors: A Comedy Show*

May 15, 1 pm

#### *Tour of Duty Conference*

May 22, 2 p.m.

#### *Hospice and Caregiving*

Thursday, May 23 at 1 p.m

#### *First Friday Every Month Flea Market 9 a.m. – Noon*



**Attention: Senior Center / Foundation Volunteers  
Please Attend an Informational Update Meeting  
Thursday, April 25th, 1 pm  
in the Catherine Hickman Theater**

### *Plaque Dedication for Pam McGinnis*

**Friday, April 5 at noon at the Celebration Wall**

Pam McGinnis was first involved with the City in the 80's as a valued coordinator at the Recreation Center. She was also with the Optimist Club. When she left the Recreation Center, she moved onto volunteering at the Senior Center. Pam masterminded many event ideas at the Senior Center. She knew a good bargain and she was in charge of coordinating the Flea market. She created gift baskets, sold raffles, spear headed get well cards and was always thinking of others. Pam's enthusiasm and genuine love for our seniors made her a very outstanding volunteer and friend.



Even when Pam was not feeling the best, she would try to make it to the Senior Center. It was important to her and her lifeline. Many friends got together to purchase her memory plaque which now stands on the Celebration Wall at the Gulfport Multipurpose Senior Center.

*\* for more information about the Celebration Wall see page 9*

### *The Empowerment of Healing* **Tuesday, April 16, 1 pm, free**

Join Barbara Newborn April 16, 1 pm, at Scout Hall, 5315 28th Ave. S. Her lecture will discuss methods and new insights into the amazing power of healing. Barbara says we can learn from experiences of disability and illness, and gain perspective on what is truly important in our lives. We can personally transform from the external world of appearances, into our internal world of balance and self-worth. Barbara Newborn is the author of *Return to Ithaca: A woman's triumph over the disabilities of a severe stroke*. She was the Chief of staff of The National Stroke and Quality of Life Medical Education Institute in New York City. Barbara also has two master's degrees, teaches Yoga Therapy and volunteers for the Gulfport Senior Center. Sponsored by the City of Gulfport Senior Center.

### *Life is in the Blood*

Every month Blood Analyst, Debi Mc Arthur will analyze a blood sample from a volunteer in the audience to demonstrate what the different cells in the blood look like, what they mean and how we can be healthier. A very fascinating not to miss seminar. Free.

- **Wednesday, April 10, 2 p.m.**
- **Wednesday, May 8, 2 p.m.**
- **Wednesday, June 12, 2 p.m.**

# Retired? Get Out of the House and Into the Garden

by Amy Oatley, Editor

Growing vegetables came naturally to Dennis Cataldo, 65, when he retired three years ago after working 30 years as a machinist. Den remembers helping his grandmother pick dandelions for wedding soup as a child and spending a week on her farm weeding corn every year. His father had a garden, too. Now Den grows endive for his own wedding soup, along with tomatoes, hot peppers, lettuce, basil, green onions and parsley.

Gardening “let’s you know what life is all about,” says Den, whose son Denny and daughter-in-law Rachel also grow vegetables at their Gulfport home. Coincidentally, Rachel is also the new Senior Services Coordinator.

Den’s garden is all in containers set up at waist-level in his back yard so there’s no bending required. Some of his plants grow in hanging baskets. Others are set up on shelves made from repurposed wrought iron bar stools and parts saved from a cart he built to help his father get around the golf course in his older years. This setup also allows him to easily move his garden into the shade on long, hot summer days.

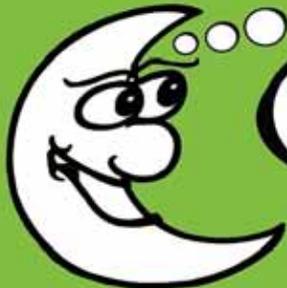
Thanks to his careful attention, many of Den’s plants have continued to produce for three years. Some of the newer plants, he has grown from seeds he harvested. Now his basil has gone to flower and the bees are enjoying that nectar and pollenating his peppers and tomatoes. After the current crop, he’ll replace the soil for a brand new start.

Much of the water for Den’s garden comes from a home-made rain barrel that gathers rainwater from the gutter on his roof. He says a full barrel will water his container garden for 10-15 days, plenty of water during a rainy summer.

Vegetable gardening may not save money for seniors, considering the cost of buying starter plants and soil amendments, Den says. But still, he says it’s healthy in two ways -- you can’t beat having fresh vegetables ready to pick right in the back yard and it keeps you active in the sunshine. Container gardening can also work for seniors living in apartments and condos, but Den says there may not be enough sunlight.

Setting up the garden initially takes a little time, Den says, but the daily maintenance for his small container garden only takes about 20 minutes each day. Still, he says, it keeps him active and away from the TV.





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# Redefining Retirement: The Value of Work

by Michael J. Audino  
Foundation President

In the October issue of this newsletter I asked the fundamental question “What does retirement mean to you?” It may seem extraordinarily basic to you but the process of retirement begins with defining the term. Throughout the past decade I’ve spoken with hundreds of people from all walks of life about the topic of retirement and have reached one, undeniable conclusion. People invest way too little time thinking about and planning for the non-financial aspect of retirement.

Almost every day someone will ask me if I’m retired. When I respond with “what do you mean by the word retirement?” I’m usually met with blank stares or incredulous looks that say “What do you mean, how do I define retirement? Everybody knows what retirement means”.

No, they do not.

Think about work for a moment. What benefits does work provide you? The first and most obvious answer (at least for many) is the financial reward. While true, financial security is only one of many benefits that work provides. Think more deeply. Here are three additional benefits of work.

**Structure**—I first became interested in the non-financial aspects of retirement in 2005. I was speaking with a man at party who I knew had SIGNIFICANT financial resources at his disposal. He had quit work the following year and had spent the ensuing 12 months on an around the world cruise and playing more holes of golf than he could count. Now he was miserable. Why, because he did not know what to do with his time. He had discovered—the hard way—what many fail to understand. When you are working, your schedule may not be your own but at least you have a schedule.

**Socialization**—I respectfully suggest that women are more fortunate than men---at least when it comes to social interactions. Most men have few, if any, close friends. And for many men, the few friends they have tend to be work colleagues. Many men also rely on work-related events---holiday gatherings, promotion parties, after work cocktails hours—to provide the venues for interacting with others. While more prevalent for men, the issue of “socialization” also poses a challenge for some women. Whether male or female, if your work calendar and social calendar are one in the same, what happens to your life when the work calendar disappears?

**Status**---What’s one of the first questions you ask a new acquaintance at a party? It’s typically not “who are you” it’s “what do you do”. Right, wrong or indifferent, we tend to define people by the work they perform and the title they hold. When the title is gone---who are you? Remember, if you are what you do when you don’t, you aren’t.

So, before you announce that “retirement date” to your spouse, friends and business colleagues, here are 3 actions you can take.

1. Think about and write down all the NON FINANCIAL benefits your job provides.
2. Identify specific actions you might take to ensure those benefits remain after you are longer work.
3. Write down what retirement means to you.



# Values of Volunteering

By Gail Biron, Senior Center Manager



We here at the Gulfport Multipurpose Senior Center have an invaluable crew of volunteers that assist in programs and activities throughout the day and week.

Senior volunteers not only improve the Center as a whole, but seniors are directing their interests and talents to volunteer opportunities. There are many benefits the volunteer reaps when engaged in a few

hours a week of lending their time.

Volunteers build a social and community network, meeting new friends and lowering their chances of depression from a sedentary lifestyle. Social activities outside the Center increase as new friendships are made. I asked a recent volunteer what was her favorite thing about volunteering -- the simple answer was "the people." Social stimulation is the key to extending the quality of life.

Move move move! The more you move, the better you are! You could teach someone how to use the fitness equipment, greet someone in the lobby or teach a class with the talents you learned in the working world. It's up to you. Many opportunities are available to those who would like to increase their physical activity.

We have a wonderful family of volunteers here at the Gulfport Multipurpose Senior Center. I welcome you to join our group of dedicated volunteers who are the heartbeat of this center.

I would also like to thank each and every volunteer for what you do to make this center the Mecca for seniors in the Pinellas County area. We are proud to have you with us! If

you are interested in sharing your time with us, please call Rachel at 727-893-1231 to set up an appointment to discuss your talents.

## Senior Volunteers Needed

Boca Ciega Center, a skilled nursing and rehabilitation center, is seeking volunteers to provide support services to residents. Volunteer opportunities at the center include: Bingo Caller, manicures, poker/blackjack and other card games, serving room refreshments, mail delivery, craft sessions, art/painting, pet visits, room visits and other such programs. If you can devote a minimum of one or two hours a week of volunteer service, you would be reaching out to brighten the day and spirit of seniors in need. Bring your joy and talents to Boca Ciega!

In addition, the center is collecting items for their resident activities. If you have music cd's, cd players, storage bins, nail polish and cosmetics, craft beads and supplies, your donations are appreciated.

For more information, please contact Ruth Gruhn, Activity and Community Outreach Director at 727-344-4608, or visit our center at 1414 59th Street South, Gulfport. Boca Ciega Center welcomes you!

Ruth J. Gruhn, Activity Director  
Boca Ciega Center  
1414 59th Street South, Gulfport, FL 33707



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# Smiling Faces at the Foundation's Snack Bar

by Lynn DiVenuti, Foundation Board Member

"I think preparing food and feeding people brings nourishment not only to our bodies but to our spirits. Feeding people is a way of loving them, in the same way that feeding ourselves is a way of honoring our own createdness and fragility." -- Shauna Nequist

One of the hot spots at the Gulfport Senior Center is the Snack Bar. Daily specials grace the menu board and happy volunteers face the patrons. It is the hub of activity offering breakfast & lunch, lively conversations, to grabbing a quick cup of coffee. The Gulfport Senior Center Snack Bar is funded by the Gulfport Senior Center Foundation and is staffed by Foundation and volunteer staff.

One of the Foundation staff for the Snack bar is Stephanie. A long hospitality background, she & her husband owned and operated many restaurants from N. Redington Beach to St. Pete Beach-Italian restaurants to ice cream parlors. She even ran the lunch program at the St. John elementary school for years. At the Snack Bar, she started offering a movie day scheduled for the 2nd Tuesday of the month and organizes a small Rays Days baseball get-together.

What she would change about the Senior Center if she could? "Build another floor to have more space available and be open on the weekends."



Stephanie, Rick & Donna  
not pictured Barbara Boucher

Rick is another Snack Bar volunteer that hails from Connecticut. He started volunteering in the Fitness Center and they asked him if he wanted to try out at volunteering at the Snack Bar...probably because of all the cookies that he would bring in to share. He arrived in Gulfport 16 years ago from San Francisco and has been coming to the Gulfport Senior Center for 4 years. He says that he likes everything about the Snack Bar—"maybe more cookies on the menu."

Donna loves Gulfport and has been a resident here for 5.5 years arriving from Myrtle Beach, North Carolina. She searched for a dog-friendly town and Gulfport was the ticket, plus it reminds her of the small town she grew up in. She has been coming to the Senior Center for 4 years and volunteering in the Snack Bar for 4 months...loving every minute of it. "Great conversations, good food, and an inviting place to visit...everything you need to find friends or make new friends." The Gulfport Senior Center Snack Bar offers a variety of sandwiches, snacks, beverages—all reasonably priced. Come on in and have a cup-o-joe!

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# Meet Rachel Cataldo

New Senior Center Coordinator

## Attention: Senior Center / Foundation Volunteers Please Attend an Informational Update Meeting Thursday, April 25th, 1 pm in the Catherine Hickman Theater

Streamlining and reorganizing the volunteer program was the first order of business for the Senior Center's new Senior Services Coordinator Rachel Cataldo, who started the job January 16. Rachel has worked for the City since August 2011 and moved to Gulfport in 2007. She and her husband Denny have five children between them.

"I love it here," says Rachel, whose office door is always open to seniors who need help. "It keeps me on my toes ... it's very busy here." In addition to her regular job-related tasks, Rachel says she is busy all day answering questions about services available for local seniors, providing assistance with paperwork ... anything seniors need help with.

One of her responsibilities is volunteer coordinator. Thus Rachel is reworking the volunteer program from the ground up. She's making sure all volunteers have the appropriate paperwork and are fully trained for their assigned tasks. It's a big job since there are more than 100 active Senior Center volunteers. New Volunteers are always needed, Rachel says, for the Foundation Fitness Center, the Reassurance program, for greeting visitors in the lobby, for teaching new classes. "We can always use more volunteers of any age, 18 & up."

To volunteer, call Rachel at 727-893-1281 or Senior Center Manager Gail Biron at 727-893-2237.



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## ***Foundation Announces New Connection with Eckerd College***

Early this year, Foundation President Michael Audino and then Vice President Jane Ogilvie forged a plan to bring a new educational opportunity to users of the Gulfport Multipurpose Senior Center.



An introductory lecture, "Founding Mothers," was presented in the Catherine Hickman Theater by the Osher Lifetime Learning Institute (OLLI) at Eckerd College on March 26th. The Founding Fathers are all well-known and held in the highest regard for their contributions to the founding of our nation. But they did not do it alone. As we struggled for independence there were also women who helped to shape America's destiny. Founding Mothers, lecture by Rick Kistner examined the lives of well-known women such as Martha Washington and Abigail Adams and gave credit to those lesser known women such as Mercy Otis Warren, Deborah Franklin and Esther Deberdt Reed who gave of themselves in the cause for American Independence."

OLLI is "totally dedicated to lifetime learning - specifically for older folks," says Jane. "With Eckerd being so close by, we thought it was a logical step to reach out to them to see how we could work together to develop the educational aspect of the Foundation's Mission: to "support and enhance educational, health, social and recreational activities" at the Senior Center.

"Michael and I were already familiar with OLLI," she says, "so we new OLLI could offer first rate, interesting, and multi-talented presenters to share their experiences and knowledge with us. For those who don't drive, or can't easily get down to the College campus for presentations, we thought Catherine Hickman or the Center's Dining Room offered a convenient location. Folks could walk, drive themselves, or use GEMS to help them get to and from some of the OLLI events."

## ***St. Paddy's Day Feast March 13***

When Senior Center staff started planning their 2013 St. Patrick's Day Party, it didn't take long for Foundation leaders to add to the fun. New Foundation Board Member Lynn DiVenuti took the lead in planning the Foundation's first St. Paddy's Day Feast that followed the afternoon party from 5 - 7 pm. The aroma of traditional Irish corned beef and cabbage filled the Senior Center dining room and beyond as Lynn and her small staff of volunteers prepared the dinner that was served hot and flavorful to more than 100 attendees. In addition to Pot o' Gold Corned Beef and Blarney Stone Cabbage, the menu included Potatoes au Erin, Baby Leprechaun Carrots, O'Patty's rolls & butter, cupcakes with green frosting, coffee and green fruit punch.



photo by Lynn DiVenuti

## ***Health & Wellness Expo 2013***

When it was time to make plans for this year's Health & Wellness Expo, Foundation and Senior Center staff put their heads together and decided to move the well-attended event to the Gulfport Casino on February 6th. The Expo was open to the public and 23 vendors participated, from local pharmacies to health care providers. Some offered services such as free chair massages to grateful attendees.

Andrea Royce of the Longhouse Healing Center in Gulfport, a long-time Senior Center supporter, says her table fee was money well spent, as she has gotten many referrals from her time spent at that one event. Proceeds from the booth rentals benefited the Foundation, as did tickets sales for the opportunity drawing that included artwork donated by Senior Center art students.



photos by  
Lynn DiVenuti

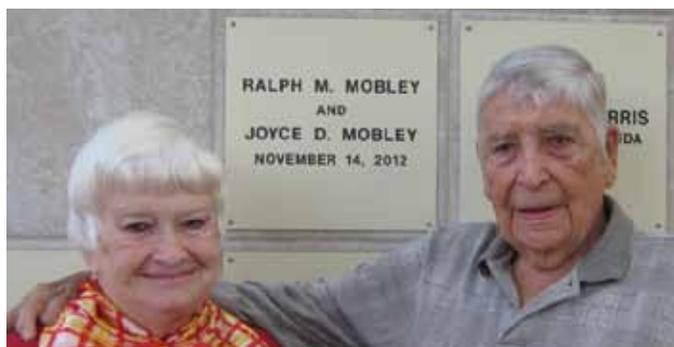
## Welcome to the Board, Lynn DiVenuti



Lynn DiVenuti, the newest member of the Foundation Board, has been a familiar face in Gulfport for the past 20 years. Most recently, she served four years as the President of Gulfport's Industrial Arts Center until October 2012. Now she serves as Treasurer of another local 501(c)3 organization Howell's Angels Wildlife Rehabilitation & Rescue.

She owned two restaurants in St. Petersburg and South Pasadena. She was Chef at the Leaky Tiki Hut in Gulfport and a number of establishments in St. Petersburg, including USF and the St Petersburg Times. A French Chef with 25 years experience from Southern Maryland to Miami, Lynn already brought her culinary skills to the Foundation by planning and preparing the recent St. Patrick's Day Feast.

Lynn is also well known in Gulfport as a professional singer-songwriter, performing nationally and internationally for more than 30 years. As President of Business Designs & Development, Lynn specializes in business development and creative marketing for small businesses and non-profits.



## Celebrate Your Special Moment on the Celebration Wall

... a great gift for Mother's Day or Father's Day!

Joyce & Ralph Mobley met, fell in love and were married November 2012 at the Gulfport Multipurpose Senior Center. Not long after taking their vows, the Mobleys purchased a panel on the Foundation's Celebration Wall. "I wanted our names there since I first saw it," says Ralph.

### Full Size Panel - \$125 Donation

12" x 12" with up to 5 lines of text

### Half Size Panel - \$75 Donation

12" x 6" with up to 4 lines of text

Information: Call 727-592-1933

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Editor, Amy Oatley

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

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## 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

### Board Members

Joan M. Barry  
Lynn DiVenuti  
Carole C. Gabrio  
April Hill  
Bernadette Homan  
Louise Lavalla

Executive Director - Jane Ogilvie

# *Dawn of a New Era for the Senior Foundation*

by Michael J. Audino, Foundation President



Michael Audino

The Gulfport Multipurpose Senior Center Foundation has embarked on a new and exciting journey.

On January 31, the Foundation's Board of Directors unanimously voted to retain Ms. Jane Ogilvie as the organization's first Executive Director. In her role, Ms. Ogilvie is responsible for leading and managing the Foundation, communicating and driving the Foundation's

vision, developing and monitoring the organization's budget, directing the day-to-day activities of staff and/or subcontractors, and recruiting and leading volunteers.

The Foundation's mission is to "raise and distribute funds that support and enhance the health, educational, social and recreational programs and services of the Gulfport Multipurpose Senior Center." Consistent with that mission, Jane will maintain relationships with the Foundation's constituents and help secure the financial resources necessary to support the Foundation's work.

In order to accept the position of Executive Director, Jane had to resign her position as Vice-Chair of the Foundation Board. Jane was a founding member of the Foundation back in 2003 and I am sure it was a bit difficult for her to resign from the Board. However, I know she is honored to serve in this new capacity.

Some have asked "why does the Foundation need an executive director?" The Foundation is embarking on this bold and visionary pathway for two fundamental reasons.

- First, we have a responsibility to those who have and continue to support the Foundation with their generous contributions of time and money. Our members and donors deserve a well-managed and a well led organization and our volunteer Board could not accomplish that on their own.

- Second, the needs and desires of Gulfport's older residents are significantly different today than they were in 1983 and we need to develop and deliver programs and services that satisfy those changing needs. This requires strategic planning and strategic action that is thoughtful and focused.

Having Jane at the helm of the Foundation will help ensure we navigate our path and address our fundamentals with clarity, poise, and professionalism. Jane's passion for the Foundation's mission, her commitment to the work of the Senior Center, and her concern for the older residents of Gulfport make her the ideal person to serve as our first Executive Director.

You can learn more about the Foundation's work and how you can get involved by contacting Jane Ogilvie at 727-592-1933 or by visiting the Foundation online at [www.gulfportseniorfoundation.org](http://www.gulfportseniorfoundation.org).

## *Hopes & Dreams for the Foundation*

**by Jane Ogilvie, Foundation Executive Director**

These fundamentals will be used to guide us through 2013 and into 2014 in order to strengthen and nourish our Foundation. It is important to our Mission that we do the following:

- Remain strongly focused on our Mission to meet current and future needs.
- Increase awareness of our pertinence, and clearly message the Foundation's role in broadly increasing quality of life to residents in our community.
- Maintain and strengthen existing partnerships and seek out new ones.
- Enlist more Volunteers to help us in our fundraising efforts and,
- Generate substantial donations used to support day-to-day functions, maintain Fitness Center equipment, the Snack Bar, Food Pantry, and to enhance all other programming and services at the Senior Center.



# 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.

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**Additional nutrition counseling covered by most private insurers:**

- *Pre & Post-Bariatric Surgery*
- *Weight Loss*
- *Inflammatory Bowel Disease and Irritable Bowel Syndrome*
- *Home Tube Feeding Nutritional Assessments*

Appointments are available Monday, Wednesday and Friday from 10:00 am – 6:00 pm. A physician prescription is required with a diagnosis code. A physician prescription is not required for general nutritional information.

**Call 727-341-7890 today to schedule an appointment.**

1501 Pasadena Avenue South,  
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