

# COMMUNITY THAT CARES

news from the Gulfport Multipurpose Senior Center & Foundation

## GULFPORT MULTIPURPOSE SENIOR CENTER Memory of Naomi Clymer



**Feeding 50+ Seniors  
The Value of Money  
Pedaling Toward  
Retirement  
Blood, Sweat & Tears**

**July 2013**

## Mark Your Calendar Coming Events

**NEW SNACK BAR HOURS**  
10 am - 2 pm

### July

Stars and Stripes Cookout  
Wednesday, July 3, Noon

Movie Day at the Snack Bar  
Tuesday, July 9 at 11 a.m.

### August

Stetson Elder Law  
Fraud Protection Workshop  
Wednesday, August 7, 1 p.m.

What will your Legacy Be?  
with Pat Dunham  
Monday August 12 at 1 p.m.

Movie Day at the Snack Bar  
Tuesday, Aug. 13, 11 a.m.

Best Friends Day  
Bring a friend to the Open House  
Thursday, August 15  
Snack bar Special  
buy one, get one for ½ off

Hawaiian Luau  
Wednesday, August 21, 1 p.m.

### September

20 Year Anniversary Harmonica  
Concert – Wednesday, September 18,  
2 p.m., Catherine Hickman Theater,  
Tickets \$3 each or 2 for \$5

How Important is your Quality of  
Life? Sponsored by  
Access Community Services  
Wednesday, September 25, 1:30 p.m.

A Night in Italy - Friday, September  
27. Dinner at 6:00 p.m. and show at  
7:00 p.m., The Italian American  
Society is providing the entertain-  
ment. Tickets, \$10 for both events!



## Stars and Stripes Cookout! Wednesday, July 3rd at Noon

Eat, drink and celebrate freedom at the Stars and Stripes BBQ at the Gulfport Multipurpose Senior Center on Wednesday, July 3<sup>rd</sup> at noon! Join your friends for Hamburgers with all the fixings along with other planned activities. Tickets are 7.00 or bring a friend at 2 for \$10.00. Thanks to our sponsors: Eagle Lake Rehab & Care Center, Griswold Home Care, Gulfport Beach Bazaar, Lasting Legacy, Smokin' J's BBQ, and the Health Rehab Centre at Dolphins View. Proceeds benefit the Gulfport Senior Center Foundation.



## Best Friends Day at the Senior Center Open House

Thursday, August 15

### Snack bar Special

buy one, get one for ½ off



## 20 Year Anniversary Harmonica Concert

Wednesday, September 18, 2 p.m.  
Catherine Hickman Theater

Community That Cares is published quarterly  
in January, April, July and October  
by the Gulfport Multipurpose Senior Center Foundation  
Editor, Amy Oatley  
To Advertise Call 727-592-1933

# Community Support Overwhelms Senior Center Food Pantry

Every month, more than 100 bags of donated non-perishable food are provided to local seniors in need by the Senior Center's food pantry. Generous gifts of food for Gulfport seniors age 50 and up have sometimes been more than the Center could accommodate. So much that more storage space had to be found. "The outpouring of support from the Gulfport community is really touching," says Senior Center Supervisor Gail Biron. "What comes in definitely goes out to the Seniors in need."

Many supporters may be surprised to learn that senior residents in the fifties age group are the biggest beneficiaries of the Senior Center Food Pantry service. "I think our members in this age group are using it more because there are no other government subsidies to help people in that age bracket," Biron said. "Most are either out of work or some are disabled and the check they receive is below poverty level."

Gulfport residents who are approved for the Pantry can pick up two bags of groceries twice a month. Senior Center staff or a trained volunteer help them make the best choices.

Support comes from local businesses and organizations, including the Gulfport Merchants Association that collects food donations every week during the Tuesday Fresh Market. The local Legion Post 125 and St. Vincent de Paul have also been generous donors. A food drive at Town Shores helped fill the Food Pantry closets and many Gulfport residents have collected food in lieu of gifts at birthday parties. On June 26, Jay Wygant and Mike Furman asked for food donations for admission to their Two Man Show in

the Senior Center dining room.



Biron says the pantry is always in need of peanut butter, cereal, canned meats such as tuna or chicken, pasta sauce and soups. Food donations should be non-perishable and in-date. Gift cards from grocery stores can be used to purchase needed items, she said. Cash donations may also be made to the Senior Center Foundation on behalf of the food pantry.

For information about food pantry benefits or making a donation, call Senior Center staff at 727-893-2237 or 727-893-1231.

## Foundation Fitness Center

**Come down & get fit with friends**

**Summer Hours:** Tuesday - Thursday: 8:00 am - 7:00 pm  
Monday & Friday: 8:00 am - 3:30 pm

Gulfport Multipurpose Senior Center, 5501 27th Avenue South, Gulfport, FL 33707

## Gulfport Cafe

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Coordinator

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gulfportma.com  
gulfportmarket@gmail.com

# Redefining Retirement: The Value of Money

by Michael J. Audino, Foundation President

*“Money, it’s a gas. Grab that cash with both hands and make a stash.” -- Pink Floyd*

In the March issue of this newsletter I suggested there were four primary benefits of work: work provides a sense of **status**; work creates opportunities for **socialization**; work provides **structure** to your life; and yes, work provides the **financial resources** you need to live the life you desire.

I encouraged you think about and write down all the NON FINANCIAL benefits your job provides, identify specific actions you might take to ensure those benefits remain after you are no longer working, and write down what retirement means to you. Now that you’ve accomplished that task, let’s focus a bit more on money.

There are actually 2 conversations that will help you achieve financial freedom:

- The *Mindset Conversation* which addresses your conditioning, emotional baggage, and past relationships with money.
- The *Technical Conversation* which is about the nuts and bolts of your savings, pension plans, and spending patterns.

Here are some tips to get you started on both conversations.

Think of any message, or family story, that has shaped your attitude about money and write it down. Who said it, where did it come from, and what does it mean to you today?

Many of us take for granted an abundance of products and services that would stun the average citizen in the “developing world.” But having more does not necessarily mean living better. Think about what “living well” means to you and write it down. How much money does living well require today? In 10 years? Complete this sentence: If I had all the money I needed, I would ...

Think about someone you know who is both “wealthy and wise” with their money. What, specifically, makes them “wealthy”? What specifically, makes them “wise”?

In his book *The Seven Laws of Money*, Michael Philips said, “The Western dream is to have a lot of money and then you can lead a life of leisure and happiness. Nothing in my experience could be further from the truth.”

Don’t let an obsession with money keep you from living the life you desire.



## Senior Center Investment Discussion Group

Whether they are contemplating retirement or learning to survive on a fixed income, many older people feel at least a little confused about financial issues. The Gulfport Senior Center’s Investment Discussion Group provides a safe place to ask questions and get knowledgeable advice.

Bill Askwyth, a member of the group since its early days more than 15 years ago, says “We are happy to discuss any financial issue or answer any financial question. We are firm believers that there is no stupid question.”

Askwyth is one of a handful of moderators who take turns keeping the discussion going so everyone gets an equal opportunity to discuss their financial questions and concerns with the group. “We appreciate everyone who participates,” he says.

“We have a lot of very interesting people from a broad spectrum of the community,” Askwyth says. “Some consider themselves total novices but they usually know a lot more than they think. Others are sophisticated investors.”

The group meets for an hour and a half every Wednesday at 10 a.m. at the Senior Center. Participants range in age from 60’s to 80’s.

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# Pedaling Her Way Toward Retirement

by Amy Oatley, Editor

Karen Gates, 54, a familiar volunteer at the Senior Center, is busy reinventing her life in preparation for retirement. Like many baby boomers, Karen wants to stay active and travel. "I like to go to new places and see new things. Biking lets me do both," she says. And her after-retirement biking vocation will provide an opportunity for extra income, too.

Since 1997, Karen has bicycled thousands of miles, close to her Gulfport home and as far away as France. On vacations, she has worked as support staff on three Adventure Cycling tours. Providing support for meals, water and snacks along the week long bike routes she has met riders from 21 to 84. She has even learned to completely disassemble her bike and rebuild it with the help of a Gulfport bike shop owner.

At the Center, Karen has volunteered to teach classes for new owners of iPhones and smart phones. Occasionally she visits the Foundation Fitness Center.

Karen's first taste of long distance bicycling was the 1997 AIDS Ride from Orlando to Miami. A novice at the time, she trained for eight months, beginning with one mile a day. Every week she added 10% to her distance and completed two 100-mile rides comfortably before the fundraiser. She raised \$1500 from coworkers and family for the cause.



New to the area at the time, she met new friends and gained a lifelong passion for bicycling. "It's easy on the joints," she says. "And you get to see more things quicker than walking. That's what I like about it."



After the AIDS ride, Karen kept riding but didn't make another long distance bike trip until 2006 when she and a friend made a 400-mile trek along the mid-Atlantic coast of France. Continuing to ride shorter distances locally, she kept her hand in by working as support staff on three Adventure Cycling tours

– Burlington, VT in 2010, the Colorado Wildflowers and Rivers Tour in August 2012 and the California Spring Fling at the southern California border this past March.

Now she's training again for making some longer rides with Adventure Cycling as a rider or tour guide. She has applied to lead a tour from Miami to Key West later this year and in September she will be doing the company's Katy Trail ride in Missouri. The bicycle tours are usually 70-80 miles per day for six days. Riders camp along the route and support staff ride along in a truck to help with meals, beverages and snacks.

Most recently, Karen and a friend rode down the new spur of the Pinellas Trail from Gulfport, through Clam Bayou and down to the Skyway. Also an avid birder, she spotted osprey, herons, ibis and anhinga along the route. If you see Karen pass by on her bike around town, cheer her on! She's on the road to her future retirement adventure.

A hand-drawn illustration of Stella's Deli storefront. The sign above the entrance says "Stella's DELI & GELATO". To the right of the illustration, the address and contact information are listed: "3119 Beach Blvd. S. Gulfport, FL 33707 727-498-8950 stellasedeli@gmail.com". Below the illustration, the slogan "Gateway to Good Food" is written in a stylized font.

**Stella's Deli**  
3119 Beach Blvd. S.  
Gulfport, FL 33707  
727-498-8950  
stellasedeli@gmail.com  
"Gateway to Good Food"

# Summer Days Are Busy for Senior Center Staff

By Gail Biron, Senior Center Supervisor



Summer is here and we are too!

As we see most of the snowbirds head up north, the hustle of the Center slows a just a bit. This is where staff takes the extra time to plan events, speakers and special sponsors to improve the interactive experience for the next fiscal year -- every October through

September. In the heat of

summer, we still sizzle with many events, classes, programs and the fitness center is still available through the summer months.

This also is a great opportunity to introduce our locals who have not yet been privy to our acclaimed nationally accredited center. Although a planned open house is in the future, the doors are always open to visit and join the Center and

the Foundation Fitness Center at any time. The age to join is 50 or older and you do not have to live in Gulfport. Registration is free as are most classes. To join the Foundation as well as the fitness center, there is a small charge of \$25.00 a year (wow!) to access and use the facility with state of the art Easy Tone equipment, three treadmills and a stationary recumbent bike. Trained volunteers guide you through the process of the machines and there is much social activity around this fitness room.

GEMS has made some changes to its schedule for the summer. Members are Gulfport residents 55 and older or disabled. The yearly fee is \$65 for the year, \$2 a one way trip and to the Senior Center from your home is free! Call 727-893-2242 for more information on the schedule changes, view on [www.gulfportseniorfoundation.org](http://www.gulfportseniorfoundation.org) or better yet, stop in at the Center at 5501 27th Ave. S. You will also find our monthly calendar of events and programs as well.

So just because it is summer, get out of your air conditioning and come visit ours! You will be glad you did!

Have a wonderful Summer and I hope to see you at the Center!

## Plan Now for a Safe Hurricane Season

Barely two weeks after the City's annual Hurricane Seminar, a tornado swept through downtown Gulfport demonstrating the kind of damage that can be caused by heavy winds and rain. No injuries were reported, but trees were downed, buildings sustained some damage and strong gusts blew in the Senior Center's front doors.

Fortunately, the cleanup went quickly but this event is a wakeup call for residents who are encouraged to start planning now for Hurricane Season 2013 that continues through November 30. Weather experts are predicting an active season this year.

The Area Agency on Aging says, "Pay attention to the forecast and do not wait until the last minute. Have a plan and get your supplies in order with your hurricane kit." That includes prescription medications. Florida law makes it possible for individuals to receive a 30-day refill when their home is under a hurricane warning or state of emergency.

For seniors and others with special needs, it is essential to plan ahead. Ask a relative or friend in a non-evacuation zone if you could stay with them during an evacuation order. Going to a public shelter should be your last resort.

Pre-registration is required for Special Needs Shelters, Transportation Assistance or both if your situation requires this. If you have a pet, pre-register for a Pet Shelter. Links

to online registration can all be found on the Foundation website here: [www.GulfportSeniorFoundation.org/emergency-planning](http://www.GulfportSeniorFoundation.org/emergency-planning).

Links are provided to [www.pinellascounty.org/emergency](http://www.pinellascounty.org/emergency) with access to Registration Forms for Special Needs Shelters, Special Needs Supply Lists, an Pet Friendly Shelter Registration. Forms and assistance with filling them out is available at the Center.



**MOVIES**  
at the Snack Bar  
Lunch Special \$2.50  
every 2nd Tuesday 11 am

# We Want You ... to be on Our Wall of Honor



During May's Tour of Duty Conference, representatives of Lasting Legacy presented the Center with an American Flag that was flown over the nation's capitol. Now that flag and its accompanying certificate are the centerpiece of a new Wall of Honor that is being created in the Senior Center dining room.

Members who served in the military are invited to provide a photo of themselves in uniform to complete the presentation that will be dedicated in November.

"As we celebrate Independence Day and Veterans Day approaches in a few months, we are grateful that this gift prompted an opportunity to honor the sacrifices of our veterans," says Center Supervisor Gail Biron. "I think we will have a lot of participation." The Foundation purchased frames for the flag and certificate.

Frame size should be 5" x 7" so there will be plenty of room and the presentation will be neat and orderly. The member's name should be signed on the front of the photo. Photos may be delivered to the Center in person or by mail. Contact information and the member's military branch and rank should be included. For more information, call Center staff at 727-893-2237 or 727-893-1231. Photos with information may delivered or mailed to the Gulfport Senior Center at 5501 27th Avenue South, Gulfport, FL 33707.



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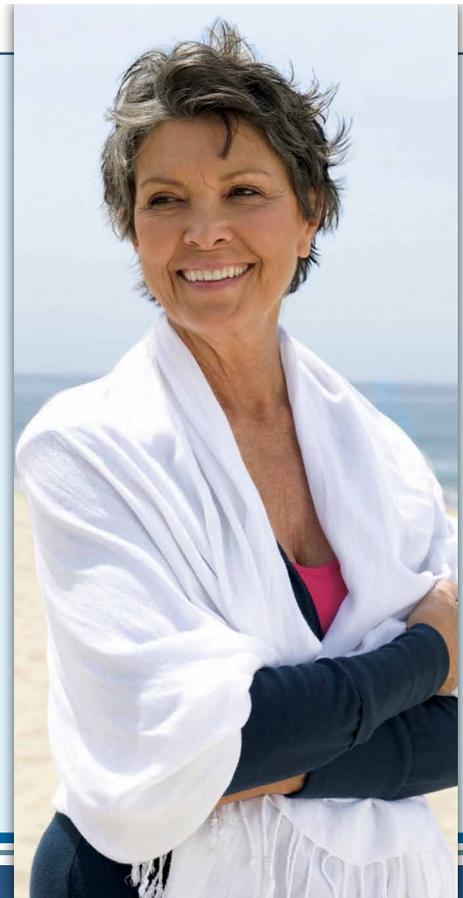
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## Volunteers Needed!

If you want to make a difference and help your community, you are invited to join the Center's volunteer program. "If you have one hour or more to give, we need you," says Rachel Cataldo, the Center's new Coordinator.

Approximately 60 volunteers and interested members of the community attended a volunteer meeting with Rachel and Foundation Executive Director Jane Ogilvie in the Catherine Hickman Theater on April 25th.

Rachel and Jane thanked the volunteers and explained the relationship between the City of Gulfport facility and the non-profit Foundation that raises funds to support Center activities.

Volunteers are needed to assist as Lobby Receptionists, Fitness Center Attendants, Reassurance Callers, Class/Activity Leaders, Special Event Staffers, Food Pantry Attendants, Clerical Staff, Flea Market Helpers, Bingo Callers, Card/Magazine Organizers & more.

If you interested in volunteering for the Center and are 18 years or older, please call Rachel at 893-1231 or stop by the Center at 5501 27th Ave. S. in Gulfport.



Mark your Calendar!

# the Duffer's Ball

Whether you play golf or not,  
this is the place to be

Friday Evening  
October 18th 6:30 - 11:00 pm  
a fundraiser for the  
Gulfport Multipurpose Senior Center Foundation

**Gulfport Casino**  
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# It Takes Blood, Sweat & Tears

by Jane D. Ogilvie, Executive Director



If anyone's ever wondered, I can tell you. The Foundation doesn't run itself! I've known this since day one back in 2004 when we received our non-profit status. "Blood, Sweat, and Tears" isn't just the name of a popular band in the 60's & 70's! I think it's our motto! That's what is needed and that's what is given every day to make this Foundation able to support the Senior

Center as it does.

Day-to-day operations "behind the scenes" drive us to keep working hard! It requires us to be flexible and adjust as we face new challenges everyday. They say, "Rome wasn't built in a day". I say, "The Foundation wasn't built in a day"! It takes a lot of bricks and mortar to make it support itself.

Why do we spend so much time on all of these details? We do it because we're committed to making OUR Foundation an outstanding non-profit organization. We do it to make quality of life better here in Gulfport. We do it because we want to be able to provide interesting activities for folks when they get here.

We do it because no matter who you talk to, everyone is thankful in one way or another that the Foundation was created. Results of our recent member survey are proving the point with 100% of respondents unanimously agreeing the Center would be worse off without the Foundation! They mention our leadership, increased communications, the Fitness Center, the Snack Bar, the friendships, our Newsletter, our Food Pantry as all making a difference in their lives.

We are in the process of assessing performance, updating our marketing tools, planning outreach and fundraising events, obtaining and learning new software programs to increase efficiency. Fundamentals and our Mission remain at the forefront. And yes, we're grateful for all financial donations, large and small. Please keep them coming. There's a lot of Mission work on our agenda and we can't do it alone. We're here to support the Senior Center. It takes the support of the whole community to keep our quality of service high and appropriate as times and needs change.

Remember our Celebration Wall out front? One of our goals for 2013 is to finish it off with the help of local artists. We want it to speak for itself as a focal point to residents and visitors alike. Donations to the Foundation can help with projects like this. It'll be the talk of the town when we turn it into a real CELEBRATION Wall! Whole tiles are

only \$125.00 and half tiles are available for only \$75.00. It's a great place to CELEBRATE a special PERSON, PLACE, or THING.

How else can you help us to meet our needs? Might a mini-fundraiser at a summer party you're planning serve as an opportunity to generate tax-free donation monies to help us grow and move forward?

July 26<sup>th</sup> we'll be having a small, focused, invitation only fundraising event at Catherine Hickman Theater. We'll be presenting a plaque to St. Vincent's Thrift Shop for their sustained financial commitment to the Foundation. We hope to inspire other individuals and businesses to become community sponsors.

Mark your calendars now to attend our biggest fundraising event this year, "The Duffer's Ball". Whether you play golf or not, the Casino will be THE place to be on Friday, October 18<sup>th</sup> from 6:30-11pm.

Finally, we need more Volunteers!

You may still be working, or retired but your work skills and people skills can help us with Center and Foundation day-to-day business, at special events, (like on October 18<sup>th</sup>)! Reporters can help with our Newsletter. You might want to be our official photographer? Can you set up Excel spreadsheets in your sleep? Come see us and tell us how you'd like to help your Center!

We're working hard on your behalf.

## ***Celebrate Your Special Moment on the Celebration Wall***

*... a great gift for any occasion*

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**

# Moving Forward

by Michael J. Audino, Foundation President



Michael Audino

I believe it was a conversation between Alice and the Cheshire Cat that first revealed one of the fundamental principles of personal and organization growth when they discovered that “if you don’t know where you are going any road will do.”

Unfortunately, I’ve seen way too many people, companies, governmental agencies and non- profit organizations fail to recognize the significance

of this principle and, as a result, journey aimlessly toward a future they cannot see and refuse to influence. Subsequently, these people and organizations eventually find themselves looking around and wondering “how did this happen and how did I get here?”

For the record, the Gulfport Senior Center Foundation is not one of those organizations! Our mission remain crystal clear---to raise and distribute funds that support the programs and services of the Gulfport Multipurpose Senior Center—and we are committed to ensuring our destiny is choice-based, not chance-based.

The Foundation’s Board of Directors is currently working on a multi-year plan that will help us identify where we want to be in the next 3 to 5 years and specify the activities we must implement in order to achieve that desired end state. The Foundation is constantly challenged to manage complex and ever-changing issues, programs, and customer expectations. Our plan will help us determine what we can do to address these expectations and create our desired future.

Our plan will serve as a vital management tool which will help the Board and our Executive Director allocate our resources (time, talent and money) in order to achieve our mission.

Our plan will incorporate ideas that build on our strengths, address our weaknesses, and help us capitalize on numerous opportunities.

The ideas which we include in the plan will be based on input from Board members, ideas from Senior Center staff, and the suggestions shared by many of you via the survey we recently launched. To those who completed either the on-line or paper copy of the survey I say “thank you” and for those who have yet to share your ideas, I encourage you to contact Jane Ogilvie, our Executive Director, who can ensure we receive your input.

Perhaps most importantly, our plan will provide direction so that we can work more collaboratively with the City of Gulfport and the Gulfport Senior Center staff to develop and implement programs and services that meet the needs of our customers.

I encourage you to review our web site ([www.gulfport-foundation.org](http://www.gulfport-foundation.org)) to learn more about the Foundation, the work we do, and how you can become a member of the best nonprofit organization in Gulfport.

## 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 J. Audino

### Board Members

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

Executive Director - Jane Ogilvie

**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!

## Make Your Tax-Deductible Gift Today!

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

email: [mpscfoundation@tampabay.rr.com](mailto:mpscfoundation@tampabay.rr.com)

online: <http://gulfportseniorfoundation.org/support-us/>

The Gulfport Senior Center Foundation

5501 27th Avenue South, Gulfport, FL 33707



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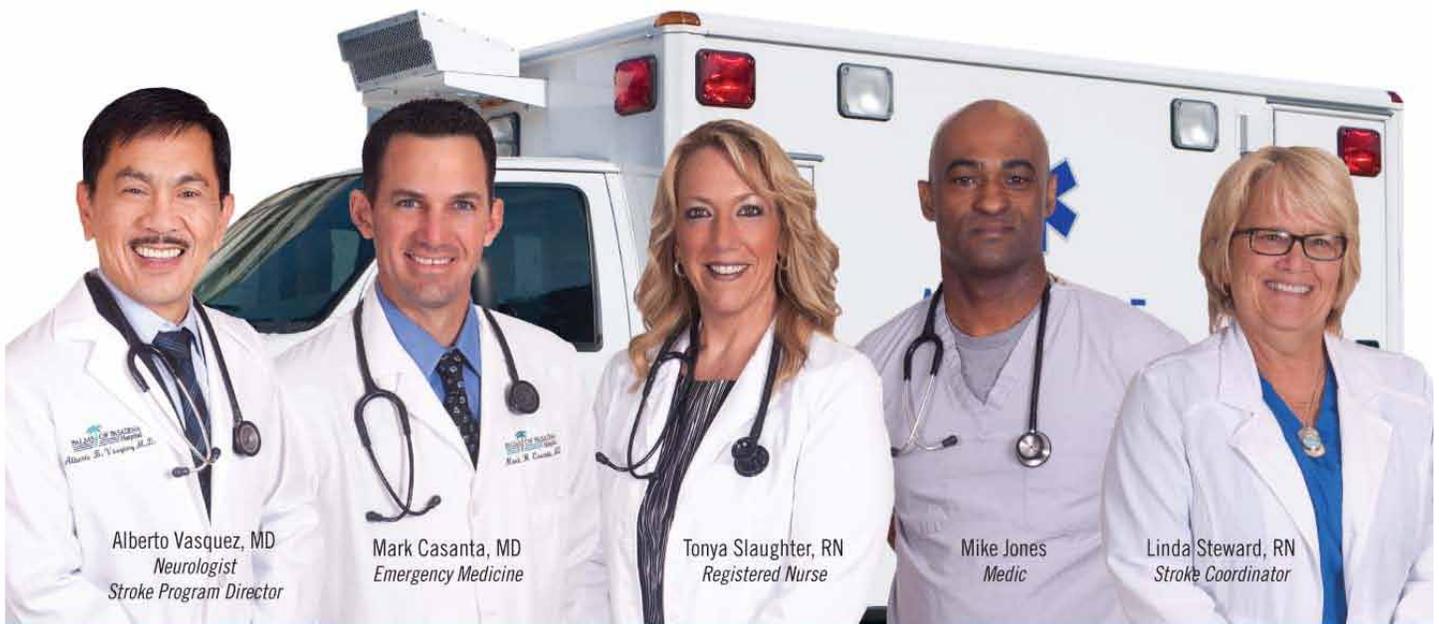
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