

COMMUNITY THAT CARES

news from the Gulfport Multipurpose Senior Center & Foundation

Thank You Jane Ogilvie for 10 Years of Service

Featured Foundation Members

Optimism Abounds

Elder Abuse Q & A

GULFPORT MULTIPURPOSE
SENIOR CENTER
Memory of Naomi Clymer



July 2014

**Mark Your Calendar
Don't Miss These
Special Events
at the Center**

FMI: Call Rachel 727- 893-1231

July

July 3 @ 1:00 pm
Stars & Stripes
BBQ Celebration

August

August 4 @ 3:30 pm
Eckerd College Franklin D.
Roosevelt: American Royalty

August 20 @ 3:00 pm
Tiki Time Luau

September

September 5 @ 9:00 am
1st Friday Flea Market is Back!

September 19
A Night in Italy Dinner &
Dance Show

For information about more special
events at the Center, visit
www.gulfportseniorfoundation.org

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



Stars & Stripes BBQ Celebration
Eat, Drink and Celebrate Freedom

Join your friends at the Gulfport Multipurpose Senior Center for a Good Old Fashioned Bar-B-Q with Hotdogs, Potato Salad, Watermelon, Dessert, Cold Drinks and lots of Fun.

THURSDAY, JULY 3RD AT 1:00 PM

Get your tickets now ... only \$5 each
Proceeds from this event will benefit the Gulfport Senior Center Foundation

**Eckerd College OLLI Program Returns August 4th
With Franklin D. Roosevelt: American Royalty
3:30 pm - 5:00 pm in the Dining Hall**

The 32nd President of the United States, Franklin Delano Roosevelt was unique in American history and perhaps the epitome of the phrase "the right man at the right place at the right time." A pampered individual from a socially prominent and wealthy family whose lineage extended to early 17th Century America, he was the closest thing to royalty that our nation has ever produced. Rejecting his family's plutocratic ideals, he became a champion of the common man and led the nation through its two biggest crises of the past century and a half: The Great Depression and World War II, all while battling a painful and debilitating physical illness.

This seminar - the second offering by the Eckerd College OLLI program - will discuss the life of this great man and the ideals that made him one of the top three presidents in history.

To Register: Call the college @ (727) 864-7600

Health Insurance Can Be Puzzling

Mark Your Calendar for the Insurance Expo
Wednesday, October 1st

ATTENTION: BOOTHS AVAILABLE

For more information, call Rachel at 727.893.1231
or email rcataldo@mygulfport.us

What Happened While You Were Too Busy Living?

Meet Foundation Member Paul Fornatar

the Center as much if the Fitness Center wasn't here.

Who said, "You did have a life while you were too busy living"? Answer, Paul Fornatar, a now retired but previously devoted 40 year veteran teacher, singer and writer. He's published 12 books which in combination are his memoirs.



Paul is a Center "regular". He started coming to the Center's Writer's Group in 1991. He participated in several shows put on at the Senior Center through the years, and has been a cantor at St. Jude's, St. Joseph's, Pilgrim Congregational Church and at Bon Secours Maria Manor. In his spare time, he was also the official "unofficial photographer for the Senior Center".

Since the Fitness Center was created, Paul comes by regularly to use the machines. He enjoys the treadmills and says he comes to "maintain health". He said he wouldn't come to

Paul describes the Center as great place for socialization. He describes his cohorts as a pool of people where characters are welcome. Paul says "Being old isn't all that's deadly." There's an energy that is contagious at the Center, he says. No doubt, being with others beats isolation.

Paul encourages the over 50 crowd to write their memoirs. He thinks it's a shame for people to die without answering, "What did I do with my life"? Paul mentions it's a great way to "discover yourself", which leads us back to his famous quote above, "You did have a life when you were too busy living it".

If you've thought about how to write down your life story to pass on to others, or you've thought there wouldn't be anything worth writing about, come find Paul! It's never too late to discover new things about yourself, or to begin your life's story!

Foundation Fitness Center Success Story

Member Ken Brooks Shares His Progress

Hello Dear Senior Center,

As a Snowbird, I came to Florida in a wheelchair. The cause was chemical exposure, while in the Military. No cure exists for this progressive malady. There were, however, ways to make my quality of life less debilitating. The people at your Center encouraged me to try mild to moderate exercise on your "Shapemaster" machines under the direct supervision of your trained volunteers. (The free Candy was never, ever a consideration)

Like all exercises, consistency was important. Three days per week was a worthy goal. Most of the time that goal was met. Improvement was not as slow as I assumed it would be. Firstly, my range of motion improved in short order. Secondly, the recumbent bike strengthened my lower extremities. All these efforts improved my circulation. There was no longer the perceived diabetic need to be rid of my toes. (Shoe purchasing had become a difficult chore as I had to buy two separate and distinct sizes per pair.)



Another result was also a marked improvement in my balance. Until then "falling," was a constant fear. Though vigilance is still required, that fear has mitigated. I returned to the Far North without the need of a wheelchair and/or Dogsled. That remains true after months of living. Like Douglas Macarthur; "I shall return" to your pleasant place.

Thank you, Dear Senior Center.
Yours Truly, Ken Brooks, Ph,D

**Foundation
Fitness Center**
Come down & get fit with friends
Monday-Thursday 8 am - 7 pm / Friday 8 am - 4 pm

Answers To Tough Questions About Elder Abuse

By Laura Luksik, Victim Advocate Program Manager

Every year an estimated 5 million elders are abused, neglected, or exploited. But what makes that number even worse is that about 1 in 5 of those crimes is never even discovered or reported. Elder abuse refers to the “intentional or negligent acts by a caregiver or trusted individual that causes harm to a vulnerable elder.” Elder abuse takes on many forms, they include: neglect, physical abuse, sexual abuse, financial abuse and exploitation, emotional or psychological abuse/neglect, abandonment, and self-neglect.

Now that we have defined elder abuse let’s talk about who is at risk? Unfortunately the simple answer to that is- it can happen to anyone. Elder abuse crosses all socio-economic groups, cultures, and races. To make matters more alarming, it can happen anywhere too! Abuse is not just limited to nursing homes or hospitals, but it can even happen in your own home and over 90% of the time the mistreatment of elders is done by the victim’s own family members!

How can we stop this? Let’s first look at the warning signs or red flags of abuse:

Neglect

- Lack of basic hygiene, adequate food, or clean clothing.
- Lack of medical aids.
- Person confined to bed without care. Untreated bed sores.
- Home cluttered, filthy, in disrepair, or having fire and safety hazards.
- Home without adequate facilities (stove, refrigerator, heat, cooling, working plumbing, and electricity)

Financial Abuse/Exploitation:

- Lack of amenities victim can afford to purchase.
- Vulnerable elder “voluntarily” giving excessive financial reimbursement/gifts for needed care and/or companionship.
- Caregiver/family member has control of elder’s money but is failing to provide for elder’s needs.
- Vulnerable elder has signed over property transfers (Power of Attorney, new will, etc.) but is unable to comprehend the transaction or what it means.

Psychological/Emotional Abuse:

- Unexplained or uncharacteristic changes in behavior, such as withdrawal from normal activities.
- Caregiver/family member isolates elder (doesn’t let anyone in the home or speak to the elder)
- Caregiver/family member is verbally aggressive or demeaning, controlling, overly concerned about spending money, or uncaring.

Physical/Sexual Abuse:

- Inadequately explained fractures, bruises, sores, or burns.
- Unexplained sexually transmitted diseases

WHAT DO I DO NEXT?

If any of these signs look or sound familiar to you, a loved one, a family member, a friend, or a neighbor please **report your concerns**. This is often the hardest part for most people for many reasons: they do not want anyone to get in trouble, they feel as if they do not know the whole story so they do not want to get involved, or they do not want everyone to know that they made the report. Many victims do not want to report or others to report because they may feel embarrassed or have a sense of shame, guilt, or fear, or they may fear the change that will occur with reporting- they may think that others will consider them incompetent, or they will be taken away to a nursing home.

All of these are legitimate concerns, but they are not true.

When a report is made to the Abuse Hotline (1-800-96-ABUSE), Adult Protective Services through the Department of Children and Families, will investigate the reports. **ALL CALLS ARE CONFIDENTIAL**. The reporters name will not be known to anyone. You do not have to prove the abuse, but if you suspect it you must report it under Florida statute; it will then be investigated. And finally, victims do not have to fear being taken away to a nursing home or losing independence because it is the goal of Adult Protective Services to help the elder remain in the home as independent as long as possible with available assistance.

Lastly, you may be asking why should I care about elder abuse? The older adult population in America is continuing to grow and by 2030 there will be 72.1 million older adults, almost twice the population as a couple years ago. Elders that experience abuse, neglect, and exploitation face a considerably higher risk of premature death than elders who have not been mistreated. No one should have to go through abuse, neglect, or exploitation alone, so again if you know someone or you are a victim yourself please make the call or speak to a trusted friend who can help you seek safety. Everyone has a right to be safe!

RESOURCES

In cases of immediate danger: Call 911
Florida Abuse Hotline: 1-800-96-ABUSE
Florida Dept. of Elder Affairs: 1-800-96-ELDER
National Center on Elder Abuse: www.ncea.aoa.gov
The Long Term Care Ombudsman Program:
www.LTCOmbudsman.org
C.A.S.A. (Domestic Violence Shelter): 727- 895-4912
Injunction for Protection, through Pinellas County Clerk of the Circuit Court: 727-464-7000
Area Agency on Aging.: 727-217-8111

Thank You, Jane Ogilvie, for 10 Years of Service

In its first 10 years, the Gulfport Multipurpose Senior Center Foundation has seen many milestones – this year in particular.

The Foundation's first Executive Director Jane Ogilvie resigned her position in June, leaving the organization that she helped found and has nurtured for the past 10 years.

Along with Sue Frank and Sarah Peel, Ogilvie founded the organization and served as its President for six years. "We had no doubts," she said. "It was very clear to us that it was needed ... and that was it." The Foundation was incorporated on November 4, 2003. "I'm proud that the Foundation is still financially strong, despite the national economic meltdown," she says.

During Ogilvie's tenure as Executive Director, the Foundation continued to support the Foundation Fitness Center, purchased 10 laptop computers to support development of new computer classes, and supported improvements to the Snack Bar. She facilitated installation of the new artistic component to the Celebration Wall. She worked with two Senior Center Supervisors – Gail Biron and Rachel Cataldo – to support Center services including GEMS and the Center's Food Pantry. She represented the Foundation at community events including the Local Shops 1 Expo, the Gulfport Health & Wellness Expo and the Bighthouse Senior Talent Show.

Jane opened the Foundation's first bank account with \$5 of

her own money. Then, in its first months the Foundation received a sizeable donation from a private estate. "That was our seed money," Ogilvie said. Karen Keaton signed on as the Foundation's pro bono attorney, taking care of everything legal – including articles of incorporation, by-laws and all required applications. The non-profit 501 (c) 3 application was granted a year later. By then, the Foundation

had a small board of directors that met monthly, a brochure explaining its mission and goals, and lots of enthusiasm.

Not long after the Foundation was incorporated, Ogilvie, Frank and Peel worked with the City to apply for Gulfport's designation as a Florida Community of a Lifetime, believing that with the Foundation's support, the Senior Center would be an important building block to qualify the City for the honor. Communities for a Lifetime is a statewide initiative that assists Florida cities, towns and counties in planning and implementing improvements that benefit their residents, both youth and elder. In 2007, Gulfport became the 61st city in Florida to be designated a Community for a Lifetime. In 2010, the Senior Center received a 5-year accreditation from the National Institute of

Senior Centers. The Foundation paid for the application fee. "Both of these designations are a real feather in the City's cap," Ogilvie says.

Thank you, Jane Ogilvie for a decade of service to Gulfport's senior community.



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Thank You for Your Devoted Service

The Gulfport Multipurpose Senior Center Foundation thanks Ms. Anne Pemberton and Ms. Lynn DiVenuti for their many hours of volunteer services to the organization. Center participants will miss seeing you around the Center, and having the opportunity to talk to you both.

Ms. Pemberton taught both Level 1 (Beginners) and Level 2 (Intermediate) classes at the Center since last year. She developed (for the first time), a syllabus for each class to be sure all information was passed on to the students as outlined.

Her professional experience in management and procurement before retirement enabled the Foundation to confidently purchase ten replacement Toshiba laptops for students. Her insight into

hardware, software, internal, and external systems added to the quality of the student's learning experience. It was enhanced in her presence because of her competent delivery of information, and willingness to give 1:1 assistance when needed. Thank you Anne!



Ms. DiVenuti's volunteer efforts as the Treasurer for the Foundation's Board of Directors were equally impressive. Last November Lynn stepped up without hesitation

when health issues forced the Foundation's Office Manager out of work for 3 months. Lynn made sure the bookkeeping chores were done in a timely and efficient manner, which allowed all other day to day Foundation work to move forward without delay. Ms. DiVenuti was instrumental in developing the Foundation budget, helped to oversee operations of the Snack Bar, and willingly helped plan fundraising events for 2014. Her optimism and eagerness for the Foundation's Mission and its continued success will be sorely missed. Thank you Lynn!

With gratitude and best wishes.

Gulfport's Neighborhood Funeral Home

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Monthly Health Screenings

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Every Month

Blood Pressure
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Every Month

FMI: 727-893-1231

Gulfport Senior Center Foundation Celebrates

JULY 29TH, 2014

5:30p.m. - 9:00p.m.

- ◆ Come enjoy an evening of friends and wine in support of a great cause
- ◆ 10% of proceeds will support the Gulfport Senior Center Foundation
- ◆ Raffles and Fabulous Prizes!

Wine Madonna is a boutique wine lounge located in the heart of Saint Petersburg and their motto is "Seek Happiness". Stop by for a fabulous glass of wine and some tapas in a cozy lounge and find out why!

WINE MADONNA: 111 2nd Ave N., Saint Petersburg.

Moving?

ATTENTION: Foundation Members We Want to Stay in Touch!

Please keep us posted when you move or change any of your contact information. This includes address changes, new phone numbers and new email addresses.

It's easy! Simply give us a call at the Foundation office at 727-592-1933.

We love hearing from you.

GEMS

The GEMS system is designed to provide transportation to Gulfport residents 55 years and older and disabled residents that are not able to use conventional modes of transportation.

Where GEMS Goes:

Anywhere within our service area which is: 38th Avenue North to 34th Avenue South and from Downtown St. Pete to the Intercoastal Waterway.

Types of Service Trips:

Medical, social service, work related trips as well as shopping, dining and entertainment trips.

Service area is subject to change.

Days and Times:

Monday – Friday

Office Hours: 8:00 am – 12:00 pm

Service Hours: 8:00 am – 4:00 pm

Costs:

\$65.00 – Annual Membership Fee

\$2.00 – Per One-way Trip Fee

Correct fare is necessary when boarding.

Trips to the Gulfport Multipurpose Senior Center are FREE!

The Foundation provides limited scholarships for low income residents with verification.

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Thank You!

Donations

January - June 2014

Corporate Donations

Walmart	\$1,000
Bighthouse	\$2,600
Subtotal	\$3,600

In Kind Donations

Chapman Machines	\$13,000
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Individual Donations

- Anonymous
- Bellefleur, Phil & Dotty
- Brown, Nayhr
- Brown, Ray & Nayhr
- Bush, Doris
- Kaszyk, Peter & Marieta
- Covell, Andrea
- Coxall, Mildred
- Divenuti, Lynn & Oatley, Amy
- Dorsett, Lucille
- Ellis, Dessa
- Flannery, Karen
- Hoeper, Virginia
- Jarsen, Joan
- Kaszyk, Peter & Marieta
- Meier, Margaret
- Miller, Sharyl
- Molella, Florence
- Monticciolo, Mary Ann
- Moriarty, Karen
- Morison, Eva
- Morrissey, Jan
- Page, Laurel
- Palmer, Samuel & Pat
- Perry, Geraldine
- Pfeiffer, Barbara
- Ruthazer, Paula
- Schlage, Rhoda
- Spolar, Barbara
- Totorella, Philip
- Vaseliades, Catherine
- Wansor, Dennis & Joy
- Wiley, Norma

Individual Donations \$1,725
Grand total \$ 18,342.50



FREE Movie Day at the Snack Bar

Second Tuesday
 every month @ 11 am

Movie Day Lunch Special
Only \$3.00

FMI: 727-893-1231

Optimism Abounds



The Gulfport Multipurpose Center Foundation has been positively impacting the lives of Gulfportians for the past 10 years. Through our collaboration with the City of Gulfport and the Gulfport Multipurpose Senior Center we have accomplished much during the past decade. Money raised by the Foundation helped launch the fitness center. Money raised by the Foundation helped purchase and install computers throughout the

Center. Money raised by the Foundation helps stock the Center's food bank and supports the Center's transportation services (GEMS). But we have no intention of resting on our laurels. While much has been accomplished, much work remains and I am optimistic about the future.

I am optimistic because over 1,000 people make the commitment to join the Foundation annually. The investment of money and time our members make ensures the success of both the Foundation and the Center.

I am optimistic because we retain a laser-like focus on our mission---our work helps provide the financial resources that support the programs and services of the Gulfport Multipurpose Senior Center.

I am optimistic because we have a powerful and impactful vision---our work helps create independence and an enhanced quality of life for persons over the age of 60 by encouraging involvement in programs and activities that

promote their health, welfare, safety and dignity.

I am optimistic because of a renewed sense of cooperation between the Senior Center staff, the Gulfport Senior Advisory Committee, and the Foundation Board of Directors. This past March we convened a meeting that included all Foundation Board members, the Gulfport City manager and Rachael Cataldo, the Senior Center Manager during which we identified some exciting projects we intend to implement in order to improve the lives of those Gulfportians who rely on our services.

I am optimistic because the Foundation Board is more committed than ever to implementing our mission and fulfilling our vision.

Our journey continues.

by Michael J. Audino
Foundation President

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 - Mark Beggs

Secretary - Carole Gabrio

Board Members

Bernadette Homan

Sharon Lardieri

Jim Williams

How Can You Become a Foundation Member? It's Simple!

When you become a member, your donation goes directly to helping the Foundation to enhance the experience of participants coming to the Center. It's a friendly place & if you're looking for new friends, new activities, or someplace to volunteer your time, we'd love to have you stop by. Help us to help the Senior Center! Become a member of the Gulfport Multipurpose Sr. Center Foundation!

For more information call the Foundation office @ 727-592-1933.



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!

Foundation Membership entitles you to partner with the Gulfport Multipurpose Senior Center Foundation Inc. to co-sponsor the many services and special events hosted by the Senior Center to promote the health, welfare, safety and dignity of the community's older residents.

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

My Annual Membership is enclosed:

- Senior Citizen (50+) \$25
- Individual \$30
- Senior Household (50+) \$40
- Household \$45
- Friend \$100
- BronzePartner \$250
- Silver Partner \$500
- Gold Partner \$1,000
- Platinum Partner \$2,500
- Diamond Partner \$5,000
- Benefactor \$10,000.00
- Sustaining Membership \$ ____ per month

(minimum \$5.00) via direct bank payment

- Lifetime Membership \$300

Your donation is tax deductible. Please make checks payable to the Gulfport Senior Center Foundation. *Must be 50+ years to become a member.

The Foundation is a registered 501 c (3) charitable non profit organization, Reg. #CH 18876. "A copy of the official registration and financial information may be obtained from the division of consumer services by calling toll -free (800-435-7352) within the state.

Registration does not imply endorsement."

Make Your Tax-Deductible Gift Today!

Call 727-592-1933

email: mpscfoundation@tampabay.rr.com

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

The Gulfport Senior Center Foundation

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