

# COMMUNITY THAT CARES

news from the Gulfport Multipurpose Senior Center & Foundation

GULFPORT MULTIPURPOSE  
SENIOR CENTER  
Memory of Naomi Clymer



**Proclamation: May  
is Older Americans  
Month in Gulfport**

**Gulfport Getaways  
Are on a Roll**

**What's On Your  
Bucket List?**

**April 2015**

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

**April**

April 21-23  
On Site Document Shredding  
April 29  
Spring Fling

**May**

May 11  
Mother's Day High Tea  
May 25  
CLOSED  
Memorial Day

**June**

June 17  
I Scream, You Scream  
Ice Cream Social

**July**

July 1  
Stars & Stripes  
BBQ Celebration

For information about more  
special events at the Center,  
visit

[www.gulfportseniorfoundation.org](http://www.gulfportseniorfoundation.org)

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

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Gulfport Multipurpose Senior  
Center Foundation  
Editor, Amy Oatley  
To Advertise Call 727-893-1244

**STOP  
Identity  
Theft**

**At The Gulfport Senior Center  
Document Shredding Event**

**April 21 – 23**

**Provided By:**

**Stetson University College of Law  
Elder Law Society**



**Mark Your Calendar!**

*celebrate  
Mother's Day  
at High Tea  
Monday, May 25*



**Take a Break from Summer Heat!**

*I Scream ... You Scream  
Ice Cream Social  
Wednesday, June 17*



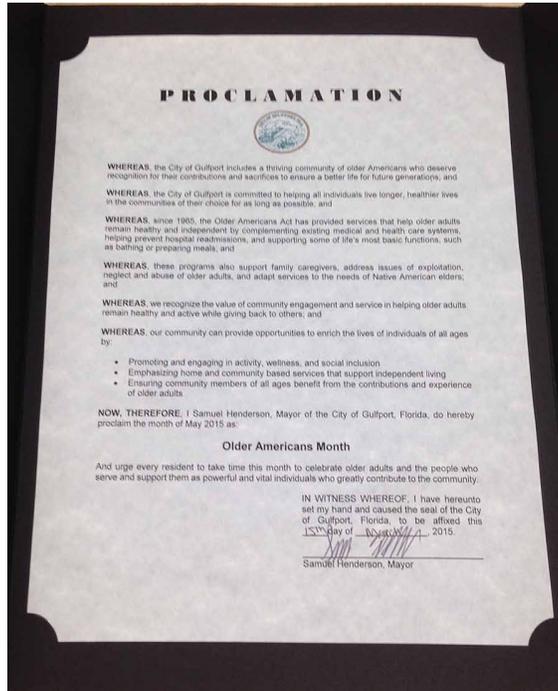
# City Council Proclamation Recognizes Older Americans Month in Gulfport

For 50 years the Administration for Community Living has celebrated Older Americans Month in May to recognize older Americans for their contributions to the nation. This year, the focus is on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme this year for Older Americans Month is *Get Into the Act*.

On March 15, Mayor Sam Henderson signed a proclamation officially establishing May 2015 as Older Americans Month in Gulfport. Older Americans Month provides an opportunity to raise awareness of the importance of community engagement as a tool for enhancing the wellbeing of older adults.

“Being a senior citizen or older American is much different for this generation than it has been for past generations. This is an active and growing demographic, not content to relax their way through retirement or their later years. Some of our strongest volunteers in this city are older Americans, and they are not idle,” Henderson said. “The ongoing demand for a broader selection of activities at our Senior Center is evidence of their vitality. I find it inspiring and a source of hope that this segment of our population remains driven to do good work and live a full life. They deserve to be recognized.”

The Gulfport Multipurpose Senior Center provides



a wealth of opportunities for Seniors to Get Into the Act – staying healthy and getting involved. Many of these activities are supported financially by the Gulfport Multipurpose Senior Center Foundation.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and more.

For information about activities and services available to Seniors in Gulfport and beyond, visit the Senior Center or call: Supervisor Rachel Cataldo at 727-893-1231 or Coordinator Joe Sutsko at 727-893-2237.



# Foundation Fitness Center

**Come down & get fit with friends**

**Monday – Thursday: 8:00 am – 7:00 pm**  
**Friday: 8:00 am -3:30 pm**

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

# Gulfport Getaways are On a Roll!

Gulfport Seniors are having a great time every month exploring Tampa Bay and soaking up the wealth of culture our community has to offer via the Senior Center's Gulfport Getaways program. According to Senior Center Supervisor Rachel Cataldo, the program has been very well received – so much that Getaways are already in the works for the rest of this year.

Recent Getaways have included the St. Petersburg Museum of Fine Arts and the Dali Museum.

The list includes the St. Petersburg Museum of History, a Biff Burger Drive-in car show, Heritage Village, Sunken Gardens, Fort DeSoto Park, Tarpon Springs Sponge Docks, Clearwater Aquarium, Bay News 9 Studio Tour, sunset at Pass-a-Grille Beach, the Armed Forces Museum, a boat tour from the Gulfport Marina, and the Village of Dunedin.

“They always have such a good time,” according to Rachel Cataldo, Gulfport Multipurpose Senior Center supervisor. “The Gulfport Getaways allow our Seniors to go as a group to places they don't normally have an opportunity to go.” She says the Getaways are designed for seniors who are not able to get to these places on their own.

Participants in each getaway are limited to the capacity of the GEMS bus – 12 to 15 people. The Getaways are usually sold out as much as two weeks ahead of their scheduled dates. The cost of each Getaway is based on ticket prices and transportation costs.

**For information about future Gulfport Getaways, visit the GEMS office or call 727-893-2242.**



## ATTENTION: FOUNDATION MEMBERS

### Moving? 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 727-893-1244.

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# Volunteer Recognition Week



## What do volunteers mean to the Senior Center?

"I can't even put that into words," says Rachel Cataldo, Gulfport Multipurpose Senior Center Supervisor. "This place would shut down if we didn't have the volunteers."

Rachel and Coordinator Joe Sutsko are the only full time paid staff. Approximately 400 men and women come through the Senior Center every day and participation is increasing every day. There are currently almost 2,700 registered members. In January, 120 new members were added to the rolls and 154 were added in February. As many as three activities are happening at once during the Center's operating hours.

All this activity requires a lot of support. Every week, volunteers work hard to do all the jobs that keep the Senior Center going: Fitness Center attendants, lobby

receptionists, activity and class instructors, daily reassurance phone calls, organizing and executing special events, data entry and other clerical work, stocking the food pantry, and much more. Currently, there are approximately 120 active volunteers.

April 13-17, the Senior Center celebrated National Volunteer Recognition Week. "This year we decided to take all the volunteers bowling as a team building activity," Rachel says. There were prizes for the highest score, lowest score, and playing bowling poker (you get

a card for every strike or spare and see who has the best poker hand at the end of the game.) The game, shoes, and food is being funded by the Senior Center Foundation and there are certificates of appreciation as well as some nice giveaways from the Department of Elder Affairs for everyone.

All the volunteers are seniors, Rachel says. "All our volunteers treat their assignments as a job ... that's how important it is to them. We know their heart and soul is in it."



**For information about volunteering, visit the Senior Center or call:**

**Joe at 727-893-2237 or Rachel at 727-893-1231.**

**Stella's Deli**  
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Beach Boulevard in the Gulfport Waterfront District

# The “Bucket List” ... What’s Yours?

It seems that ever since the movie came out a couple years ago starring Jack Nicolson and Morgan Freeman the “Bucket List” has come up in almost everybody’s conversation or thoughts.

What is the Bucket List? Well, if you didn’t see the movie then basically it is about two terminally ill men that become friends, from opposite sides of the tracks, share a hospital room, and escape from the cancer ward and head off on a road trip with a wish list of to-dos before they die.

Jack Nicolson plays a wealthy businessman and actual owner of the hospital, and Morgan Freeman, plays a retired mechanic with the uncanny ability to know just about every answer on the TV show *Jeopardy*. Good movie.

In our own lives, we have our personal dreams and desires that somehow we didn’t have the chance to fulfill because somehow Life got in the way. On your Bucket List could be a place you have always wanted to visit, something you have always wanted to learn, someone you have always wanted to meet...the Lists are unending because everyone has their own and everyone is different.

So, I talked to a few of our Senior Center’s Staff and Members to see what they have on THEIR list ... Here is what they said...



**Joyce Thompson**  
Retired Operating Room Technician.  
- Visit Sacramento, California and visit with relatives.  
- Go to Paris, France and do some serious shopping.



**Rachel Cataldo**  
Senior Center Supervisor  
- Want to see a universal designed Senior Center.  
- Visit New Zealand.



**Joe Sutsko**  
Senior Center Coordinator -  
- Visit China.  
- Visit Paris  
- Try the different foods of the world.



**Jay Edwards**  
GEMS Coordinator  
- Attend the Kentucky Derby.  
- Go to a Rose bowl Parade.  
- Attend the Super bowl.  
- Visit North Dakota & Alaska (only 2 states he hasn’t visited YET)



**Paul Fornatar**  
Fitness Center Attendee and Author of 3 books  
- Write a play



**Helen Le Pore**  
Senior Center Volunteer  
- Go gamble in Las Vegas.  
- Win the Lottery (give the winnings to her children)



**John Zitzmann**  
Retired Truck Driver & Construction  
- Visit Alaska- never been there.  
- Win the Lottery (give the winnings to kids and charities)  
- Stop the War



**Carl Mitchell**  
Retired Medic, Army, Navy, Marines and Author of 4 books.  
- Continued Long Life.  
- Health and Prosperity.

# Her Bucket List Came with a Saddle

When someone asked Audrey Oatley, 86, what was on her bucket list, she didn't know what they meant – she hadn't seen the movie. But as soon as friends explained it, she had an immediate answer. She wanted to ride a horse again. She had been an avid horsewoman in her high school years. Audrey is the mother of newsletter editor Amy Oatley.

“After doing a little research, I planned a surprise visit to the non-profit Saddle Up riding club in Pinellas Park that coincidentally was starting a senior program in February. We got a thumbs up from Mom's doctor and went for a ride one Sunday while my brother Scott was here on his annual visit from Minneapolis.”

“Mom was wide-eyed and completely surprised when we arrived. She said it was the best birthday she ever had ... even though her birthday was still five months away. My



partner Lynn asked if she was scared and her response was a silent nod. She was speechless and that's rare.”

Speechless and a little scared or not, Audrey prepared for the ride by doing stretching exercises and putting on a bicycle helmet. She softly stroked the horse's nose as a Saddle Up volunteer put on the saddle and bridle. Then Audrey handed off her cane and climbed a specially built ramp to mount the horse with son Scott and Saddle Up Executive Director Kelly Sipos at her side, and an experienced volunteer at the reins.

They walked around the facility's wooded trail for 30 minutes, while the rest of our group watched, took photos and shot video. Kelly commented that Audrey's riding form was excellent – remembered from her younger years. “We were all thrilled to share this special Bucket List afternoon with Mom. It was heartwarming to see the happiness in her eyes and the smile on her face.”



Robert Stanley  
Retired Nurse, Navy  
Singer-Ballads  
- Visit Key West.  
- Learn to read Music.  
- Learn to Swim.

So there you have it! A cross cut of our Seniors and some of their wishes....do they sound familiar?

Maybe this could be a spark that will get you to start your own Bucket List.

John Lennon said, “Life is what happens when you're busy making other plans.”

It happens to all of us.

Writing down and recognizing your Bucket List is an accomplishment of its own merit and reminds us all that we can always have dreams and some can come true.

Good Luck in your Life's adventures!

by Lynn DiVenuti



**Gulfport Getaways**  
Someplace you always  
wanted to go in Tampa Bay?  
Come out and Explore!

Call GEMS @ 727-893-2242

## Jim West Prostate Cancer Foundation Offers Free Cancer Screenings On Site

Jim West has been a prostate cancer survivor for 17 years and an advocate for 16 ½ years. Diagnosed in 1997, he was not happy with the advice and information he received about treatment.



“I wished, at the time I was diagnosed, that I had someone to guide me through the maze of treatments. It was then that I made a determination to become that Guide, with that was born the (JWPCF) Jim West Prostate Cancer Foundation.”

The Foundation offered free prostate cancer screenings at the Health Fair and West will be back next year, hoping to double the number of screenings completed. Four times a year, free screenings are also offered in Gulfport – twice a year at the Senior Center. The Foundation hosts a race in Gulfport to help raise funds to keep the Foundation’s work going.

“My experience with Prostate Cancer is not what I want for you,” West says. “I want to say to those diagnosed men and families, you do not have to go through this agony alone. There is much information to be shared by the Jim West Prostate Cancer Foundation.”

Visit the Jim West Prostate Cancer Foundation online here: [www.jwestprostatefoundation.org](http://www.jwestprostatefoundation.org)



Attendees, exhibitors and organizers were equally enthusiastic about the first Saturday Health and Wellness Expo, held at the historic Gulfport Casino on March 21, 2015. Rachel Cataldo, Senior Center Supervisor and Linda Grimes, Board member and event chair, welcomed visitors.

“I am very, very pleased with the Health & Wellness Expo. Every vendor with whom I spoke had nothing but praise for the venue and the way the event was organized. Over 600 people joined us that day and I am confident many participants are healthier today because of our event,” says Michael Audino, President of the Gulfport Multipurpose Senior Center Board of Directors. “I am proud of the manner in which the Foundation Board stepped up to make the event such a success and I am particularly appreciative of the leadership and hard work of Board member Linda Grimes, Center Supervisor Rachel Cataldo, and Foundation office manager Jerryanne Hindman.”

Grimes, who headed up the Foundation’s Expo team, agrees. “I learned from this event many things,” Grimes says. “Next year I hope to do a little more for the youth of the community ... and more about diabetes. I know that next year on Saturday, March 19<sup>th</sup>, we will give the community even more.”

A Passport to Health map of the event invited the attendees to visit every booth to qualify for entry into a drawing for one of three big door prizes.



# More Than 600 Attend First Saturday Health & Wellness Expo at the Historic Gulfport Casino

Dozens of health care and service providers filled the Gulfport Casino for the Third Annual Health & Wellness Expo sponsored by the Gulfport Multipurpose Senior Center Foundation on March 21. Vendors offered information and on site services from prostate cancer tests to blood pressure checks to massage. Event organizers plan to offer even more services next year.



There was lots of information for visitors to take home for help with health insurance, service dogs, home health, assisted living, healthy eating, massage, chiropractic, travel, beauty, aromatherapy and much more.



Everyone enjoyed the performance by the Boca Ciega High School Jazz Ensemble on the Casino deck.



Gulfport's Fire Chief James Marenkovic provided information about the Vial of Life, fall prevention, hurricane evacuation, and poison & burn control. Deputy Charles Skipper from the Pinellas County Sheriff's Office explained the Operation Medicine Cabinet program that allows the public to turn in leftover medications, plus lots more about services available at the Sheriff's Office.



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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 Senior Center.

## Board of Directors

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

### Board Members

Donald Banno  
Pamela Cody  
Chip Cosper  
Linda Grimes  
Sharon Lardieri  
Beverly Newcomb

### Office Manager

Jerryanne Hindman

**Stay Healthy in 2015 with the Gulfport Multipurpose Senior Center**

## Free Monthly Health Screenings

Blood Sugar 2<sup>nd</sup> Thursday Every Month

Blood Pressure Last Thursday Every Month

FMI: 727-893-2237 or 727-893-1231





## 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: \_\_\_\_\_

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My Annual Membership is enclosed:

- Senior Citizen (50+) \$25
- Individual \$30
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- Household \$45
- Friend \$100
- BronzePartner \$250
- Silver Partner \$500
- Gold Partner \$1,000
- Platinum Partner \$2,500
- Diamond Partner \$5,000
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- 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."

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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**