



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • May 2004 • Volume 4, Issue 5

## AARP Safe Driving Course

May 11th & 12th, Snyder Center, 9 a.m.-1 p.m. Seating is limited. Please call Bill Williams at (228) 432-7816 to reserve a seat. You must be at least 55 years of age.

## Christmas Boxes Project

May's project is small toys & small stuffed animals for the children. Please bring your donations to the Snyder Center or to any of our monthly programs.

*Thank you to all the volunteers who came out to the Preschool Easter Egg Hunt at Tullis Manor and a special thank you to Karen at The Methodist Retirement Home for bringing her crew.*

*Special thank you to Harrison County Sheriff Department and Jerry Mathews for conducting the Refuse to Be Victim Program; Jerry Gleason of MCAPP who spoke on Medicare changes; Triad Members who spoke on Senior Safety Issues, Barbara Butiro of Biloxi Regional, Darlene Brennan of Kare-In-Home for co-hosting the program again this year.*

## 3rd Annual Senior Health & Fitness Fair

May 26th, 2004, 8 a.m.-2 p.m at The Donal Snyder Community Center



You're invited to join more than 1,500 local organizations and seniors in all 50 states on Wednesday, May 26, 2004 as we celebrate the

11th anniversary of National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. Always set for the last Wednesday in May, National Senior Health & Fitness Day is the nation's largest annual health promotion event for older adults.

Last Year, we had over 175 seniors who attended the health fair, 40 exhibitors and screenings that included Vascular,

Cholesterol, Glucose, Glaucoma, Hearing, Memory, Blood Pressure, Oxygen Saturation, Spinal and Chair Massages. We had 8 different workshops ranging from travel tips, investing, estate recovering, antique refinishing, container gardening etc., and the entertainment included the *Swinging Starlets*, a fitness demonstration, a fashion show, and Casino Magic Biloxi's Motor City All Star Revue.

This year the fair is shaping-up to be bigger and better. You are invited to be a part of The City of Biloxi and Biloxi Regional Medical Center's Senior Health & Fitness Fair. The Fair Booths include local businesses, government agencies, health checks, non-profit organizations, and community leaders.

## Medicare Prescription Drug Plan

—by Tammy Howell

The Congress and President Bush passed a new law that gives you (seniors and individuals with disabilities) more options for your health care coverage and benefits. The Drug Discount Card is receiving the most attention by seniors and scam artists.

The Medicare-Approved Drug Discount Cards will not start until 2006; however, from May 2004 to December 31, 2005 Medicare will begin the enrollment for the program. These cards will have the Medicare seal of approval and will help you save 10% to 25% on prescription drugs. Medicare will announce the companies that have been authorized to offer the drug cards in May 2004. Medicare will notify beneficiaries by mail of the list of legitimate companies offering these cards.

In eleven states, there have been reports of individuals conducting phone or door-to-door soliciting of seniors to register them for the new drug card. The individuals do not charge for the service, so the seniors do not see the harm; however, the solicitation includes banking information, social security number and or credit card number. Once they have this information they can either sell the information or go on a shopping spree at the victim's expense.

Officials of the Centers for Medicare and Medicaid Services warned that seniors should be on their guard against solicitations and emphasized that Medicare contacts its beneficiaries only by mail.

- For more information contact 1-800 MEDICARE (1-800-633-4227)
- Or locally, Area Agency on Aging MICAP Coordinator, (228) 868-2326.



## Movie & Popcorn!

Snyder Center,  
Thursdays, 2 p.m.

### May Movies...

May 6th:

**Seabiscuit**

May 13th:

**Something's Got  
To Give**

May 20th:

**Master & Commander**

May 27

**Calendar Girls**

All movies are rated PG-13 or PG. However, there may be some obscenities.

### Newsletter Volunteers Needed:

May 24th at 10 a.m. at the Snyder Center. Volunteers needed to help fold, label & tape the **Top of the Hill** Newsletter.

*Thank you again to those who come to help each month, it has been a "God Send" for me.*

### Supplies Needed:

Cigar Boxes and Bud Vases.

Tammy Howell  
City of Biloxi Senior Programs  
2520 Pass Road  
Biloxi, MS 39531  
(228) 436-5197  
thowell@biloxi.ms.us

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## The Over 80 Breakfast Club

Friday, May 21st at 8:30 a.m. at the Snyder Center

Keesler Air Force personnel will be serving breakfast to our young folks (must be over 80). Each "over 80" senior may bring one guest of any age. The program is sponsored by the City of Biloxi Recreation Dept. Call Tammy at 436-5191 to reserve your spot.

- *If you know someone "80 plus" who would enjoy coming to the breakfast, please bring them even if you are not 80 years old.*

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## Potluck Luncheons

May 4th, 11 a.m. - Biloxi Community Center

Mother's Day is a time to share with a family member, so you are invited to bring a guest.

May 13th, 11 a.m. - Snyder Community Center

**In honor of Armed Forces Day**

Please contact Tammy if you would like to speak about your military experience.

- Each person (including guest) is asked to bring either a side dish or a dessert.  
**We will have bingo after the luncheons!**

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## May Classes & Special Happenings

- **Stretch & Strengthen Class:** Will conduct a demonstration for the Senior Health & Fitness Fair on May 26th at 12 noon. Please wear your shirts to the demonstration. There will not be a class that afternoon on the 26th. The classes are every each Monday, Wednesday, & Friday at 2:30 p.m. at Snyder Center. The Instructors are Greg Peters and Tammy Howell who are PACE Certified by the American Arthritis Foundation. This class promotes joint flexibility, endurance, muscle strengthening, coordination and increased range of motion. Class is free to adults.
- **Colored Pencil Class:** First & third Wednesday, May 5th & 19th, 10 a.m. Proctor Taylor, a well-known, local artist is the instructor. The class is for beginners and intermediate level students. Needed supplies are a set of "Prismacolor" brand pencils, available at Hobby Lobby.
- **Scrapbooking:** Wednesday, May 19th at 2 p.m. Please note date change due to the Health Fair on May 26th. This month, we are learning calligraphy techniques.
- **Art with Angela:** Snyder Center - Tuesday, May 11th & Thursday, May 13th at 10 a.m.  
**Art with Angela:** The O'Hanlon Gym (*note the location change*) - Tuesday, May 18 & Thursday, May 20th at 10 a.m.  
*The project started on Tuesday will be completed at the next class on Thursday.*
- **Crafts Anyone:** Snyder Center - May 17, 10 a.m. I will be teaching simple paper quilling technique (not **quilting**, but **paper quilling**).
- **Crafts Anyone:** Biloxi Community Center - May 6th, 10 a.m. We will make sun catchers.
- **Bridge Group:** Meets every Thursday at 1 p.m. at Snyder Center. The dates are May 6th, 13th, 20th & 27th. **They're always looking for new players!**
- **Bonco:** Biloxi Community Center - May 10th at 10 a.m.  
**Bonco:** Snyder Center - May 25th at 10 a.m.  
**You will learn as you play!**
- **Swinging Starlets Dance Group:** Practices on Tuesdays & Thursdays at 4:30 p.m. at the Snyder Center. They perform throughout the community at Nursing Homes, Senior Programs & Community Programs. *Upcoming performances scheduled are:* May 1st at Gulfport Beach Front Holiday Inn from 1-3 p.m. in memory of Margaret Eller; May 18th, *The Starlets* perform at the Boyington at 10 a.m.; and June 24th at 2 p.m. at The D'Iberville Library. *No Practice on May 18th.*

Please call 436-5191 to sign up for each class.





Donal Snyder Sr.  
Community Center  
2520 Pass Road  
Biloxi, MS 39531

Recreation Office:  
435-6168

Donal Snyder Sr.  
Community Center:  
436-5191

Biloxi  
Community Center:  
435-6221

Director of Parks & Recreation:  
Nathan Sullivan

Recreation Superintendent:  
Sherry Bell

Therapeutic Recreation Specialist:  
Tammy Howell

— ● —  
Mayor A.J. Holloway  
and the  
Biloxi City Council

George Lawrence, Ward 1  
Eric Dickey, Ward 2  
Jim Compton, Ward 3  
Charles T. Harrison, Jr., Ward 4  
Mike Fitzpatrick, Ward 5  
Tom Wall, Ward 6  
David Fayard, Ward 7

## Recipe of the Month

### Banana Mousse

- 2 tablespoons low-fat milk
- 4 tablespoons sugar
- 1 teaspoon vanilla
- 1 medium banana, cut in quarters
- 1 cup plain low-fat yogurt
- 8 slices (1/4 inch each) banana

1. Place milk, sugar, vanilla, and banana quarters in blender. Process for 15 seconds at high speed until smooth.
2. Pour mixture into small bowl and fold in yogurt. Chill.
3. Spoon into four dessert dishes and garnish each with two banana slices just before serving.



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