



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • May 2005 • Volume 5, Issue 5

## Christmas Boxes Project...

This month is balls and games for children. Please bring your donations to Snyder Center or to any of our monthly programs.



The City of Biloxi facilities will be closed May 30th in observation of Memorial Day.

Don't Forget: May 3rd is General Election Day.

Jewelry Making will take the place of scrapbooking for the next several months. You must pre-register before May 18th!

### What's Inside...

- Movies & Popcorn
- Potluck Luncheons
- May Classes & Special Happenings
- May Calendar
- More!

## May is Older American's Month Older Americans 2004: Key Indicators of Well-Being

*Federal Forum Reports Americans are aging well, But Gaps Remain*

In 2003, there were almost 36 million people age 65 and over which accounts for 12% of the United States total population. Most of these older Americans reported better health, greater wealth, and higher levels of education than older people in the past. However, some groups of older Americans are disproportionately disadvantaged including those with limited education, women and minorities. These findings are presented in *Older Americans 2004: Key Indicators of Well-Being*, the second comprehensive analysis of the lives of older Americans compiled by the Federal Interagency Forum on Aging-Related Statistics (Forum).

"*Older Americans 2004* provides a comprehensive picture of one of the fastest growing segments of our society," says Katherine K. Wallman, Chief Statistician, U.S. Office of Management and Budget. This report is divided into five subject areas: population, economics, health status, health risks and behaviors, and health care. Highlights include:

**Population** – In 1950, 17% of the older population had graduated from high school and 3% obtained Bachelor's degrees. By 2003, 72% were high school graduates and 17% had at least a Bachelor's degree. Between 1990 and 2000, the proportion of men age 65 and over who were veterans went up from 54% to 65%.

**Economics** – Household income has improved significantly between 1974 to 2002 from median income of \$16,882 to \$23,152. The percentage of older people living in poverty declined from 35% in 1959 to 10% in 2002. Between 1984 and 2001, the median net worth of households headed by people age 65 and over increased by 82% (after accounting for inflation).

**Health Status** – Americans are living longer than ever before. In 1900, the average 65 year-old could expect to live almost 12 more years and the average 85 year-old could expect to live an additional 4 years. By 2001, life expectancy at age 65 had increased to more than 19 years for women and about 16 years for men, and at age 85 it was 7 years for women and 6 years for men.

**Health Risks and Behaviors** – The increase in the prevalence of overweight and obesity among older adults has been dramatic. Between 1976-1980 and 1999-2002, the percentage of people age 65-74 who were overweight or obese rose from 57% to 73%; the percentage who were obese doubled from 18% to 36%. The percentage of older men who are current smokers declined from 29% in 1965 to 10% in 2002. The corresponding percentage for women has remained relatively constant, declining slightly from 10% in 1965 to 9% in 2002.

**Health Care** – Medicare pays for slightly more than half (54%) of the overall health care costs of its enrollees age 65 and over. This population pays 21% of their health care costs out-of-pocket. Medicaid covers 10% of costs, and other payers, primarily private insurers, cover another 15%. Average prescription drug costs for older Americans increased rapidly throughout the 1990s, especially after 1997. Average costs per noninstitutionalized Medicare enrollee age 65 and over were \$1,340 in 2000. The average number of filled prescriptions for this population rose from 18-filled prescriptions in 1992 and 30-filled prescriptions in 2000. In 2003, approximately 2.3 million veterans age 65 and over received health care from VHA, and an additional 1 million older veterans were enrolled to receive health care from VHA but did not use its services that year.

\* The report is available after embargo at <http://www.agingstats.gov>. Single printed copies of *Older Americans 2004: Key Indicators of Well-Being* can be obtained from the National Center for Health Statistics by calling (301) 458-4636 or by sending an e-mail to [nchsquery@cdc.gov](mailto:nchsquery@cdc.gov).



## Movie & Popcorn!

Same Place, Same Day,  
New Time... 1 p.m.!

Snyder Center,  
Thursdays, 1 p.m.

May 5th:  
**The Terminal**  
with Tom Hanks

May 12th:  
**Woman of the Year**  
with Tracy & Hepburn

May 19th:  
**Sky Captain & The  
World of Tomorrow**

May 26th:  
**Adam's Rib**  
with Tracy & Hepburn

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

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AARP MEETING this  
month is May 17th at BCC.

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### Newsletter Volunteers Needed:

Monday, May 23rd,  
9 a.m. at Snyder Center.  
Volunteers are needed to  
help fold, label & tape  
the **Top of the Hill**  
Newsletter.

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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 City of Biloxi & Biloxi Regional Medical Center present the

## 3rd Annual Senior Health & Fitness Fair

Donal Snyder Center - Wednesday, May 25th, 8 a.m.-1 p.m.

The fair will have exhibitors, health screenings, a blood drive, demonstrations, workshops and speakers. Health screenings include hearing, cholesterol, blood sugar, body-fat analysis, balance, glaucoma, cataract, visual acuity, chair massages and many more.

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### Potluck Luncheon

- Tuesday, May 10th, 11 a.m. - Biloxi Community Center  
Each person must bring either a side dish or dessert.
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## May Classes & Special Happenings

- **T'ai Chi Classes:** Classes are every Tuesday & Thursday at 3 p.m. T'ai Chi is a gentle form of exercise for health and relaxation which originates from ancient China. Gentle flowing movements are combined with deep breathing exercises in order to cultivate the inner energy of the body. Daily practice of T'ai Chi promotes mental clarity and a healthy body, assists with balance and helps the circulation of the blood.
- **ADVANCED Stretch & Strengthen Class:** Classes are every Monday, Wednesday & Friday at 2:30 p.m. at Snyder Center. This class promotes joint flexibility, endurance, muscle strengthening, coordination and increased range of motion. Class is free to adults. **No Class May 25th & 30th**
- **NEW Stretch & Strengthen Class - Beginner's Level:** Classes are every Monday, Wednesday & Friday, 1:30-2 p.m. at Snyder Center. This class promotes joint flexibility, endurance, muscle strengthening, coordination and increased range of motion at a more gentle and slower pace. Class is free to adults. **No Class May 25th & 30th**
- **Watercolor Class:** Snyder Center - the second & fourth Monday, May 9th & 23rd at 10 a.m. The instructor is Louise Miller. She is the owner of **The Bunny Patch** in Biloxi. She has a Master of Art Education. She will teach basic painting techniques.
- **Colored Pencil Class:** Snyder Center - the first & third Wednesday, May 4th & 18th at 10 a.m. Proctor Taylor, a well-known local artist, is the instructor. The class is for beginners and intermediate level students. Supplies needed are a set of **Prismacolor** brand colored pencils, which you can purchase at Hobby Lobby.
- **Quilling Class:** Snyder Center - Wednesday, May 11th at 10 a.m.  
*Please bring scissors and your Christmas project.*
- **Jewelry Making:** Snyder Center Wednesday, June 1st at 10 a.m. You must pre-register before May 18th.
- **Crafts Anyone:** Biloxi Community Center - Monday, May 16th at 10 a.m.  
Snyder Center - Tuesday, May 31st at 10 a.m.
- **Bonco: New Dates** - Every other Wednesday. May 4th, 18th & June 1st, 10 a.m. at the Snyder Center. **It's an easy game to 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.

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

\* The Stretch & Strengthen Classes' Instructor is Tammy Howell who is PACE Certified by the American Arthritis Foundation.

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# May 2005

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Stretch & Strengthen DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	2 T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	3 Bonco 10 a.m.-DSCC Colored Pencil Class 10 a.m.-DSCC Stretch & Strengthen-DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	4 Movie & Popcorn 1 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	5 Stretch & Strengthen DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	6	7
8 Watercolor Class 10 a.m.-DSCC Stretch & Strengthen-DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.  Mother's Day	9 Potluck Luncheon 11 a.m.-BCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	10 Quilling Class 10 a.m.-DSCC Stretch & Strengthen-DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	11 Movie & Popcorn 1 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	12 Stretch & Strengthen DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	13	14
15 Crafts Anyone 10 a.m.-BCC Stretch & Strengthen-DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	16 T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC AARP Meeting BCC	17 Bonco 10 a.m.-DSCC Colored Pencil Class 10 a.m.-DSCC Stretch & Strengthen-DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	18 Movie & Popcorn 1 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	19 Stretch & Strengthen DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	20	21
22 Watercolor Class 10 a.m.-DSCC Stretch & Strengthen-DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m. • Newsletter Volunteers Needed: 9 a.m.-DSCC	23 T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	24 3rd Annual Senior Health & Fitness Fair 8 a.m. - 1 p.m. DSCC	25 Movie & Popcorn 1 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	26 Stretch & Strengthen DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	27	28
29  Closed for Memorial Day	30 Crafts Anyone 10 a.m.-DSCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	31			<ul style="list-style-type: none"> <li>• DSCC - Donal Snyder Sr. Community Center 2520 Pass Road</li> <li>• BCC - Biloxi Community Center Corner of Howard Ave. &amp; Bellman St.</li> </ul> <p>All classes and programs are subject to change and changes will be posted at the City of Biloxi's Community Centers. Prior notice will be given if possible.</p>	

**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

Eric Dickey

Arlene Canaan

Charles T. Harrison Jr.

Mike Fitzpatrick

Tom Wall

David Fayard



# Recipe of the Month

## Jam-Filled Muffins

- 2 Eggs
- 1 3/4 C. All Purpose Flour
- 2/3 C. Milk
- 1/2 C. Sugar
- 1 T. Baking Powder
- 1/2 tsp. Salt
- 1/3 C. Butter or Margarine, melted
- 1 tsp. grated Lemon Rind
- Strawberry, Raspberry or Blueberry Jam (or jam of your choice)

In a large bowl, combine flour, baking powder, sugar and salt. In a small bowl, beat together eggs, milk, butter and lemon rind. Pour these into dry ingredients and stir until moistened. Spoon half of batter into 12 greased or paper-lined muffin cups. Make a well in the center of each and spoon jam into the center – add remaining batter over the top of this. Bake for 25 minutes at 375 degrees or until golden brown.

– Melba McIlwain - Biloxi, MS

***Are you in the loop?***

***Sign up at <http://biloxi.ms.us> for the most current news about your city.***



**Donal Snyder Sr.  
Community Center**

2520 Pass Road

Biloxi, MS 39531

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