



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • August 2005 • Volume 5, Issue 8

Christmas Boxes Project...



We need donations of children's underclothing, socks and shoe boxes, and legal size envelope boxes.

Please bring your donations to Snyder Center or to any of our monthly programs.

There will be no AARP meeting in August.



What's Inside...

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

Extra Help To Pay for Medicare Prescription Drug Costs?

Beginning in January 2006, Medicare will offer prescription drug plans to beneficiaries. But now is the time to see if you qualify for some extra financial help in paying for your monthly premiums, annual deductibles and prescription co-payments under the new program.

From late May through mid-August, Social Security is mailing letters to nearly 19 million people who are potentially eligible for this extra help. The letter includes an application and a return-addressed, postage-paid envelope.

If you receive a letter in the mail, please read the information carefully. The letter will explain the prescription drug program, and tell you how to apply for the extra help. Those who qualify for the extra help could save an average of \$2,100 per year.

Even if you do not get an application in the mail, you still might be eligible for help with prescription drug costs. See if you might qualify and apply online at Social Security's website, www.socialsecurity.gov. You also can contact Social Security at 1-800-772-1213 (TTY 1-800-325-0778) for more information or to apply over the telephone.

To qualify for the extra help, a person or married couple living together must have limited income and resources. You can qualify for this help as an individual if your total annual income is below \$14,355 and your resources are valued below \$10,000. The limits for a married couple living together are higher: \$19,245 in combined annual income and \$20,000 in resources. These resources can be slightly higher – an additional \$1,500 per person – if you will be using some of your money for burial expenses. Even if your income is higher, you still may be able to get some help if, for example, you or your spouse supports other family members who live with you, if you have earnings from work or if you live in Alaska or Hawaii.

There are also certain exclusions from both income and resources. For example, your home and cars are not counted as resources. So if you think you might be eligible, you should apply.

It is important to note that some beneficiaries will automatically qualify for the extra financial help. Anyone who has both Medicare and Medicaid, or Medicare and Supplemental Security Income, or anyone whose state pays his or her Medicare premiums, will not have to complete an eligibility application. But even if you automatically qualify for extra help, you still need to enroll in a Medicare-approved prescription drug plan to obtain both coverage and the extra help.

For more information about getting extra help with Medicare prescription drug costs, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778), or visit www.socialsecurity.gov. To learn more about the Medicare prescription drug plans, call 1-800-MEDICARE (1-800-633-4227) or visit www.medicare.gov. Shawn Mercer is a Public Affairs Specialist for the Social Security Administration. To contact him with questions or comments or to request a speaker for your group or organization call 601-544-7351 or e-mail him at shawn.mercer@ssa.gov.



Movie & Popcorn!

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

Snyder Center,
Thursdays, 1 p.m.

August 4th:
Sea People

with Hume Cronyn

August 11th:
In Good Company
with Dennis Quaid

August 18th:
National Treasure
with Nicolas Cage

August 25th:
**Five People You Meet
In Heaven**
with Jon Voight

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

Newsletter Volunteers Needed:

Monday, August 29th,
9 a.m. at Snyder Center.
Volunteers are needed to
help fold, label & tape
the **Top of the Hill**
Newsletter.

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

Special thanks to...

Mr. Vernon, Betty, Steven & Paul Kent, thank you so much for all your help with our senior luncheons. Barbara Butiro, Patient Representative for the Biloxi Regional Medical Center with their continuing support of our monthly potluck luncheon, Vicky at The Loyalton with their continuing support of our monthly potluck luncheon. Judith, our wonderful Tai' Chi instructor. Special thank you to Janet McLaughlin for coordinating our Alzheimer's program.

Potluck Luncheon

• **Tuesday, August 9th, 11 a.m. - Biloxi Community Center**

Each person must bring either a side dish or dessert. We will have Bingo after the luncheon.

Learning about Alzheimer's Disease Luncheon Program

• **Tuesday, August 16th, 9 a.m. - Snyder Center (Lunch Provided)**

The speakers provided by the Ombudsman program of Area Agency on Aging SMPDD. The speakers are Bill Lukas LSW who will speak on "Protecting our love ones through conservatorship" Victoria McKey the Community Education Manager at George County Hospital will speak on "Caring for the Caregiver" and Melora Jackson, of the Department of Mental Health, Alzheimer's Division will speak on "Learning about Alzheimer's Disease." We will have lunch after the speakers. I had the opportunity to hear Ms Jackson speak at a conference and she is excellent speaker. If you know someone that this program would benefit please tell them.

August 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.
 - **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.
 - **Watercolor Class:** Snyder Center - Mondays, August 8th & 22nd 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.
 - **Crafts Anyone:** Biloxi Community Center - Wednesday, August 2nd at 10 a.m.
Snyder Center - Wednesday, August 17th at 10 a.m.
 - **Bonco:** Snyder Center - Wednesday, August 10th, 10 a.m.
Biloxi Community Center - Wednesday, August 24th, 10 a.m.
- 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. They will perform at the Biloxi Community Living center on Atkinson Road at 1:30 p.m. on August 16th, so no practice that day.
 - **Scrapbooking Classes:** Wednesday, August 31st, 10 a.m.
 - **Quilling for Christmas:** Tuesday, August 23rd, Snyder Center, 10 a.m. We will work on Christmas Ornaments. If you are new and would like to learn the basic quilling please come early at 9:30 a.m.

**Again this year for Christmas, we are making lap throws for individuals in local nursing homes. We need your help by either sewing lap quilts (double knits can be single layer; however, cotton needs to be two layers) and crocheted throw. We also need donations of YARN (we need lots of yarn) and/or material that can be machine washed and dried. The quilts can be 3' by 4' or 4' by 4' in size. They do not have to be exact measurements. Donations can be dropped off at Snyder Center or call Tammy at 436-5197.*

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



August 2005

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Stretch & Strengthen 2:30 p.m.-DSCC	2 Crafts Anyone 10 a.m.-BCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	3 Stretch & Strengthen 2:30 p.m.-DSCC	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 2:30 p.m.-DSCC	6
7 Watercolor Class 10 a.m.-DSCC Stretch & Strengthen 2:30 p.m.-DSCC	8 Potluck Luncheon 11 a.m.-BCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	9 Bonco 10 a.m.-DSCC Stretch & Strengthen 2:30 p.m.-DSCC	10 Movie & Popcorn 1 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	11 Stretch & Strengthen 2:30 p.m.-DSCC	12	13
14 Stretch & Strengthen 2:30 p.m.-DSCC	15 Alzheimer's Luncheon Program 9 a.m.-DSCC Swinging Starlets Perform, 1:30 p.m. (no practice) T'ai Chi Class 3 p.m.-DSCC	16 Crafts Anyone 10 a.m.-DSCC Stretch & Strengthen 2:30 p.m.-DSCC	17 Movie & Popcorn 1 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	18 Stretch & Strengthen 2:30 p.m.-DSCC	19	20
21 Watercolor Class 10 a.m.-DSCC Stretch & Strengthen 2:30 p.m.-DSCC	22 Quilling 10 a.m. - DSCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	23 Bonco 10 a.m.-BCC Stretch & Strengthen 2:30 p.m.-DSCC	24 Movie & Popcorn 1 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	25 Stretch & Strengthen 2:30 p.m.-DSCC	26	27
28 • Newsletter Volunteers Needed: 9 a.m.-DSCC Stretch & Strengthen 2:30 p.m.-DSCC	29 T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	30 Scrapbooking 10 a.m. Stretch & Strengthen 2:30 p.m.-DSCC	31	<ul style="list-style-type: none"> • DSCC - Donal Snyder, Sr. Community Center Located on 2520 Pass Road. • BCC - Biloxi Community Center Located on the corner of Howard Avenue and Bellman Street. • EDSG - East Division Street Gym Located on the corner of Pine Street and Division Street (north of Yankee Stadium). <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:
435-6148

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
William "Bill" Stallworth
Charles T. Harrison Jr.
Mike Fitzpatrick
Tom Wall
Edward "Ed" Gemmill
David Fayard

Recipe of the Month

Stuffed Crabs

- 1 stick Butter or Oleo
- 1 Onion, chopped
- 1 Bell Pepper, chopped
- 1 1/2 C. Bread Crumbs
- Salt & Pepper (to taste)
- 1 bunch Green Onions, chopped
- 1/2 C. Parsley
- 3 rib Celery, chopped
- 3 Eggs
- 1 lb. Crab Meat (or more)

Put onions, celery and bell pepper in food processor. Then sauté in butter. Put in bowl, adding other ingredients and mixing well. Make into patties or stuff crab shells.

- Anonymous

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

PRESORTED
STANDARD
U.S. POSTAGE
PAID
PERMIT #57
BILOXI, MS 39530