

Can you Help Meals On Wheels of Sarasota Deliver meals to residents in need?

Meals On Wheels of Sarasota is looking for volunteers to deliver healthy meals to seniors, veterans, families and children who are unable to shop and cook meals for themselves. The time commitment is a few hours a day, and as often as six days a week.

Volunteers at Meals On Wheels help ensure that hundreds of meals are prepared and delivered to Sarasota residents year-round. The volunteers who deliver meals are often the only personal contact a client will have in day and provide a regular wellness checks for them as well.

"We welcome individuals, couples, groups, clubs, corporate teams, and retirees who want a wonderfully rewarding way to spend their time," said Marjorie Broughton, Meals On Wheels of Sarasota executive director. "We could not deliver 500+ meals every day without the dedication and generosity of our amazing volunteers."

For more information visit www.mealsonwheelsofsarasota.org or call 941-366-6693.



Volunteer Becky Rives delivers meals every week - here with Sarasota resident Loide Gomis.

Photo by Laura Coyle

Free Seminar on Toxins

At the **Renewal Point** they have a free seminar on **August 22** called "**Toxins Are Stealing Our Health.**" The seminar runs from **6-7 p.m.** and is open to men and women. Seven billion pounds of environmental toxins are being dumped into the air and water each year. These heavy metals, chemicals, herbicides, and pesticides then enter our bodies - stockpiling in our brain, heart, bones, liver, and other organs.

These destructive agents can load up in the body in the form of toxic metals and other harmful chemicals that simply can not be shed by normal body processes. At this seminar, learn about which toxins are the most dangerous and how we are getting exposed and what the toxins are doing to our bodies and minds.

They'll also discuss effective methods used to get rid of toxins and the changes in health outcomes when the toxins are eliminated.

Presented by Dr. Dan Watts, Founder/Director of The Renewal Point Age Management Center. Space is limited. RSVP to (941) 926-4905. The Renewal Point is located at 4905 Clark Rd, Sarasota.

Epilepsy Support Group

Epilepsy Support Group meetings offered by **JoshProvides:**

- Epilepsy support group meetings are held on the 1st Tuesday of each month from 6:30-8 p.m.** at State College of Florida, Lakewood Ranch Campus, Selby Rooms. This support group is offered to people living with epilepsy as well as their family, friends and caregivers and provides the opportunity to receive information about resources as well as share experiences, ask questions, receive emotional support and practical advice that may help parents and caregivers. For those who have epilepsy, feelings of loneliness and isolation have been replaced with lifelong friendships and understanding that there are others going through the same struggles and challenges.

For information contact JoshProvides at info@JoshProvides.org.

Free Vein Screenings

Allure Medical believes in curing advanced vein disease, not just managing its symptoms. They offer free vein screenings in their Lakewood Ranch and Venice offices, and use the latest technology and minimally invasive procedures to stop vein disease in its tracks. No need for years of pain and discomfort. Call 941-214-9412 to schedule your free screening today. Same-day or early/late appointments, available.

Sarasota Toastmasters Club 1958 Meeting

Sarasota Toastmasters Club 1958 empowers individuals to become more effective communicators and leaders.

They provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Join them **every Wednesday from 7:30-8:45 a.m.** in at the Waldemere Street Firehouse conference room. Do you want to be a better speaker? Call (941) 539-6994 or email boss4001@aol.com for more info. Open to all.

Ringling Reflections

Ringling Reflections programs are *designed specifically for people with memory loss and their care partners.* They are relaxed, conversation-based gallery tours in the Museum of Art. The tour routes are wheelchair accessible. Wheelchairs are available for use free-of-charge on a first-come, first-served basis. Listening devices, including induction loops for t-coil hearing aids, will be provided. Portable stools will be available for all participants.

Tours take place on select **Sundays at 10:30-11:30 a.m.** Plan on arriving to the museum's Visitors Pavilion at 10 to check in. The tours are free of charge but advance registration is required and space is limited. The next programs are on **August 18** and

September 15. If you have questions regarding accessibility, email accessibility@ringling.org.

Florida Gardening Classes

August 14—Let's Make Some Black Gold! (Lemon Bay) Join in to learn what UF/IFAS Extension Sarasota County is doing around the region with composting, waste reduction and recycling. This 90-minute workshop blends indoor lessons with outdoor, hands-on activities in our compost demonstration area, and includes live demonstrations of our biogas and vermicomposting programs.

Register through ufarasotaext.eventbrite.com to reserve your seat. Attendees will learn the basics of home composting, the benefits of composting, and how to build a home compost system. Instructor: Randall Penn, UF/IFAS Extension Sarasota County waste reduction agent.

August 17—Rain Barrel Workshop. Learn how the use of rain barrels can conserve water, save money by reducing the use of potable water in landscapes (lower utility bills), and reduce stormwater runoff by storing and diverting runoff from impervious surfaces (like roofs). Practical tips on the construction and installation of rain barrels will be provided. Register early through Eventbrite.com to reserve your spot. After the class, Sarasota County government will sell rain barrels for \$37 each, including tax and spigot assembly. Payment must be made by cash (exact change only) or check. Make checks payable to: Sarasota County Board of County Commissioners.

For more information, call 941-861-5000 or email sarasota@ifas.ufl.edu.

"Raising Human Beings"—Free Educational Community Speaker Event

Forty Carrots Family Center announces its **17th annual free**

Educational Community Speaker Event, featuring renowned child psychologist and best-selling author Ross W. Greene, Ph.D.

The event, presented in partnership with the Community Foundation of Sarasota County, will be held at **7 p.m.** on **Sept. 26** at Riverview High School Performing Arts Center. Admission is free and open to the community, but a RSVP is required.

Dr. Greene will present insights from his book, "**Raising Human Beings: Creating a Collaborative Partnership with Your Child.**" His presentation will offer parents, caregivers, teachers, and professionals, ways to cultivate a better parent-child relationship using his empirically supported model of collaborative problem solving.

Attendees will learn how to nurture empathy, resilience, and independence, improve communication and resolve power struggles. Attendees will receive a free copy of the book, and certificates of attendance are available.

Dr. Greene is developer of the innovative Collaborative & Proactive Solutions (CPS) model of intervention. His research is widely published in academic journals and featured in the national media. On faculty at Harvard Medical School for more than 20 years, Greene is a graduate of the University of Florida and Virginia Tech.

Event co-chairs, Thomas and Adelle Bethel, are preparing to host this impactful event. Info: fortycarrots.com.

Fibromyalgia & Chronic Pain Support Group

Join in for a **Fibromyalgia and Chronic Pain Support Group.** They meet the **first Tuesday** of every month at the **Braden River Library** on SR 70 from **noon to 2 p.m.** This group is free and a good chance to share with others that understand. Any questions, call Edie Anderson at 941-447-5024 or Lorraine McDonough at 941-896-8942.

It's Turtle Season!

Now that summer is here and trips to the beach become more frequent, **Sarasota County** is reminding all visitors and residents to keep light out of sight during **sea turtle nesting season.**

Sarasota County beaches play host to the largest population of nesting sea turtles on the Gulf Coast of Florida, with over 200 nests per mile.

According to Sarasota County Wildlife Specialist Jaclyn Irwin, the biggest threats to sea turtle survival are often man-made. Artificial lighting, beach furniture, coastal structures and indigestible plastic all pose serious threats, she said.

"Only one out of every 1,000 hatchlings will survive to adulthood. Each year thousands of hatchlings die from predation, exhaustion and starvation due to the

disorientation caused by bright, artificial lights," Irwin added.

Sarasota County regulates beachfront lighting and storage of recreational items such as beach furniture. **Activities disruptive to sea turtles are prohibited during nesting season, through October 31.**

Here are some ways you can help:

- Each night, remove all furniture and recreational items from the beach and store them.
- Properly dispose of trash. Sea turtles ingest plastic bags and garbage attracts predators that eat turtle eggs.
- Knock down sand sculptures and fill in holes before you leave the beach so turtles have direct access into and out of the water. A turtle that falls into a hole cannot get out.
- Reduce use of flashlights on the beach at night.
- Stay clear of marked nesting areas.
- Property owners must either extinguish or shield lights visible from the beach, or replace white incandescent, fluorescent and high-intensity lighting with amber or red light-emitting diodes (LED) or low-pressure sodium vapor (LPS) fixtures.

Have questions? Contact the Sea Turtle Protection Program at 941-861-5000 or visit scgov.net and enter the keyword "wildlife." To report an injured or dead sea turtle, contact the Florida Fish & Wildlife Conservation Commission at 888-404-FWCC (3922).

Women's Networking Event

WIN (women's interactive network) is a small group based out of Pittsburgh and Sarasota. They have a **Lunch & Learn Monthly Meetup for professional women.** Join them at Mediterraneo Restaurant, the **2nd Thursday of every month, 11:30 a.m. to 1 p.m.** This is a great opportunity to showcase your business, learn about your professional colleagues and expand your network. All Attendees are responsible for their own lunch and beverage. Remember to bring a donation for the Women's Resource Center of new or gently used clothing or accessories.

Visit their website to learn more: Sarasota: <http://na-win.com/sarasota>

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