

WCW PICK

Learn About Cancer & Nutrition

JFCS of the Suncoast Cancer offers support and wellness programs. All cancer support and wellness programs are offered **free of charge**.

On **July 18, 1-2 p.m.**, guest speaker **Nora Clemens, RDN, CLT, LD**, Registered Dietician Nutritionist, will discuss how to making healthier food choices following a cancer diagnosis including strategies to maintain a healthy eating regimen during and following treatment.

For more information, call **941-366-2224** or visit www.jfcs-cares.org. Location: JFCS South Tuttle Campus, 1050 S. Tuttle Ave., Sarasota.



Upcoming Free Seminar – “No-Brainers for Brain Health”

■ **The Renewal Point** has a free seminar, “No-Brainers for Brain Health” on **Thursday, July 26, 6-8 p.m.** Topics covered: Neurotransmitters: How can we improve brain power?; The Aging Brain: Do we have control?; Your Brain on Fire: Toxins that impact the brain; How Genetics play a role: What can we do about it? And Extra Brain Power: 6 must-know nutrients.

Held at The Renewal Point, 4905 Clark Rd., Sarasota. Open to men and women. To **RSVP** (space is limited), call 941-926-4905.

Lectures

■ **AJC West Coast of Florida** lectures are on **July 18** and **August 15, 11:30 a.m.-1:30 p.m.** Michael’s on East, Sarasota. Cost: \$28 per lecture and includes lunch.

• **Julie Rayman**—AJC’s Director of Political Outreach on **Wednesday, July 18. The Growing Need for Global Jewish Advocacy** How can American Jews influence how other countries view Israel, anti-Semitism, and the pursuit of human rights?

• **Annette Klein & Clément Leclerc**—Consul General of Germany; Consul General of France on **Wednesday, August 15. Confronting Extremism and Anti-Semitism in Europe.** An in-depth discussion of the rise of hatred in Europe and the efforts being taken to reverse this trend.

Advance reservations required. To **RSVP**, call AJC at 365-4955 or email sarasota@ajc.org.

Kids’ Summer Beach Runs

■ The annual **Kids’ Summer Beach Runs** is taking place on Siesta and Brohard beaches this summer. Presented by **Sarasota County Parks, Recreation and Natural Resources**, the one-mile fun run is an opportunity for kids to participate in healthy activities over the summer.

The Kids’ Summer Beach Runs are offered **every week until Aug. 7** at Siesta Beach and **Aug. 8** at Brohard Beach. Registration begins at **5:30 p.m.** near the playground at Siesta Beach and near the Venice Fishing Pier

at Brohard Beach. Race time for both locations is **6:30 p.m.**

Kids who complete four runs receive a free T-shirt. The runs can be completed at either location. All runners receive a ribbon and a free ice pop each time they participate. For information, call the Sarasota County Contact Center at 941-861-5000 or visit www.scgov.net.

Free Support Groups

■ **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.

Get Close to Nature

■ **UF/IFAS Extension Sarasota County** has these workshops:

• **July 5 – Shamrock Park Demonstration Garden Tour.** Join Master Gardener volunteers on the **first Thursday** of every month for a free tour of the seven demonstration gardens at Shamrock Park & Nature Center, in Venice. Learn how the gardens integrate seamlessly into the natural environment, using Florida-Friendly Landscaping techniques that you can adopt for your home or business landscape. Also offered on August 2.

• **July 11 – Home Irrigation Inspection Training.** Do you want to save time and money on your home irrigation system? This class will highlight the myriad parts in a system and how they work. Learn practical tips that will help you feel comfortable with calibrating your system, adjusting your time

clock, and much more. Leave armed with simple steps you can take to evaluate your own system and save water, natural resources and, yes, even time and money.

• **July 16 – Brainstorming for HOA Landscape Committees.** Join in an open discussion among HOA landscape committee members looking to establish more efficient committees, manage existing landscape plans, or improve old landscapes all while creating positive change within their associations. Participants should bring members of their respective HOA landscape committee for this opportunity to learn from and share with other Sarasota County HOA members, including those who have enjoyed successes and those who have learned from obstacles. Also offered on July 23.

• **July 17 – Worm Composting.** Earthworms are extremely beneficial to the fertility of our soil. Learn how easy it is to care for them. They decompose many types of organic matter producing valuable soil amendments. You can raise red wigglers and produce nutrient-rich compost from fruit and vegetable scraps. Instructor: Wilma Holley Florida-Friendly Landscaping Program Specialist, UF/IFAS Extension Sarasota County.

• **July 18 – Hurricane Preparedness.** What would you do if basic services were cut off, like electricity or water, or if you had to suddenly leave your home? This class will offer tips and ways to prepare for unexpected disasters, such as hurricanes. Learn how to assemble an emergency supply kit and other ways to prepare for emergencies.

• **July 21 – Rain Barrel Workshop.** Learn how the use of rain barrels can conserve water, save money by reducing the use of potable water in landscapes, and reduce stormwater runoff by storing and diverting runoff from impervious surfaces. Practical tips on the construction and installation of rain barrels will be provided.

The Library opens at 10 a.m. 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.

• **July 25 – Pruning for Homeowners and HOA Members.** Do you randomly cut your

landscape plants, just hoping for the best results? Do your plants struggle to recover after pruning? Would you like to know the correct methods for pruning shrubs and trees on your property? Learn cultural practices and methods for selectively removing plant tissue to promote healthy and beneficial growth. Learn proper tool use, along with the best time of year to prune your landscape. Bring your pruners, loppers or hedge trimmers for free sharpening and cleaning.

Register early through Eventbrite.com. For more information, call 941-861-5000 or email sarasota@ifas.ufl.edu. Similar classes or events often are offered on future dates. Courses are offered at 6700 Clark Road (Twin Lakes Park, Green Building) Sarasota.

County Highlights ‘Neighborhood Stories’

■ **Sarasota County** has a series of “Neighborhood Stories” for residents who are looking for inspiration and guidance on their next neighborhood project. With help from its partners, the county’s Neighborhood Services team will present the realities of neighborhood projects from a variety of perspectives: the subject matter expert, the financial backer and the residents that made it happen.

“Neighborhood Stories” will be presented **through August** at the UF/IFAS Extension building, 6700 Clark Road, Sarasota, and will each feature a different type of project. Sessions will be held from **4-5 p.m.** on the following dates:

• **July 11:** Butterfly Garden at Gillespie Park
• **Aug. 8:** Pond Aeration at Sherwood Forest

Lakewood Ranch Events

• **Mah Jongg at One on Wednesdays from 12:45-4 p.m.** at LWR Town Hall. Enjoy competitive mah jongg every Wednesday afternoon, all year. All play is by reservation. Contact Joan Robbins by email or call her at 941-929-2995 for more information.

• **Lunch, Laughter and Mah Jongg on Fridays from noon-4 p.m.** at LWR Country Club. Enjoy lunch and then play mah jongg on Friday afternoons at Lakewood Ranch Country Club. If you are a Lakewood Ranch Country Club member and would like to join, contact Joan Robbins by email or call her at 941-929-2995. All play is by reservation. Joan is also offering mah jongg lessons to Lakewood Ranch Country Club members.

• **Mah Jongg Queens on Fridays from noon-4 p.m.** at LWR Town Hall. This group of Lakewood Ranch residents play competitive mah jongg using the National Mah Jongg League rules, as well as a few house rules. For more information about this group, contact Glenda

Robertson by email or phone: 941-907-8990.

• **LWR Pickleball on Fridays** at **5 p.m.** at Lakewood Ranch High School Courts. The LWR Pickleball Club is hosting free open play each week. New members are welcome, so bring your friends.

• **Empty Nesters of Lakewood Ranch** invites both couples and singles at **12:30 p.m.** on the **1st and 3rd Tuesday** of every month at Town Hall on Lakewood Ranch Blvd. Members bring lunch and enjoy fellowship before having an informal meeting to decide which events they might like to take part in. Enjoy a relaxed lunch with friendly people. If you would like more information before attending, call Peggy Walther at 941-907-6066.

JFCS Support and Wellness programs

■ **JFCS of the Suncoast Cancer** offers Support & Wellness Programs. All cancer support and wellness programs are offered free of charge.

Here are July’s events:

• **Newcomer’s Support Group: Thursdays, 11 a.m.-12 p.m.** JFCS South Tuttle Campus. This is a small group format tailored to meet the needs of patients, survivors, caregivers and family members on a more individualized level.

• **North Sarasota Group: 2nd Tuesday** of each month, **6-7:30 p.m.**, 2801 Newtown Blvd, Sarasota. Join facilitator Elizabeth Bornstein, LCSW to discuss and learn ways to reduce and manage stress while coping with a cancer diagnosis. Meetings include “Ask Dr. Lisa”—an informal question and answer session with Lisa Merritt, M.D. Group begins with a light and nutritious meal.

• **Advanced Breast Cancer Support Group: 4th Tuesday** of each month, **1-2:30 p.m.** JFCS South Tuttle Campus. Women (or men) with advanced breast cancer have an opportunity to discuss concerns about many treatment options they might have available with one another and how to best cope with their diagnosis.

• **Yoga for Wellness:** Join Linda Lee, LMT, RYT (a.m. classes) or Janie Gibson, RYT, (p.m. class) **Tuesdays from 9:30-11 a.m.; 5:30-6:45 p.m.; Thursdays 9:30-11a.m.** JFCS South Tuttle Campus. Gentle yoga designed for cancer patients, caregivers and survivors to cultivate healing and awareness and to help reduce stress.

Location: JFCS South Tuttle Campus, 1050 S. Tuttle Ave., Sarasota. Call 366-2224 x167 for more information or visit www.jfcs-cares.org.

Send your listing to: westcoastwoman@comcast.net
DEADLINE for AUGUST: JULY 5
Datebook is also available at WestCoastWoman.com