

## Parkinson's specialists to speak at Parkinson's EXPO April 13

**O**n Saturday, April 13, top Parkinson's specialists from around the country will be the featured speakers at the 2019 Parkinson's EXPO, the largest annual Parkinson's event in the United States.

People and caregivers living with Parkinson's, allied healthcare professionals and individuals interested in learning more about the progressive, neuro-degenerative disease are invited to attend.

Hosted by Neuro Challenge Foundation for Parkinson's, the daylong event will cover the latest in medical and non-medical findings and include live demonstrations of PD in Motion, Rock Steady Boxing and Pedaling for Parkinson's.

*The event is free but advance registration is required.*

The Parkinson's EXPO is at the Bradenton Area Convention Center, April 13 from 9 am to 3 pm; Register at [NeuroChallenge.org](http://NeuroChallenge.org); call (941) 926-6413 for more information.



Live demonstrations will be part of the 2019 Parkinson's EXPO. Pictured here: Lynn Hocker demonstrates a chair dance at last year's EXPO.

## Designing Women's Salon Series 2019

Learn more about interesting topics from respected Sarasota Leaders and experts as you contribute to the grant pool that supports local arts and human services through these interesting sessions at **Designing Women Boutique**. Seating is limited, so book now before sellout. Coming up on **April 25, 11:30 a.m.** (Lunch and Learn) *"The Gourmet Weight Loss Guru" with Fred Bollaci*. Full schedule and tickets available at [designing-womenboutiquesrq.org/events](http://designing-womenboutiquesrq.org/events).

## Financial Literacy Day Talk at USFSM

**Financial Literacy Day III - An Update on Financial Markets and the Economy** - is on **April 11, 8 a.m. to 5 p.m.** Keynote speaker: Gretchen Morgenson, Senior Special Writer, Investigations Unit, for The Wall Street Journal. Panel discussions include: Outlook for the US Stock Market & Global Economic Outlook; How the World Looks in Economics and Geopolitics, and others. Special session on Health, Hunger and Philanthropy. Cost: \$50. Coffee, pastries and lunch included. Held at Selby Auditorium at USF Sarasota-Manatee, 8350 N. Tamiami Trail, Sarasota. Visit [usfsm.edu](http://usfsm.edu) or call 941-359-4200.

## Free Lecture on No-Brainers for Brain Health

**The Renewal Point** has a free seminar called "No-Brainers for Brain Health." It will be held on **Thursday, April 25, 6-7 p.m.** Topics will include: *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?*; *Extra Brain Power: 6 must-know nutrients*.

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

## Learn to Flyfish

**CB's Saltwater Outfitters**, 1249 Stickney Point Rd, Sarasota, has an **Orvis-Endorsed fly fishing school** on **April 13**. The school will cover flycasting basics, line control, shooting line and the roll cast. Instructors, Capt. Rick Grasset and Capt. Ed Hurst, will also cover leader construction, fly selection and saltwater flyfishing techniques. The course, designed for beginning and intermediate fly casters, will focus on basics but also work with intermediate casters on correcting faults and improving casting skills. Runs from 8:30 a.m. to 2 p.m. Cost: \$195 and includes the use of Orvis fly tackle and lunch. Contact CB's Saltwater Outfitters at (941) 349-4400 or [info@cbsoutfitters.com](mailto:info@cbsoutfitters.com) to make reservations.

## At the Libraries

**Cirque D' Book** is offered in Jack J. Geldbart Auditorium at **Selby Library, 10:30 - 11:30 a.m.** Librarian Charlotte Thompson leads a monthly book discussion group. **Coming up:**

- **April 8: Mohsin Hamid.** Exit West.
- **May 13: Viet Thanh Nguyen** The Sympathizer.
- **D.I.Y. (Do-It-Yourself) Time: French Impressionism And Pointillism Painting** is also available at Selby Library in the Youth Program Room at Selby Library. All ages. Drop-in crafts from around the world. **Thursdays from 5-7:30 p.m.**
- **April 4: Sculpt Mexican maracas** using papier-mâché. **Saturdays from 2-4 p.m.**
- **April 13: Craft colorful paper flowers** with techniques from all around the world.

Selby Library, 1331 First St., Sarasota. Info: (941) 861-1100.

**Searching For Your Native American Ancestors: A Genealogy Lecture** will be in meeting Room A, Gulf Gate Library, on **April 23, 1-2:30 p.m.** Join in for this genealogy lecture on the ways to find your Native American ancestors. Topics included are: acquisition of CDIB cards, tribal enrollment, and Ancestral Dawes Rolls data for Native American names, dates and places. Also covered will be internet sites for researching the Bureau of Indian Affairs, using US census records, and the benefits of tracing your Native American roots. Gulf Gate Library is located at 7112 Curtiss Ave., Sarasota. Info: (941) 861-1230.

## Free Medicare Counseling for Seniors

Seniors and adults with disabilities who have concerns about Medicare and other health insurance options can receive **free insurance counseling** at several locations. SHINE (Serving Health Insurance Needs of Elders) counselors are now providing free, unbiased health insurance counseling at Goodwill Manasota community rooms at four locations in Sarasota County.

SHINE empowers Medicare beneficiaries, their caregivers, and family members to make informed decisions about health care coverage. SHINE is a volunteer program of the Florida Department of Elder Affairs and part of the national State Health Insurance Assistance Program network.

The SHINE counseling sessions are available at the following Goodwill locations from **11 a.m.-2 p.m.** on **Thursdays**: Goodwill Selby (1781 Dr. Martin Luther King Jr. Way, Sarasota) the **first Thursday** of each month; Goodwill Honore (1740 N. Honore Ave., Sarasota) the **second Thursday** of each month; Goodwill Mecca (5150 N. Tamiami Tr., Sarasota) the **third Thursday** of each month; and Goodwill University (8490 Lockwood Ridge Rd., Sarasota) the **fourth Thursday** of each month. Sessions are by appointment only; to request an appointment with a SHINE counselor, call the Elder Helpline at (866) 413-5337.

SHINE counselors assist clients with Medicare, Medicaid, prescription assistance, and long-term care insurance. SHINE counselors can help seniors and adults with disabilities find programs which may lower their prescription drug costs, provide prescription drugs at no cost, or help with Medicare co-pays and deductibles. As part of the national Senior Medicare Patrol program, SHINE counselors also educate beneficiaries to protect, detect, and report potential errors, fraud, and abuse with their Medicare coverage.

To make an appointment at any of the **Goodwill Manasota sites**, or to receive assistance by phone, call the AAASWFL's toll-free Elder Helpline at (866) 413-5337 (866-41-ELDER). Additional counseling sites can be found at [www.floridashine.org](http://www.floridashine.org).

## Free Support Group

• **Epilepsy Support Group** meet-

ings 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](mailto:Info@JoshProvides.org).

## "Pedaling for Parkinson's" now offered at Lakewood Ranch YMCA

**"Pedaling for Parkinson's"** an exercise class designed for people with Parkinson's, will be offered at the Lakewood Ranch YMCA. The moderate-intensity cycling class will run **Mondays and Wednesdays from 11:30 am to 12:30 pm**. "Exercise is at the top of the list of recommended activities for people with Parkinson's," said Robyn Faucy-Washington, executive director of Neuro Challenge Foundation for Parkinson's.

For more information, contact Kyle Ferrell at [kferrell@manateeymca.org](mailto:kferrell@manateeymca.org) or call the Manatee YMCA main number at 941-798-9622.

## JFCS Support and Wellness Programs

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

• **Mindful Stress Management - Thursdays 3-4 p.m.** Stress impacts the body's natural immune system responses resulting in increased levels of harmful stress hormones. Nancy Saum guides you in the exploration valuable tools with an emphasis on different meditation techniques that can help manage symptoms and side effects of treatment to improve day-to-day life.

• **Newcomer's Support Group: Thursdays, 11 a.m.-noon.** 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.** at 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.

• **Breast Cancer Networking Support Group: 2nd Saturday**

of each month, **10-11:30 a.m.** at Lakewood Ranch Medical Center, Conf. Room One. A support group for people with breast cancer and/or support persons.

• **Venice - Breast Cancer Networking Group: 3rd Tuesday** of each month from **2-3 p.m.** This group offers an opportunity to support and share with other breast cancer survivors. Location: Elite Health, 4125 S. Tamiami Trail, Suite 2, Venice (in Venice Village Shops 41 & Jacaranda). Call 941-408-9572 or 941-366-2224, ext. 167 for additional information.

Unless otherwise noted, the location is JFCS South Tuttle Campus, 1050 S. Tuttle Ave., Sarasota. Call 366-2224 x167 or visit [www.jfcs-cares.org](http://www.jfcs-cares.org).

## Learn Sarasota's History on a Trolley Ride

• **Sue Blue and her famous Saturday morning historic downtown trolley tours** are ready to roll for another season. If you are new to town or if you've lived here a long time, you'll want to climb aboard and ride through downtown while listening to Sue tell the story of Sarasota while she points out buildings and places where it happened. The red trolley leaves Pioneer Park (1260 12th Street) at **10 a.m.** and returns at noon.

A ticket to ride is \$30. Reserve by contacting Linda Garcia at 941-364-9076. Available dates: **April 13 & 17**. The Historical Society of Sarasota County in Pioneer Park. Email [hsosc1@gmail.com](mailto:hsosc1@gmail.com), call 941-364-9076 or visit [www.hsosc.com](http://www.hsosc.com).

## Sarasota YMCA offers Saturday night dance parties

• You might be surprised to learn where one of Sarasota's nightlife hotspots is located: **the Frank G. Berlin, Sr. Branch of the Sarasota YMCA**. On any given **Saturday night**, you'll find between 90 and 130 unity members - an even mix of singles and couples - enjoying a weekly dance party for active older adults, with the opportunity to socialize and ballroom dance. There is a live band, playing big band music; on breaks, the DJ takes over. The evening starts with a ballroom dance lesson to help participants at all skill levels find their footing. The program, which aligns with the YMCA's mission of improving the community's health and well-being, offers the opportunity for social interaction, to practice ballroom dancing skills, and enjoy a fun physical activity in a social, supportive and affordable setting. The dance parties take place every Saturday, 6:30-10:30 p.m., at the Berlin Branch of the YMCA (1075 S. Euclid Ave., Sarasota). Cover charge is \$12. For more information, contact Geyer at 941-955-8194, ext. 125 or [dgeyer@sarasotaymca.org](mailto:dgeyer@sarasotaymca.org).

EMAIL YOUR EVENTS TO:  
**westcoastwoman@comcast.net**  
DEADLINE:  
**APRIL 5**