

WCW PICK

## Free Hearing Healthcare Info Session on MAY 20<sup>TH</sup>



**H**earing Clinic of Venice is sponsoring a **FREE Lunch and Learn Event** to the public to help clear up the confusion about hearing loss and hearing aids on **May 20th 11:30 a.m.** They will discuss the advancements in hearing aids in the past several years. *Held at Bonefish Grill, 1681 U.S. 41 Bypass S, Venice. Seating is limited; call (941) 328-8695 to RSVP.*

## Free Lecture on Hormones

■ **The Renewal Point** has a free seminar on **Thursday, May 30, 6-7 p.m.** on *Bio-Identical Hormones*. Balancing hormones is about optimal aging, living a higher quality of life, and halting or possibly reversing disease processes.

At this Bio-Identical Hormones Seminar you will learn about: Hormones and why an imbalance in them leads to signs and symptoms of aging and the disease processes that come along with this and how correcting the imbalance can retrain your body to function at a higher level. How hormone balancing can improve energy, sleep, sexuality, endurance, relationships, bone strength, joint health, mental focus, and more.

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.

## At the Libraries

■ **Adult Craft Class** is in Meeting Room B at **Gulf Gate Library, 2-3:30 p.m.** on **May 31**. Join in for a fun and informal craft class. Gulf Gate Library is at Curtiss Avenue Sarasota. Info: (941) 861-1230; *There are 20 seats remaining.*

■ **Cirque D' Book** is offered in Jack J. Goldbart Auditorium at **Selby Library, 10:30 - 11:30 a.m.** Librarian Charlotte Thompson leads a monthly book discussion group. On **May 13** they will discuss **Viet Thanh Nguyen The Sympathizer**. Held at **Selby Library, 1331 First St., Sarasota.** Info: (941) 861-1100.

■ **University of Florida/IFAS Extension Master Gardener Plant Clinic** is on **Saturday, May 25, 10 a.m. to noon.** Want to learn more about Florida-Friendly gardens, composting, 5000 or citrus trees? Need a plant or insect identified? Homeowners can receive research-based lawn, landscape and pest management help from the University of Florida. Held at **Fruitville Library, 100 Coburn Road, Sarasota.** Info: (941) 861-2500.

■ **The Genealogical Society of Sarasota** has a meeting on **May 11** in the Goldbart Auditorium at **Selby Library, 10 a.m.-noon.** *This month: Planning and Preparation for a Rewarding Genealogy Research Trip, Home or Abroad.* Carol Campbell Carol will have just returned from a three-week genealogical research trip to Northern Ireland. Her topic will reflect the results of her planning and prepara-

tion for this trip which will be helpful regardless of where travels take one – at home or abroad.

Carol is secretary to the Genealogical Society of Sarasota. She has developed a love of Ireland, having visited there several times. A large percentage of her family research has dealt with both her and her husband's Irish immigrant. The Library is located at 1331 First St., Sarasota. Info: (941) 861-1100.

■ On **Tuesday, May 21** they have a **New England Special Interest Group** that meets **1 to 2:30 p.m.** at **Fruitville Library, 100 Coburn Rd, Sarasota.**

■ **Time Sifters Archaeological Society** meets in the Goldbart Auditorium at **Selby Library, 6- 7:30 p.m.** on **May 15.** The Library is at 1331 First St. in Sarasota. Info: (941) 861-1100. *This month: Manasota Key Offshore Site discussion* with Dr. Ryan M. Duggins.

## 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. 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 tollfree Elder Helpline at (866) 413-5337. Additional counseling sites can be found at [www.floridashine.org](http://www.floridashine.org).

## 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.

## Club News

■ **The Manatee Genealogical Society** meeting is on **Tuesday, May 7, 10 a.m. to noon.**, at Manatee County Central Library, 1301 Barcarrota Blvd. W., Bradenton. A panel of genealogy practitioners and experienced researchers will offer an *"Ask the Experts"* Panel Discussion, fielding attendees' questions and concerns about individual research projects. Submit questions in advance to [info@mgsfl.org](mailto:info@mgsfl.org) or ask at the meeting. Find more at <https://mgsfl.org> or at Facebook: [www.facebook.com/ManateeGenealogicalSociety](http://www.facebook.com/ManateeGenealogicalSociety). Email questions to [info@mgsfl.org](mailto:info@mgsfl.org).

■ **The Woman's Club of Sarasota** has a meeting on **May 7 at 11:30 a.m.** in Eicher Auditorium at Sunnyside Village, 5201 Bahia Vista Street in Sarasota. Luncheon cost: \$15. Info: [www.womansclubofsarasota.com](http://www.womansclubofsarasota.com).

## 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](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 Wednesday 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.

## Red Cross Class

■ They're offering **Adult First Aid/CPR/AED on May 29, 9-10 a.m.** This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection.

Allow approximately 2 hours to complete the online portion. Upon successful completion of this course you'll receive a digital certificate for Adult First Aid/CPR/AED valid for two years. Online components need to be completed prior to attending the skills session. Bring a copy of your successful completion with you to the class. Class is offered at 2001 Cantu Ct., Sarasota.

## 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 community members - an even mix of singles and couples - enjoying a weekly dance party for active older adults, with the opportunity to socialize and ball-

room 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: \$12. For more information, call 941-955-8194, ext. 125.

## You May Just Save a Life

■ On **May 14, 2-3 p.m.** at **Sarasota Memorial Hospital**, they'll be offering **"Stop the Bleed" + Hands-Only CPR Training for Bystanders in Life-Saving Techniques** at SMH's HealthConnection Suite, 1700 S. Tamiami Trail, Sarasota. HealthConnection is located on the first floor of the hospital, near the B elevators and across from the Gift Shop. Registration: 917-7011.

Learn two life-saving skills in less than an hour. SMH's Trauma team will teach you how to stop severe bleeding and SMH's Cardiovascular Program coordinator will show you how to perform hands-only CPR. A person who is bleeding can die from blood loss within five minutes. While emergency responders will arrive as quickly as possible, bystanders are almost always there first. Would you know what to do? Let Sarasota Memorial's trauma team teach you how to stop severe bleeding in an emergency. "Stop the Bleed" is a training program created by the U.S. Department of Homeland Security to train bystanders in life-saving techniques.

**Free classes will be held 2-3 p.m. the second Tuesday of each month.** ☺

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

## west coast WOMAN

**W**est Coast Woman in Sarasota is a monthly publication on the west coast of Florida. We have been publishing since 1989. We are ad-supported so that means our publication is **FREE** and is located at over **600** quality locations from doctor's offices to fitness centers to health food stores. In addition, we are in newspaper boxes in prime locations such as post offices and busy streets.

## Interested in Advertising?

Contact us: **941-954-3300**  
email:  
**westcoastwoman@comcast.net**  
online:  
**WestCoastWoman.com**