

Free Rides to the Polls!

This year's general election is a month away. Many of our riders have mentioned that the tradition of voting in person is something that is important to them. So, as we did for the August primary election, ITN SunCoast will provide free rides to the polls for both early voting (Monday, October 22 to Saturday, Nov 3) and election day (Tuesday, Nov 3). Rides are available to anyone (ITN members or not) 60+ and adults of any age with vision challenges who do not drive. Give us a call a few days in advance and request your free ride to the polls!

7th Annual Hearing Tech Fair – October 27

The largest consumer hearing health fair in Florida is on Saturday, October 27 from 9am - 4pm. at the Manatee Technical College in Bradenton and sponsored by the Hearing Loss Association of Sarasota (HLAS). Free admission, Free hearing aid trials, Free hearing screenings, Free audiologist consultations, Free access to over 50 exhibitors, Free workshops, and **Free Rides provided by ITN SunCoast!** For more information about the Hearing Health Fair contact HLAS at 941-706-4312. For a free ride to the Fair, call ITN SunCoast at 941-364-7530 at least a day in advance.

Lifelong Learning EXPO 2018 - November 15

The SunCoast Alliance for Lifelong Learning presents the Lifelong Learning Expo on November 15 from 9am - 2pm at the Carlisle Inn & Conference in Sarasota. The Expo features renowned speakers and topics, like-minded learners, food, humor and information about all this region has to offer. The event starts with coffee and networking, access to 20+ lifelong learning exhibits, followed by lectures on topics such as intimacy, art, health and wellbeing, current events along with a scrumptious lunch, dessert and improv. To reserve your spot, register at www.suncoastlifelonglearning.org. **For a free ride to the Expo, call ITN SunCoast at 941-364-7530 at least a day in advance.**

More Free Rides

Thanks to the generosity of two anonymous donors who are committed to supporting area residents in learning new things, enjoying life, and contributing to our communities regardless

of age, ITN SunCoast is able to offer to both ITN SunCoast members and people who are not members the free rides noted above plus free rides to the following:

- Does Life Continue After Death Lecture, October 25 6-8:30pm, Friendship Center Sarasota
- Inner Voices: Sex, Intimacy & Aging, November 29 6:30-8:30pm, Friendship Center Venice
- For season subscribers whether or not you are an ITN SunCoast member, free rides to performances at Florida Studio Theater, Sarasota Concert Association, Sarasota Choral Artists, and the Jazz Club of Sarasota.

Low Cost Ride Program for People who are Blind or with Low Vision

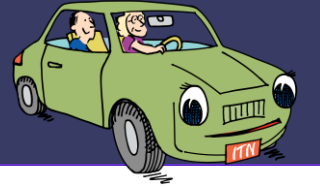
The Harold E. Niles and Ruth M. Niles Fund and the Community Foundation of Sarasota County have provided a grant to ITN SunCoast Rides to give rides at a reduced cost to any resident of Sarasota County with low or no vision to anywhere within Sarasota County. Rides are available for \$2.50 per one way ride from now thru December 31, 2018. Rides are available for any reason, any time of the day or night, any day of the week including weekends and holidays. Rides must be requested by 1pm the day before or by 1pm on Friday for rides wanted on Saturday, Sunday or Monday. You must register in advance to take advantage of this opportunity. Call ITN SunCoast at 941-364-7530 for more information.

Medicare Open Enrollment – Oct 15 to Dec 7

Every year Medicare has an annual open enrollment period when you can make changes to various aspects of your Medicare coverage. During the annual enrollment period (AEP) you can:

- switch from Original Medicare to Medicare Advantage, or vice versa.
- switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another.
- if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

Over time, your needs change and plan coverage changes. Make sure you are protected and are not paying more than you need to. For free, unbiased and confidential advice, contact SHINE (Serving Health Insurance Needs of Elders) is a free program offered by the Florida Department of Elder Affairs and our local Area Agency on Aging at 239-652-6900 ext. 58259 in Sarasota County or 800-336-2226 in Manatee County. ITN SunCoast provides free rides to SHINE appointments.



Jane Brody is coming to Sarasota! **Get Your Tickets While They Last!**

Tickets are now available for “Jane Brody: Living Well to 100,” a luncheon and fundraiser for ITN SunCoast on January 17, 11:30 am to 1:30 pm at the Carlisle Inn & Conference Center in Sarasota. If you are a Jane Brody fan or simply want to learn new things about aging successfully, visit www.itnsuncoast.org or call 941-364-7530 to purchase a ticket. For \$50 per ticket you get to hear Jane Brody, visit healthy aging exhibits, get a swag bag, have a sit down lunch and enjoy Der Dutchman homemade pie. Seating is limited! Event sponsorships are available.

ITN SunCoast
More Than Just A Ride!

SAVE THE DATE
3RD ANNUAL
COME RIDE WITH US!
EXHIBITS, LUNCHEON & KEYNOTE SPEAKER

| | |
|----------------------------|------------------------------------------------------------------------|
| THURSDAY 1.17.19 | THE CARLISLE 3727 BAHIA VISTA SARASOTA 11:30AM - 1:30PM |
|----------------------------|------------------------------------------------------------------------|

**JANE BRODY**
ON LIVING WELL TO 100

“High Priestess of Health”
New York Times Columnist
and American Author

FOR TICKETS OR TO SPONSOR, CALL 941.364.7530 OR VISIT ITNSUNCOAST.ORG
PROCEEDS BENEFIT VOLUNTEER DRIVER RECRUITMENT AND TRAINING

TICKETS \$50 pp



SPONSORS

- CANADA MED SERVICES
- GULF COAST COMMUNITY FOUNDATION
- SENIORS BlueBook
- JFCS Seniors
- Aviva A Campus for Senior Life
- Herald Tribune SRQ THE MAGAZINE
- Encompass Health Rehabilitation Hospital of Sarasota

Member Spotlight: Betty Stewart

By Linsea Mohr

*The light we see is burning in my hall.
How far that little candle throws his beams!
So shines a good deed in a weary world.*

*~William Shakespeare
The Merchant of Venice*

ITN rider Betty Stewart is a perpetual beacon of shining light who has mastered the art of giving by regularly turning one good deed into another and another. Her life has been interspersed with charity affiliations of all kinds and those experiences have only invigorated her fervent desire to give more and do more for a wide spectrum of those in need.

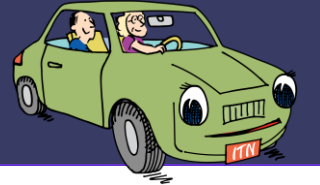
Betty's "giving philosophy" started early in life while participating in her family's charitable causes. She continued with charities and The Junior League even after she met her husband, Lawson Stewart, a flight engineer in the Air Corps and during their family years of raising five children in Pittsford, Vermont. A graduate from NYU who previously attended Smith College, she taught pre-school during those child-rearing years.

Thinking of others along with staying active has permeated into Betty's retirement years too. In the past 20 years she has spent in Sarasota, she has served in multiple church charities and as Vice Chair of the Continuing Education Committee at Glen Ridge, the independent living community where she lives. She also is a member of the "Ambassadors," a committee that facilitates prospective new residents and writes a monthly newsletter for Glen Ridge residents. Other hobbies include needlepoint, the symphony, the ballet and other arts along with her memberships to Mote Marine, Selby Gardens and Ringling Museum.

Betty occasionally takes a break from all her activities to frequent her favorite restaurant in Lakewood Ranch, The Paris Bistro. She has one daughter who resides in Lakewood Ranch with her husband and corresponds with her other children, nine grandchildren and seven great grandchildren scattered throughout the country and the world.

ITN fills in the travel gaps by transporting her where she wants to go when her facility's buses don't transport to those locations. "ITN is my transport support system that takes me places economically," Betty said. "I would be lost without it."

Betty's flame still burns eternally for charitable causes yet is tapered with humility. No megaphones. No pomp and circumstance. Just quiet and often unacknowledged grassroots giving that transforms lives. Theodore Roosevelt said that "the credit belongs to the man who is in the arena." Betty Stewart is the epitome of an action-oriented giver who not only knows the way but shows the way. She never tires of doing good deeds in an effort to make an often weary world a little bit brighter.



ITN SunCoast's October Business Champion



Beginning this month, ITN SunCoast will highlight local businesses and organizations that might be of interest to you. There are times when you might want or need services or supports. While we are fortunate to have a number of service providers in our area, deciding among the available options can be challenging. Business Champions are our opportunity to share with you service providers who have been supportive of ITN SunCoast and who we believe will provide quality services.

Right at Home Sarasota offers a wide range of caregiving services across Sarasota and Manatee Counties. They are committed to providing you or your family member with an outstanding in-home care experience. You can rest assured that your Right at Home caregiver will perform with compassion, knowledge, and professionalism. To make sure it is an excellent fit, Right at Home's system of matching caregivers to clients takes numerous factors into consideration: services needed, your loved one's interests and the personalities of both your loved one and the caregiver. They tailor their care to your unique situation.

There is not enough space here to do justice to Michael Juceam, the owner of Right at Home Sarasota. Michael's commitment to providing outstanding services and his commitment to our community are unparalleled. Michael served on the ITN SunCoast Board of Directors, is currently a member of our Advisory Council, and has been a strong supporter of ours. He has also served in a variety of capacities with the Friendship Centers, Sarasota-Manatee Jewish Federation, HealthSouth Rehabilitation Hospital, the Sarasota County Aging Network, the Parkinson's Foundation, the Stroke Association of Florida, the American Heart Association and the Alzheimer's Association.

For more information about Right at Home Sarasota call (941) 929-1966, visit www.rightathome.net/sarasota-county, and see the enclosed brochure.

Friendly Reminders

- Our office hours are 9:00 am to 4:00 pm, Monday thru Friday and we may be reached by calling 941-364-7530. If you call us after 2 pm, we will get back to you the following day. **In case of an emergency after hours or on the weekend, call 941-928-6506.**
- You may request a ride for any reason, on any day of the week including weekends, at any time of the day or night to anywhere within Sarasota and Manatee Counties. **Please make your ride request by 1 pm the day before you want a ride.**
- **For rides you need on Sundays and Mondays, please call in your ride requests by 1 pm the previous Friday.** On Friday afternoons, we set the schedules for Saturday, Sunday and Monday rides.
- If the details of a particular ride change after you have called us and made the ride request, please let us know asap and do not wait until you receive the confirmation call. Our ride schedules are pretty set by the time of the confirmation calls so making changes at that time can cause problems for us.
- When you call to make a ride request, please be prepared to give us your pickup and destination addresses and the times when you want to get picked up for both portions of your travels.
- You now have the option of submitting ride requests through email. Requests should be sent to info@itnsuncoast.org.
- You are welcome to have friends join you for rides to wherever you want to go. Your friends do not have to be ITN SunCoast members and there will be an additional charge of \$2.50 per person per ride.

You may request rides for friends to visit you at your home. In this case, we will charge you, our member, the regular fare for the ride requested and it will be up to you to collect the charge or not from your friend.

Thank you for being a member/supporter of ITN SunCoast!!

Arthur Lerman, Executive Director

Stacy Prouty, Director of Development & Marketing

Jenn Smith, Executive Assistant

Rich Henderson, Dispatcher

Megan Radish, Administrative Assistant