



Hurricane Irma

How did you get through Hurricane Irma? Did you leave the area, hunker down with friends, stay in your own home, or go to a shelter? Did you lose your electricity or internet and realize how dependent we are on these fundamental services? Needless to say, many of us have stories to tell. At the same time, we were very fortunate that Irma changed track at the last minute and we experienced far less than the Category 3 or 4 hurricane that had been predicted. We at ITN SunCoast weathered the storm ok, provided rides to members and non-members to shelters and home again, and were back on the road on Tuesday after the storm. We hope that you have recovered from Irma and that life is back to normal. We also thank our drivers some of whom braved the weather to make sure the requests for help from our members were fulfilled.

Free Rides to 2 Special Events

Out of our commitment to our members being able to take advantage of the many wonderful events that occur in our area, ITN SunCoast will provide free rides to members to the 2017 Celebration of the Arts and the Age-Friendly Festival. If you are interested in going to either of these events, simply call the office and make the ride request.

The Arts and Cultural Alliance of Sarasota County's 2017 Celebration of the Arts will be held on Monday, October 23 at 7 pm at the Van Wezel Performing Arts Hall. The evening will include performances from some of Sarasota's great arts organizations and the presentation of the Council's Arts Leadership Awards! Admission is free. The Celebration of the Arts is the kick-off to *InspireSarasota!*, a twelve-day long celebration of arts and culture in our area.

The Age-Friendly Festival will take place on Saturday, October 28 from 9 am to 4 pm at the Sarasota Fairgrounds and is presented by The Patterson Foundation as a gift to the community. The Age-Friendly Festival will be a celebration of lifelong well-being in our region. The Festival will feature exhibits, education, experiences, and entertainment highlighting Arts & Culture, Health & Wellness, and Livability Options. Entrance to the Festival is free, there will be free live entertainment and food will be available for purchase throughout the day.

Staff Changes & Help From Volunteers

You may have noticed that Dana is no longer the cheerful and helpful voice answering the phones in our office. For personal reasons, Dana is no longer on our staff. Dana did a great job and will be missed. We are in the process of hiring a new person and expect that someone new will be on staff within the next few weeks.

In the meantime, we are very fortunate that some of our volunteer drivers have answered the call and are now doing double duty, providing rides and helping in the office. We are very appreciative of the much needed help. So, when you call in to make ride requests, don't be surprised if you hear an unfamiliar voice on the other end of the line.

Medicare Drug Plans

Do you have a Medicare Part D Prescription Drug plan? Do you realize that the open enrollment period for Part D plans runs from October 15 to December 7 and that during that period you are encouraged to review your plan and possibly change to a new plan in order to save money? A study a few years ago found that 92% of people with Part D plans were paying more than necessary because they did not review their plan annually. Drug plans change every year in terms of cost and the drugs that they cover. That coupled with the fact that your medications may have changed are important reasons why you should review your options. By changing plans you may be able to save as much or more than you are spending on transportation. A good site to explore your options is:

<https://www.medicare.gov/find-a-plan/questions/home.aspx>

Sarasota's Kathy Black Honored

Kathy Black, a Professor of Aging Studies and Social Work at University of South Florida, Sarasota-Manatee and a big fan of ITN SunCoast has been selected by Next Avenue as one of the Top 50 Influencers in Aging in the United States for 2017. Kathy, a Gerontological Society of America fellow, began her career in nursing. This background in health care gives her a uniquely comprehensive perspective in her current academic work in gerontology, promoting healthy aging and planning for end-of-life care. In addition to being a professor of aging studies, Kathy was the instigator and leads "Age-Friendly Sarasota", an initiative that promotes healthy living and engagement for community members of all ages. The program is a part of the World Health Organization's Global Network of Age-friendly Cities and Communities.



New Avenue – Interesting Source of Information

Next Avenue provides news, advice, information, and stories specifically for people over 50+. It is public media's only national journalism service for America's booming older population. Its daily content delivers vital ideas, context and perspectives on issues that matter most as we age. Check it out: <http://www.nextavenue.org>

ITN SunCoast Board of Directors' Officers

ITN SunCoast's Board of Directors recently held its Annual Meeting and elected its officers for 2017-18. Susan (Suzy) Prymmer was elected to be Chair of the Board, Don Deibert will serve as Treasurer, and Linda Davis will serve as Secretary. Suzy is currently the executive director at Savannah Grande Assisted Living Facility in Sarasota, Don has been a volunteer for many organizations and manages a family foundation, and Linda is a retired educator, an avid golfer and journeywoman glass fusing artist.

Help Us Honor Linda Davis – October 17

On Tuesday, October 17, Linda Davis, ITN SunCoast's Board of Director's Secretary and volunteer driver, will be honored by the Sarasota branch of Bankers Life with its [Golden Beacon](#) award, created to highlight individuals ages 50 and older who are making a meaningful impact in their hometowns through volunteerism. The gathering will take place at 10 am at the Goodwill Community Room, 1704 N Honore Avenue in Sarasota. Refreshments will be provided and free rides to the event are available to ITN SunCoast members.

People Helping People Awards Breakfast – October 24

The Friendship Centers will hold its 2017 People Helping People Awards Celebration on October 24. The breakfast honors champions who do so much to improve the lives of older adults in Sarasota and raises money to help Friendship Centers deliver its mission. Two members of ITN SunCoast's Advisory Council, Nancy Schlossberg (Author) and Michael Juceam (Right at Home), will be honored. The event will take place on the 24th at 8:30 a.m. at Michael's on East. Individual tickets cost \$85.

Friendly Reminders

- ITN SunCoast office hours are 9:00 am to 2:00 pm, Monday thru Friday and 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

Susan Shaw, Executive Assistant

Rich Henderson, Dispatcher