

Free and low-cost health services will be provided in May at 16 Sarasota County sites

The Sarasota County Health Department's Health In Motion Mobile Medical Unit staff will provide free and low-cost health services at 16 sites around the county during May.

- Staff also will be present at the North Port Charity Walk on Saturday, May 21, from 9:30 a.m.-noon at Dallas White Park, 5900 Greenwood Ave., North Port. Free blood pressure and blood sugar checks and rapid HIV testing will be provided.

The services offered at all regularly established sites include diabetes education and screening, blood pressure tests, pregnancy testing, HIV and tuberculosis testing, adult immunizations and health education. The staff also assists individuals who lack medical insurance and do not have a health care provider to find a medical home for ongoing health care.

No appointment is needed. Some services are free, including HIV rapid testing with results in 20 minutes. Other services are provided on a sliding-fee scale based on income. Licensed volunteer physicians from the Senior Friendship Centers provide basic medical care when the mobile medical unit is at the Salvation Army in Sarasota. A registered nurse is available at all sites.

The following is a schedule of dates and locations for the mobile unit:

SARASOTA Area

Thursdays, May 5, 12, 19 and 26, 9:30 a.m.-3 p.m.
Salvation Army 1400 10th St.

Mondays, May 2 and 16, 9:30 a.m.-noon
Selby Goodwill Jobs Center 1781 Dr. Martin Luther King Jr. Way

Mondays, May 2 and 16, 1-3 p.m.
Newtown Estates Park 2800 Newtown Blvd.

Monday, May 9, 9:30 a.m.-noon
Orange Avenue Housing Authority property 1912 N. Orange Ave.

Mondays, May 9 and 23, 1-3 p.m.
Arizona Multi-Services Center 3900 N. Washington Blvd.

Monday, May 23, 9:30 a.m.-noon
McCown Tower 1300 Blvd. of the Arts

For more information, contact the Sarasota County Call Center at 941-861-5000, or visit www.sarasotahealth.org to view the calendar or to submit a special event request. Anyone without computer access can visit a health kiosk at any of the eight Sarasota County libraries or at any Senior Friendship Center.

Keep Sarasota County Beautiful accepting volunteer award nominations

Keep Sarasota County Beautiful (KSCB) is now accepting nominations for the 2011 Volunteer Awards Recognition Program. KSCB also is accepting applications from organizations or individuals who want to reserve a display table at the annual volunteer awards ceremony on Wednesday, May 25. The event will be held 4-7 p.m. at the Venice Community Center, 326 Nokomis Ave, Venice.

Awards will be given in the following categories:

- Adoption programs – parks, shores, roads, or campuses
- Beautification – commercial and community
- Community cleanups
- Land, air and gulf preservation
- Community gardens
- Youth, school, scouts and clubs
- The "extra mile" award
- The Guy Hudson Award
- Volunteer of the Year

Doors will open to guests at 4 p.m. Food will be served from 4:45-5:45 p.m. The awards ceremony will take place from 6-7 p.m.

Nominations for volunteer awards are due by Monday, May 2, and can be made by downloading a nomination form at www.scgov.net, keyword search KSCB, or by calling 941-861-5397.

Organizations or individuals who want a display table at the event can set up from 3-4 p.m. There is no fee for a display table. Reservations for display tables should be made by April 28.

For more information, contact the Sarasota County Call Center at 941-861-5000 or visit www.scgov.net, keyword search KSCB.

Residential Garbage, Recycling and Yard Waste

Collection Tips

- Containers weighing more than 40 pounds will not be picked up.
- All items must fit in the container with the lid closed.
- Auto parts are not accepted. Contact a [scrap metal dealer](#) or junkyard for disposal.
- Construction material such as drywall, lumber and tile is limited to four, 32-gallon containers.
- Do not place household [hazardous waste](#), motor oil, recyclables, needles or yard waste in garbage containers or bags.

Our community website was developed to serve as an information portal for our neighborhood and our local community.

www.colonialgablesnews.net

Have you visited the new Colonial Gables website. Please let someone know your ideas of the website. If you have input for the website, please email them to colonialgables@yahoo.com

Newsletter Submissions

All articles, ads, and payments must be submitted by the 15th of each month. You can submit articles through the website or email rinkld@aol.com

Volunteering

Currently there is a need for newsletter delivery for the following areas, Sharondale, Winderwood and Brookmeade Drive area. This is a once a month volunteer duty and requires about 45 minutes of your time each month. For a high school student, this could serve as required community service hours. Contact Lori Rinker.

Letter to the CGHA Newsletter

For the past few years, why is it that I see the same few residents at the Colonial Gables Homeowners Association meetings. It seems the same folks have been supporting the association that is here to support our neighborhood.

It is really sad with the 600 plus homes that make up the Colonial Gables, we have less than one half of the homes as members, When you consider the 'dues' are only of twenty dollars per year, it is really sad.

You can't just offer money to the association, it needs volunteers to drive and support projects to make this a beautiful neighborhood. Think about it this way, a strong homeowners association can assist with keeping your property value higher. For the absent homeowners, would you please come support this neighborhood? Please come out to the next meeting to show you believe in the value in a Colonial Gables Homeowners Association!



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Colonial Gables News

Colonial Gables News

May 2011 Edition



Editor's Note:

Last month's newsletter was incorrectly identified as the May 2011 Edition, and should have been labeled as April 2011.

Upcoming Events and Items of interest

GENERAL MEETING

May 3, 2010 - 7:00 - 8:00p.m

Board Elections

Colonial Oaks Park – Room C

5300 Colonial Oaks Blvd

Sarasota 34232

Election for Board Members

*It's time to support the CGHA board.
Calling on all homeowners to support the community by taking an active role in the within board! Need homeowners to come to the next meeting on May 3, 2011 to take part in the election of officers for the CGHA board.*

Colonial Gables Homeowners Association
Founded 1980

GENERAL MEETINGS

Colonial Oaks Park –
5300 Colonial Oaks Blvd
Sarasota 34232
Room C

May 3, 2011
7:00 - 8:00 p.m.

ASSOCIATION OFFICERS

~President ~
Ken Jomisko
371-2976

~ Vice President ~
Robert Summerall
handyrobert@comcast.net
342-8671

~Treasurer ~
Lori Rinker
rinkld@aol.com

~Secretary ~
Lori Rinker
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~Newsletter~
Needs a new volunteer

WEB SITE

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