

## CONSIDERING CREMATION?

Come join the National Cremation Society for a **FREE Lunch & Informational Seminar** on the benefits of pre-planning your cremation.

**We'll discuss:**

- Affordable options and savings
- Veterans benefits
- Worldwide Away-From-Home Protection
- And much more...

**RESERVATION REQUIRED**  
Limited seating available.  
**CALL NOW!**

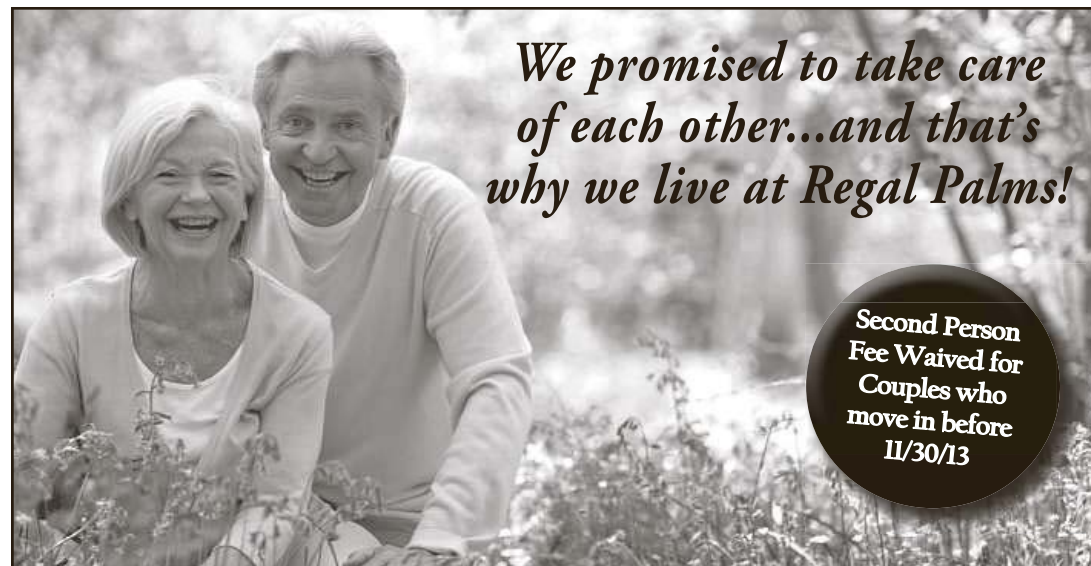
**727-536-0494**  
First time attendees only please.

**\$200 Promotional Discount**

**Ruby Tuesday**  
8512 Ridge Rd.  
Port Richey, FL 34654  
Thursday, October 10th • 11:15AM

**Rossi Ristorante Italiano**  
7254 State Road 54,  
New Port Richey, FL 34653  
Tuesday, October 15th • 11:15AM

**Register to win a FREE cremation**



*We promised to take care of each other...and that's why we live at Regal Palms!*

**Second Person Fee Waived for Couples who move in before 11/30/13**

We wanted to have the freedom of living together in beautiful surroundings, while having the security of knowing help was available to us when needed. Regal Palms has been the perfect solution for us!

Regal Palms, at the Palms of Largo, offers a wide range of services including **Independent Living, Assisted Living, and Memory Care.** We can enjoy amenities like restaurant-style dining and an on-site holistic spa and fitness center while residing in a spacious apartment with full kitchen and balcony. We can pursue new dreams and activities or enjoy quiet times at home together.

*See for yourself if Regal Palms is the perfect solution for you.*



Call Lisa or Lenah today to schedule your personal tour  
**(727) 437-1350**



**REGAL PALMS**

PREMIER ASSISTED LIVING  
In the heart of Pinellas County

300 Lake Avenue NE • Largo, FL 33771  
**RegalAlf.com**



Winner of the AHCA/NCAL 2013 Silver Commitment to Excellence award!

A Platinum Service® Community Managed by The Goodman Group Assisted Living Facility License No. 9570 037494-01

## Around Pinellas

### Health notes

# Sunstar joins Safe Night Out

On Oct. 1, a group of Sunstar Paramedics employees participated in the city of Clearwater-sponsored Safe Night Out, "America's Night Out Against Crime," at the Clearwater Mall.

Attendees were given the opportunity to tour Sunstar's pink Breast Cancer Awareness ambulance and interact with Sunny Star, a remote controlled robotic ambulance that provides information about emergency vehicles and safety.

Other organizations in attendance included the Clearwater Police Department, Clearwater Fire Department, Target, Bayflite, Pinellas County Sheriff's Office, SWAT teams and Safe Kids Pinellas.

Clearwater Safe Night Out is part of National Night Out, a program of the National Association of Town Watch.

National Night Out was introduced in 1984 as an effort to promote involvement in crime prevention activities, police-community partnerships, neighborhood camaraderie and send a message to criminals letting them know that neighborhoods are organized and fighting back.

Today, the program involves more than 37 million people and 15,000 communities from all 50 states, U.S. Territories, Canadian cities and military bases worldwide.

Premiere Racing Institute invites the public to celebrate Breast Cancer Awareness Month by signing up for Pretty in Pink (formerly the Ace of Hearts), a 5K or 15K chip-timed race that

begins at 7:30 a.m. today at Del Oro Park, 401 McMullen-Booth Road, Clearwater.

On race day, runners can begin picking up their race packets on site at 6:40 a.m. The 15K will be run on city of Clearwater roads and Ream Wilson Trail; the 5K will be run on the Ream Wilson Trail exclusively.

Runners will receive awards in several race categories, as well as for dressing in pink.

A big post-race party featuring pink food and drinks is planned.

Registration is \$20 for the 5K, \$30 for the 15K.

For more information, call (727) 736-8232 or visit premier-racinginstitute.com.

Health and fun will be artfully combined at ManorCare of Dunedin's seventh annual Senior Oktoberfest Health Fair 11:30 a.m. to 1:30 p.m. Thursday at 870 Patricia Ave., Dunedin.

The event brings together local health-related vendors offering massages, memory screenings and hearing, vision and blood pressure tests with live music and a free Oktoberfest lunch.

Enjoy beer samplings provided by Dunedin Brewery and mingle with friends on the front patio as \$50 raffle baskets and giveaways are dispersed throughout the event.

For more information and event details, call ManorCare of Dunedin at (727) 734-8861.

According to the National Institute on Aging, Alzheimer's disease is the most common

cause of dementia among older people.

The irreversible, progressive brain disease slowly destroys memory and thinking skills, and eventually even the ability to carry out the simplest tasks. In most people with Alzheimer's, symptoms first appear after age 60.

In an effort to raise awareness and funds to fight Alzheimer's disease, the Alzheimer's Association expects nearly 1,400 people from the Pinellas area to participate in its Walk to End Alzheimer's on Saturday at Bright House Field, 601 N Old Coachman Road, Clearwater.

Those who register for the 2-mile walk that begins at 10 a.m. will learn more about Alzheimer's disease, advocacy opportunities, clinical trial enrollment, and support programs and services of the Alzheimer's Association.

Each walker will also join in a meaningful tribute ceremony to honor those affected by Alzheimer's disease.

To start or join a team, call (727) 578-2558 or visit [act.alz.org/pinellas](http://act.alz.org/pinellas).

Dance stress away at Monster Mash Zumba Bash at 6 p.m. Saturday, at Highland Recreation Complex and Family Aquatic Center, 400 Highland Ave. NE, Largo.

Dress in comfortable clothing or costumes and dance shoes or sneakers and enjoy healthy treats, raffle prizes and non-stop Zumba with a haunted twist.

The cost is \$10 in advance or \$15 the day of the event.

For details, call (727) 518-3016 or visit [largo.com/department/division.php?fDD=13-61](http://largo.com/department/division.php?fDD=13-61).

Mail health items to Tampa Bay Times, 1130 Cleveland St., Suite 100-A, Clearwater, FL 33755; fax to (727) 445-4119; or email [nbeall@tampabay.com](mailto:nbeall@tampabay.com).

## Healing Your Grieving Heart: 30 Practical Touchstones for Caring for Yourself

**October 24, 2013 at 7:00 p.m.**

**North Bay Community Church**  
3170 N. McMullen Booth Rd • Clearwater



**Renowned Grief Specialist**  
**Alan Wolfelt, Ph.D.**

Alan Wolfelt, Ph.D.  
Author \* Educator \* Grief Counselor

## FREE COMMUNITY SEMINAR

We all face grief at some point in our lives. We grieve the painful loss of a loved one, loss of a job or perhaps the loss of a marriage. This special program of hope & healing will offer you support in your personal grief experience.

Spend an evening with one of America's leading grief counselors. Dr. Wolfelt can give you tools to deal with your grief. This event is also important for caregivers of all kinds including counselors, educators and clergy.

**FREE Registration:** This event is free & open to all who want a message of hope & healing.

Please call us by October 23 to reserve your seat. Seating is limited.



**Curlew Hills** 727.789.2000  
MEMORY GARDENS  
[CurlewHills.com](http://CurlewHills.com)



**SUNCOAST HOSPICE**  
Licensed to serve since 1981

Free handout materials & refreshments

## Welcome to the Community

**Charles Digby, DO**

Board Certified in Internal Medicine



Charles Digby, DO

Morton Plant Mease Primary Care is pleased to welcome Dr. Charles Digby to Clearwater and the surrounding communities. He is joining the practice of Katherine Banull, MD, and Mark Smitherman, MD.

Experience the Morton Plant Mease commitment to quality with Dr. Digby, who is part of our team of more than 100 physicians. You'll get excellent and compassionate care, close to home.

- Accepting new patients age 18 and older
- Most insurances accepted
- This office has been awarded the highest level of recognition by the National Committee for Quality Assurance (NCQA) as a Physician Practice Connections® — Patient-Centered Medical Home™.

**Axelrod Pavilion at Morton Plant Hospital**  
400 Pinellas St.  
Suite 350  
Clearwater

**For appointments:**  
**(727) 462-3696**

**Morton Plant Mease Primary Care**

[MPMPPrimaryCare.com](http://MPMPPrimaryCare.com)

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