

ISLES Resource Guide

As things continue to evolve with COVID-19, the Isles Management team would like to provide the community with available resources such as: Meals, Grocery Delivery, Pharmacy Delivery, Transportation Services, Concierge Services, and Other Useful Information.

MEALS

<i>Organization & Contact Info.</i>	<i>Services Provided</i>	<i>Costs</i>
DoorDash Website: https://www.doordash.com/en-US	Order from various local restaurants online via website. Order is picked up and delivered to your home.	\$0 delivery fee over \$10 Cost of order, plus base service charge for pickup/delivery varies depending on distance and by restaurant.
Bite Squad Website: https://www.bitesquad.com/	Order from various local restaurants online via website. Order is picked up and delivered to your home.	Cost of order, plus base service charge for pickup/delivery varies depending on distance and by restaurant.
Meals on Wheels Phone# 941-366-6693 Website: www.mealsonwheelsofsarasota.org	Provides 1 hot meal, 6 days per week (Mon. – Sat.), delivered to your home. No income requirement Two day advanced notice Service can be for any duration	\$6.00 per person/meal (rates may be adjusted based on financial need) \$50 initial service fee (not refundable)
The Friendship Centers Nutrition Programs Phone # 941-584-0048 Hours: M-F 8:30 – 4:30pm Website: www.friendshipcenters.org	Meal program – meals are delivered once a week and meal packs usually provide 5-7 frozen meals at one time. They have volunteers that can pickup and deliver groceries to your home. They also offer reduced cost for medical and dental care	No income requirement. FREE – Must meet the following requirements: 1. Sarasota county resident 2. Over the age of 60+

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GROCERY DELIVERY

<i>Organization & Contact Info.</i>	<i>Services Provided</i>	<i>Costs</i>
Publix 8409 S. Tamiami Trail Phone # 941-925-7238 Website: https://delivery.publix.com/	Delivery- through Instacart. Place order online and groceries will be deliver to your door steps.	\$3.99 delivery fee, plus 5% service fee.
Walmart 5401 Palmer Ranch Crossing Cir Phone# 941-554-2352 Website: https://grocery.walmart.com/	In-store pickup - shop online and schedule a pickup time. Groceries delivered to car in defined parking area. Delivery – Place order online and groceries will be deliver to your door steps.	In-store Pickup \$30 minimum online order Free pickup Delivery Fee varies
Target 8401 S Tamiami Trail Phone # 941-921-6893 Website: https://www.target.com/	In-store Pickup – shop online and pick up groceries inside the store. Delivery - through Shipt. Place order online and Shipt will deliver your groceries to your door steps.	Free in-store pickup. Deliver \$35 minimum online order for delivery. Delivery Fee - \$9.99, plus service tax.
Costco Wholesale 8201 S Tamiami Trail Phone# 941-554-2800 Website: https://www.costco.com/grocery-household.html	Same- Day Delivery – through Instacart. Place order online and groceries will be deliver to your door steps. 2- Day delivery – Place order online and your groceries will be deliver to your door steps.	Same- Day Delivery \$35 minimum online order for delivery. 5% Service Fee 2 – Day Delivery \$3 delivery fee Free delivery over \$75.
Instacart Website: https://www.instacart.com/	Provides online ordering and delivery in Sarasota from stores like: <i>Publix, Total Wine, Costco, CVS Pharmacy, Petco, Sam’s Club, Sprout Farmers Market, BJ’s, and ABC fine wine</i> with potential for same day delivery.	Cost of order, plus base service delivery fee for pickup/delivery varies depending on distance and by store.
Shipt Website: https://www.shipt.com/	Provides online ordering and delivery in Sarasota from stores like: <i>Costco, CVS pharmacy, Gordon Food Service, OfficeMax, Petco, Publix, Target, Winn Dixie, and ABC dine wine</i> with potential for same day delivery.	Cost of order, plus base service delivery fee for pickup/delivery varies depending on distance and by store.

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PHARMACY DELIVERY

<i>Organization & Contact Info.</i>	<i>Services Provided</i>	<i>Costs</i>
<p>Davidson Drugs – Midtown Plaza 1281 S. Tamiami Trail, Sarasota</p> <p>Phone# 941-365-9116</p> <p>Website: www.davidsondrugs.com</p>	<p>Provides home delivery in Sarasota County of prescriptions and non-prescription items Monday – Saturday.</p>	<p>\$3.00 delivery charge, plus cost of prescription/non-prescription items. Prescriptions greater than \$10 no delivery fee.</p>
<p>Walmart Pharmacy 5401 Palmer Crossing Cir.</p> <p>Store Phone# 941-554-2352 Refill # - 1-800-273-3455</p> <p>Website: https://www.walmart.com/cp/pharmacy/5431</p>	<p>Drive-thru – Pickup your prescription without having to get out of your car.</p> <p>Delivery – Place order online or on the phone.</p>	<p>Prescription cost and delivery fee varies.</p> <p>May take up to 2-3 business days.</p>
<p>CVS Pharmacy 8546 S Tamiami Trail</p> <p>Phone # 941-918-1514</p> <p>Website: https://www.cvs.com/content/delivery?WT.ac=cvstorelocator-delivery-searchpilot</p>	<p>Drive-thru – Pickup your prescription without having to get out of your car.</p> <p>Delivery- Place order online or on the phone.</p>	<p>FREE delivery – 1 to 2 business day or same day delivery with Shipt.</p>
<p>Walgreens Pharmacy 3860 Central Sarasota Pkwy</p> <p>Phone# 941-882-5370 Refill # 1-866-823-2712</p> <p>Website: https://www.walgreens.com/locator/walgreens-3860+central+sarasota+pkwy-sarasota-fl-34238/id=15260</p>	<p>Drive –thru – Pickup your prescription without having to get out of your car.</p> <p>Delivery – Place your order online or on the phone.</p>	<p>FREE Delivery – same day delivery if order is placed early in the day.</p>

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TRANSPORTATION SERVICES

<i>Organization & Contact Info.</i>	<i>Services Provided</i>	<i>Costs</i>
<p>iTN SunCoast 1704 N. Honore Ave</p> <p>Phone # 941-364-7530</p> <p>Website: www.itnsarasota.org</p>	<p>Rides only to medical appointments, grocery store, and pharmacy.</p> <p>Must be 60+ to be eligible to join (or visually impaired). Must fill out application. Can be done online or over the phone.</p> <p>Rides must be booked 1 day in-advance. Booking office is open M-F 9am – 12pm to schedule transportation.</p> <p>Operates 24/7 for scheduled rides.</p>	<p>Annual membership fee of \$50 for individuals.</p> <p>A minimum deposit of \$50 is maintained on the personal account. No money or tips exchange with the driver. Riders are billed monthly on services used.</p> <p>Fares: \$4.00 Pick-up/\$2.15 per mile. \$10 minimum each way.</p>
<p>Rides Insight Phone # 855-607-4337 (Toll Free Assistance Line)</p> <p>Website: www.ridesinsight.org</p> <p>This is a resource center providing information on local transportation for seniors.</p>	<p>Website for transportation needs: Enter zip code and transport services will be listed within your area with contact info</p> <p>Toll free number provides assistance if needed, 8AM-8PM ET, Monday-Friday</p>	<p>Rates vary depending on type of transport, distance and time</p>
<p>Sarasota County Area Transit (SCAT)</p> <p>Phone# 941-861-5000</p> <p>Website: https://www.scgov.net/government/scat-bus-service/scat-bus-service</p>	<p>Bus services available Monday – Sunday at designated routes across the county</p> <p>At-home pickup is available. Must fill out application online or over the phone.</p> <p>Rides must be scheduled at least 24 hours in-advance.</p>	<p>FREE Service</p>

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Seniors on the Go Phone# 941-444-0569 Facebook Page: https://www.facebook.com/Sara-sota-Seniors-on-the-Go-463710590483396/ Owners: Vicky Green	Service available to any age group. Service available 24/7. Any transport needs: medical appointments, grocery, pharmacy, or personal shopping. Requires a 48 hour notice. Call to schedule your pickup.	Charges vary depending on distance and time. \$25 for transportation First 5 miles are free - \$1 per miles after that. After 30 minutes, there's a waiting charge of \$10.
Emerald Green Taxi Phone# 941-922-6666	Service available 24/7. Any transport needs: medical appointments, grocery, pharmacy, etc. Call at least 1 hour in-advance to schedule pickup.	Costs: \$6 minimum fee (approx. \$2 a miles) \$7 two miles \$10 three miles \$15 five miles \$.40 a minute waiting charge over 5-10 minutes
Yellow Cab Phone# 941-955-3341	Service available 24/7. Any transport needs: medical appointments, grocery, pharmacy, etc Call for reservation at least 1 day in-advance .	Costs: \$4.20 pick-up fee - meter starts upon pickup. \$2.40 per miles.

TRANSPORTATION APPS

(Accessed via websites and/or mobile apps)

Uber..... <https://www.uber.com/>

Uber Technologies Inc. is a peer-to-peer ridesharing, taxi cab, food delivery, bicycle-sharing, and transportation network company.

Lyft..... <https://www.lyft.com/>

Lyft is an on-demand transportation company based in San Francisco, California. It develops, markets, and operates the Lyft car transportation mobile app.

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OTHER USEFUL INFORMATION

Area Agency on Aging for Southwest Florida: www.aaswfl.org
Phone# 1-866-413-5337. An organization that provides information, education and assistance to elderly and disabled individuals in SW Florida.

Dept. of Elder Affairs, State of Florida:..... www.elderaffairs.state.fl.us
Website contains specific agencies and contacts for elder assistance per Florida county. Check website for additional resources that are available in Sarasota.

Eldercare 941-377-4465.....www.eldercaresarasota.com
Provides transportation, grocery, 3 hour minimum, \$20 per hour if your own car is used for errands. Will take you to Dr's appointments and take notes. \$1.50 per mile, if using their car.

FCOA - Florida Council On Aging: www.fcoa.org
FCOA is a statewide association of individuals dedicated to serving the needs and issues for the elderly across the state. They serve primarily as an advocacy organization and are located in Tallahassee, Fl.

Florida Seniors Guide: www.seniorcare.com
The guide provides senior housing data, Florida long term care choices, healthcare quality ratings, Medicare cost analysis, Florida aging resources and "Local Senior Help Lines for Counties with large elderly population".

SCAN - Sarasota County Aging Network: www.sarasotacountyagingnetwork.com
Sarasota County Aging Network (SCAN) is a support and resource organization providing grants, education and referrals for issues concerning seniors in Sarasota County. Contact the organization via their website to receive their directory of members and services offered.

Seniors Blue Book: www.seniorsbluebook.com
This website groups a variety of services (similar to a telephone directory) under specific headings which can serve as a starting point for finding out all kinds of assistance for the elderly.