

Newsletter May 2017



a service of
Aging Matters
IN BREVARD

Come visit us

Monday-Friday 10:00-5:00, Saturday-10:00-4:00
Closed Sundays and Holidays



How To Protect Your "Stuff" in 3 Easy Steps

Thursday, May 25
12:00-2:00

Join Jeremiah Walters, Esq. for this **FREE** presentation and get answers to questions and common misconceptions about:

- Wills & Trusts
- Asset Protection
- Nursing Home Issues
- Medicaid Qualification
- Estate Taxes

Lunch will be provided.

Please call (321) 452-4341 to reserve your seat.

Caregiver Life Transitions Group



Tuesday, May 9 and 23
1:30-3:00

Our Caregiver Life Transitions Group offers support for those moving on after providing care for a loved one or those transitioning to another stage in their life.

Please call (321) 452-4341 with any questions.



Card Making Class

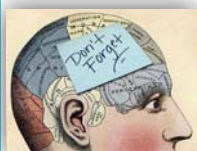
Tuesday, May 2
Thursday, May 4
10:30-12:00

Join us this month in making a paper craft box with lid. Supplies will be provided and the class is **FREE!**

Space is limited to 10 participants, so call (321) 452-4341 to reserve your spot today!

FREE Memory Screening

Wednesday, May 17, 10:00-2:00



Schedule a free private memory screening and evaluation with Deidra Shubert of Compass Research and learn about available Alzheimer's research opportunities.

For an appointment call (321) 202-2712. **COMPASS**
RESEARCH

Game Day



Tuesday, May 23
10:00-1:00

CarePlus and Humana will present a fun game day at the Sunflower House! We will have ping pong, Wii games, card games, board games, group games, and more! Come out and join the fun! Snacks and drinks will be provided.

Please call (321) 631-2749 with any questions.



Tuesday, May 16
10:30-12:00

Come join the fun and bring a friend to this **FREE** Bingo game. Win prizes! This is a great opportunity to meet new friends or hang out with old friends and have a great time!

Please call (321) 631-2749 with any questions.

Medical Equipment Bank

The Sunflower House currently maintains a donation-based medical equipment bank. We accept donations of wheelchairs, walkers, and other medical equipment. At this time, we need:

- Wheelchairs
- Transport Chairs
- Walkers with Seats
- Shower Chairs



Our medical equipment bank loans equipment to individuals age 60+ as well as caregivers of seniors for both short-term and long-term use. We appreciate you thinking of us and hope we can help you with your medical equipment needs.

Please call (321) 452-4341 with questions.

Friday Afternoon at the Movies


Please join us for a movie and refreshments
Fridays at 1:00

This month's movies will be the following
new releases *(based on availability)*

May 5: *Jackie*
May 12: *Collateral Beauty*
May 19: *Lion*
May 26: *La La Land*

Sponsored by:

May 2017 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Exercise 11:00-12:00	2 Walkers 9:00-10:00 Card Making 10:30-12:00	3 Dementia Support Group 10:30-12:00	4 Walkers 9:00-10:00 SHINE 10:00-1:00 Card Making 10:30-12:00	5 Exercise 11:00-12:00 Movie 1:00-3:00 <i>Jackie</i>	6 GRANDParenting Again Support Group 11:00-1:00
7	8 Exercise 11:00-12:00	9 Walkers 9:00-10:00 Caregiver Life Transitions 1:30-3:00	10 Caregiver Support Group 1:00-2:30 VITAS M.I. Sewing Group 1:00-3:00	11 Walkers 9:00-10:00 SHINE 10:00-1:00 VNA Blood Pressure Screening 10:30-12:00	12 Exercise 11:00-12:00 Movie 1:00-3:00 <i>Collateral Beauty</i>	13 Humane Society 12:00-3:00
14	15 Exercise 11:00-12:00	16 Walkers 9:00-10:00 Bingo 10:30-12:00	17 Dementia Support Group 10:30-12:00 Memory Testing 10:00-2:00	18 Walkers 9:00-10:00 SHINE 10:00-1:00	19 Exercise 11:00-12:00 Movie 1:00-3:00 <i>Lion</i>	20 GRANDParenting Again Support Group 11:00-1:00
21	22 Exercise 11:00-12:00	23 Walkers 9:00-10:00 Game Day 10:00-1:00 Caregiver Life Transitions 1:30-3:00	24 Caregiver Support Group 1:00-2:30 VITAS M.I. Sewing Group 1:00-3:00	25 Walkers 9:00-10:00 How To Protect Your Stuff in 3 Easy Steps 12:00-2:00 SHINE 10:00-1:00	26 Exercise 11:00-12:00 Movie 1:00-3:00 <i>La La Land</i>	27 Humane Society 12:00-3:00
28	29 Closed for Memorial Day Holiday 	30 Walkers 9:00-10:00	31	 Sunflower House community caregiver center		

In accordance with the Americans with Disabilities Act and Section 286.26, Florida Statutes, persons needing special accommodations to participate in presentations should contact the Sunflower House at (321) 452-4341 at least 7 days prior to the meeting.

Resource Center For Both Seniors and Caregivers

Providing Caregiver Support:
through education,
training, and respite.

A Senior Gathering Spot:
providing a place to meet new
friends while enjoying
educational, recreational and
social experiences.

Funding provided by: *Monique C. and George L. Brande
Memorial Foundation, Inc.*

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United Way of Brevard

DEPARTMENT OF
ELDER AFFAIRS
STATE OF FLORIDA



SRA
Senior Resource Alliance
Aging and Disability Resource Center

OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017

We acknowledge that what it means "to age" has changed—for the better.