

Newsletter January 2018



Come visit us

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

'Til Death (or Divorce) Do Us Part; And Then What?

Thursdays
January 11, 18 & 25
11:00-12:00



Ned Kellar presents a three-part series for seniors who are currently married, divorced, widowed, or single! Come to a single session or all 3!

Session 1: If you're married, hang on...
Secrets to a long-term marriage and more.

Session 2: The Dating Question
Finding a new mate, how do you date?

Session 3: Considering the issues of remarriage/cohabitation
Discussing issues of remarriage, including finances, children, and sexuality.

Please call (321) 452-4341 to RSVP.



Painting Class
Tuesday, January 23
10:30-12:00

Artist, Jeannie McLam presents a beginner acrylic class. Supplies will be provided!

Class is limited to first 10 participants.

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

Bingo

Tuesday, January 30
10:30-12:00



Join us for a great time playing Bingo!
Win prizes and hang out with old and new friends!

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



FREE Memory Screening
Wednesday, January 17
12:00-5:00

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

Vitas Support Group: The Layers of Grief



January 16: *Affirming Emotions*
February 6: *Choosing to Live Healthy*
February 20: *Tending to Your Spirit*
March 6: *Challenges in Everyday Decisions*
March 20: *Welcome to the New Me*
April 3: *Review and Reflections*

10:00-12:00

Healing after a loss is sometimes easier when you are part of a support group and have the opportunity to learn what to expect while grieving. Vitas offers these groups free of charge to those who have experienced a loss. Participants may attend an individual session or all sessions.

VITAS
Healthcare

*Advance registration is required.
For more information or to RSVP, call
Joanne Barney at (321) 752-2564.*

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*)

January 5: *Victoria & Abdul*
January 12: *Breathe*
January 19: *Battle of the Sexes*
January 26: *A Question of Faith*

Sponsored By:
 Humana.
 CarePlus HEALTH PLANS, INC.

January 2018 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 Closed For New Year's Day</p> 	2	<p>3 Dementia Support Group 10:30-12:00</p>	4	<p>5 SHINE 10:00-1:00</p> <p>Exercise 11:00-12:00</p> <p>Movie 1:00-3:00 <i>Victoria & Abdul</i></p>	6
7	<p>8 Exercise 11:00-12:00</p>	<p>9 Caregiver Life Transitions 1:30-3:00</p>	<p>10 Caregiver Support Group 1:00-2:30</p> <p>VITAS M.I. Sewing Group 1:00-3:00</p>	<p>11 VNA Blood Pressure Screening 10:30-12:00</p> <p>'Til Death (or Divorce) Do Us Part 11:00-12:00</p>	<p>12 SHINE 10:00-1:00</p> <p>Exercise 11:00-12:00</p> <p>Movie 1:00-3:00 <i>Breathe</i></p>	<p>13 Humane Society 12:00-3:00</p>
14	<p>15 Closed for Martin Luther King Jr. Day</p> 	<p>16 Vitas: The Layers of Grief 10:00-12:00</p>	<p>17 Dementia Support Group 10:30-12:00</p> <p>Free Memory Screenings 12:00-5:00 <i>By Appointment</i></p>	<p>18 'Til Death (or Divorce) Do Us Part 11:00-12:00</p> <p>ALF Med Training 2:00-4:00</p>	<p>19 SHINE 10:00-1:00</p> <p>Exercise 11:00-12:00</p> <p>Movie 1:00-3:00 <i>Battle of the Sexes</i></p>	20
21	<p>22 Exercise 11:00-12:00</p> <p>SHINE 12:30-3:30</p>	<p>23 Painting 10:30-12:00</p> <p>Caregiver Life Transitions 1:30-3:00</p>	<p>24 Caregiver Support Group 1:00-2:30</p> <p>VITAS M.I. Sewing Group 1:00-3:00</p>	<p>25 'Til Death (or Divorce) Do Us Part 11:00-12:00</p>	<p>26 SHINE 10:00-1:00</p> <p>Exercise 11:00-12:00</p> <p>Movie 1:00-3:00 <i>A Question of Faith</i></p>	<p>27 Humane Society 12:00-3:00</p>
28	<p>29 Exercise 11:00-12:00</p> <p>SHINE 12:30-3:30</p>	<p>30 Bingo 10:30-12:00</p>	31	 <p>Sunflower House community caregiver center</p>		

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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SAVE THE DATE



AGING MATTERS IN BREVARD
PASSPORT TO
WINES AROUND THE WORLD
SERVING BREVARD SINCE 1965

MAKE PLANS TO JOIN US APRIL 21, 2018 // 6PM-9PM
RADISSON RESORT AT THE PORT CONVENTION CENTER
SPONSORSHIPS ARE AVAILABLE: CONTACT CRISTINA 321.806.3767