

Newsletter September 2015



Sunflower House
community caregiver center

a service of



Alzheimer's Research Consultations and FREE Memory Screening

Monday, September 21 from 10:00-5:00

Schedule a free private evaluation with Lisa Eade to find out about available Alzheimer's research opportunities.



For an appointment call
(315) 263-3997

VITAS Support Groups Creative Arts and Grieving

Thursday, September 17 from 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. While feelings and emotions associated with grief and loss are unique and individual to each person, one often can find comfort from the experiences of others.

VITAS Innovative Hospice Care is hosting a series of seminars focused on life after loss. Participants can attend one or all sessions. The topics and dates are:

Sept. 17	Expressions and Dimensions of Grief
Oct. 15	The Palette of Grief
Nov. 19	Coping with the Holidays
Dec. 17	Reflections and Impressions of your Pathway Through Grief



Please RSVP to Barbara Danielle at
(321) 752-2533.

GRANDParenting Again

This program assists individuals age 55 and over who are faced with the challenge of raising a grandchild or other related child age 18 or younger or an adult with disabilities. Both grandparents and children attend support groups where the grandparents can talk about the lifestyle changes they face and discover tools to cope with the mental, emotional, and social adjustments they must make. Children who attend the support groups receive reading and schoolwork assistance and participate in arts and crafts activities and games.

September Support Groups

Saturday, September 5 from 2:00-4:00

Support Group at Sunflower House
Healthy Cooking Contest

Saturday, September 12 from 3:00-5:00

Grandparent's Appreciation Dinner
Molly's Seafood Restaurant

Saturday, September 19 from 2:00-4:00

Support Group at Sunflower House
Birthday Celebration

Thursday, September 24 from 5:00-7:00

Support Group at Emma Jewell
Discussion on Emotions and Feelings

For more information about the GRANDParenting Again program, please call (321) 452-4341 or email grandparentingagain@gmail.com.

CarePlus Medicare Advantage Educational Seminar

Wednesday, September 9 from 10:30-11:30



Please RSVP to Deanna Clark at
(321) 312-9018.



Tropical Fruit Bingo!!!



Tuesday, September 1 from 10:30-12:00

Please join us for Tropical Fruit Bingo!
Meet old friends.
Make new friends. Have fun!



Please RSVP to Deanna Clark at (321) 312-9018.

Medical Equipment Bank



The Sunflower House currently maintains a medical equipment bank. We accept donations of wheelchairs, walkers, and other medical equipment. **At this time, we are in need of wheelchairs, shower benches, transport chairs, and walkers with seats.** Our medical equipment bank loans equipment to individuals age 60 and older and caregivers of seniors in need for both short-term and long-term use.

Please call (321) 452-4341 with questions or to donate.

Sunflower House Walkers Kick-Off with a Mini Health Fair

Walkers and guests enjoyed a healthy walk, free health screenings, good food, and door prizes. Thanks to everyone who attended the event.



Ask us how you can participate in the Walkers group.

Friday Afternoon at the Movies

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



This month we are showing the following movies:

September 4	Monument Men
September 11	Coal Miner's Daughter
September 18	Dear Franky
September 25	Gran Torino

Movies subject to change due to availability.

September 2015 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Walkers 9:00-10:00 Tropical Fruit Bingo 10:30-12:00 Memory Screenings 12:30-2:30	2 Dementia Support Group 10:30-12:00	3 Walkers 9:00-10:00 Caregiver Ed. Program 1:00-2:30 Bereavement Support Group 2:30-4:00	4 Exercise Class 11:00-12:00 Movie 1:00-3:00 <i>Monument Men</i>	5 GRANDParenting Again Support Group 2:00-4:00
6	7  closed	8 Walkers 9:00-10:00 Caregiver Life Transitions 1:30-3:00	9 CarePlus Medicare Advantage Educational Seminar 10:30-11:30 Caregiver Support Group 1:00-2:30 VITAS M.I. Sewing Group 1:00-3:00	10 Walkers 9:00-10:00 VNA Blood Pressure Screenings 10:30-12:00 SHINE 10:00-1:00 Caregiver Ed. Program 1:00-2:30	11 Exercise Class 11:00-12:00 Movie 1:00-3:00 <i>Coal Miner's Daughter</i>	12 Humane Society 1:00-3:00
13	14 Exercise Class 11:00-12:00 Caregiver Ed. Program 1:00-2:30	15 Walkers 9:00-10:00 Memory Screenings 12:30-2:30	16 Dementia Support Group 10:30-12:00	17 Walkers 9:00-10:00 SHINE 10:00-1:00 VITAS Creative Arts and Grieving 10:00-12:00	18 Exercise Class 11:00-12:00 Movie 1:00-3:00 <i>Dear Franky</i>	19 GRANDParenting Again Support Group 2:00-4:00
20	21 Exercise Class 11:00-12:00 SHINE 12:00-4:00 Compass Research Consultations 10:00-5:00	22 Walkers 9:00-10:00 Caregiver Life Transitions 1:30-3:00	23 Caregiver Support Group 1:00-2:30 VITAS M.I. Sewing Group 1:00-3:00	24 Walkers 9:00-10:00 SHINE 10:00-1:00 Hobbs ALF 1:00-3:00	25 Exercise Class 11:00-12:00 Hospice of St. Francis Volunteer Recruitment 10:30-1:00 Movie 1:00-3:00 <i>Gran Torino</i>	26 Humane Society 1:00-3:00
27	28 Exercise Class 11:00-12:00	29 Walkers 9:00-10:00	30			

In accordance with the Americans with Disabilities Act and Section 286.26, Florida Statutes, persons needing special accommodations to participate in this presentation should contact Deb Johnston at 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. Braude Memorial Foundation, Inc



Upcoming Events - Save the Date!

Tuesdays, Oct. 14, Nov. 11, and Dec. 9

CarePlus will be hosting a Medicare Advantage Sales Seminar from 10:30–12:00

Tuesday, October 20 from 10:30-1:00

Cardmaking will be back! You can create your own personalized cards or design a Recipe Book. Start gathering your favorite recipes. November's class will focus on Holiday Cards.

Tuesday, October 27 from 10:00-11:30

Shoo the Flu with the Visiting Nurse Association

- High-dose preservative-free flu shots (age 65+)
- Preservative-free quadrivalent flu shots (while supplies last)
- Pneumonia shots (while supplies last)

