

Newsletter December 2015



Memories in the Making Tuesdays from 1:00-2:30

A FREE signature art program that provides people living with early stage Alzheimer's and dementia with a forum to express themselves through watercolor painting and drawing. Led by a trained artist who opens up a world of art in a safe place to reminisce, create, and relax where creativity and fun are the primary focus. No art experience is needed to attend, but space is limited!

Classes will be:

December 1, 8, & 15

Please RSVP at (800) 272-3900.

Back by Popular Demand Holiday Card Making Class

**Thursday, December 3 from
10:00-1:00**



Create 15 handmade Holiday cards from three different designs with *Close to My Heart* and *Thirty-One Gifts*, independent consultants. The class is designed for all skill levels. Supplies are provided **free** of charge.

Class size is limited to six, so sign up early.

RSVP to the Sunflower House at (321) 452-4341

VITAS Support Groups Creative Arts and Grieving

**Thursday, December 17
from 10:00-12:00**

VITAS Healthcare is hosting a series of seminars focused on life after loss. 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. Participants can attend one or all sessions. Don't miss the last seminar of the series.

Topic: Reflections and Impressions of your Pathway Through Grief

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



CarePlus Medicare Advantage Sales Seminar



**Wednesday, December 9
from 10:30-11:30**

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

HealthSouth Sea Pines Presentation

**Thursday, December 10
from 10:00-11:30**

Alisa Rosebush, RN, from Sea Pines Rehabilitation Hospital, is giving a special presentation for the **Sunflower House Walkers** and everyone interested. This presentation will focus on **the signs and symptoms of stroke, prevention and rehabilitation.**

Refreshments will be served.



Please RSVP to the Sunflower House at (321) 452-4341.



Holiday Bingo Tuesday, December 1 from 10:30-12:00

Please join us for
Holiday Bingo!

Get a special holiday prize with every game you win!!

Meet old friends. Make new Friends.

Have fun!



Please RSVP to the Sunflower House at (321) 452-4341.

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 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.

Walters Estate Planning

Monday, December 7 from 12:30-2:00

A FREE lunch and workshop, **"The Truth About Estate Planning,"** covers what you should know before you see an attorney.

Please RSVP to (321) 452-4341.

East Central Florida Memory Disorder Clinic FREE Memory Screenings

Tuesdays, December 1 and 15 from 12:30-2:30

FREE memory screenings are available for adults who are concerned about memory loss. The screening is a 30 minute confidential appointment and includes a 15 minute test. The results will be provided so that individuals can discuss them with their primary care physician.



Please call the Sunflower House for an appointment at (321) 452-4341.

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:



December 4 *Tomorrowland*
December 11 *Inside Out*
December 18 *Unbroken*
December 25 Closed

Movies are subject to change based on availability.

December 2015 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Walkers 9:00-10:00 Holiday Bingo 10:30-12:00 Memory Screenings 12:30-2:30 Memories in the Making 1:00-2:30	2 Dementia Support Group 10:30-12:00	3 Walkers 9:00-10:00 Holiday Card Making 10:00-1:00 SHINE 10:00-1:00 Bereavement Support Group 2:30-4:00	4 Exercise Class 11:00-12:00 Movie 1:00-3:00 <i>Tomorrowland</i>	5 GRANDParenting Again Support Group 11:00-1:00
6	7 Exercise Class 11:00-12:00 SHINE 12:00-4:00 Walters Estate Planning 12:30-2:00	8 Walkers 9:00-10:00 Memories in the Making 1:00-2:30 Caregiver Life Transitions 1:30-3:00	9 CarePlus Medicare Advantage Sales Seminar 10:30-11:30 Caregiver Support Group 1:00-2:30 VITAS M.I. Sewing Group 1:00-3:00 GRANDParenting Again Support Group 5:00-7:00	10 Walkers 9:00-10:00 SHINE 10:00-1:00 Sea Pines Presentation 10:00-11:30 VNA Blood Pressure Screenings 10:30-12:00	11 Exercise Class 11:00-12:00 Movie 1:00-3:00 <i>Inside Out</i>	12 Humane Society 1:00-3:00
13	14 Exercise Class 11:00-12:00 SHINE 12:00-4:00	15 Walkers 9:00-10:00 Memory Screenings 12:30-2:30 Memories in the Making 1:00-2:30	16 Dementia Support Group 10:30-12:00 GRANDParenting Again Holiday Party 5:00-7:00 	17 Walkers 9:00-10:00 SHINE 10:00-1:00 VITAS Creative Arts and Grieving 10:00-12:00 Hobbs ALF 1:00-3:00	18 Exercise Class 11:00-12:00 Movie 1:00-3:00 <i>Unbroken</i>	19 Caregiver Life Transitions Luncheon at Olive Garden 12:00-3:00
20	21 Exercise Class 11:00-12:00 SHINE 12:00-4:00	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 CLOSED FOR CHRISTMAS EVE 	25 CLOSED FOR CHRISTMAS DAY 	26 Humane Society 1:00-3:00
27	28 Exercise Class 11:00-12:00	29 Walkers 9:00-10:00	30	31 Walkers 9:00-10:00 SHINE 10:00-1:00		

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.



Volunteers Make a Difference

If you are the type of person who likes to help others, share information, and make a difference in someone's life, the Sunflower House is looking for people like you to volunteer.

Volunteers provide information about services available through Aging Matters and other community resources for family caregivers and assist with the programs and activities offered at the Sunflower House.

Volunteers are love in motion!

Please call (321) 452-4341 for more information.