

# Newsletter April 2016



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*

## "The Layers of Grief" from 10:00 to 12:00



**VITAS Health Care** 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. The topics and dates are:

April 21	<i>Tending to Your Spirit</i>
May 19	<i>Challenges in Everyday Decisions</i>
June 23	<i>Welcome to the New Me</i>

Open to the community. You can attend one or all sessions.

*Please RSVP by calling Barbara Danielle, (321) 752-2153.*

## Learn the Facts about Life Insurance

**Thursday, April 28 from 12:00-1:00**

The Bellaire Agency will provide information about the "myths" of life insurance and discuss the various types of policies available for all ages. They will present information about "new" insurance policies that will help you when you need it the most.

*(Lunch Provided)*

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

## Spin to Win Booth

**Friday, April 15 from 12:00-1:00**



Spin to win a prize provided by CarePlus. This is also a great opportunity to get your Medicare questions answered.

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



## Spring Fling Bingo !!!!

**Thursday, April 7 from 10:30-12:00**

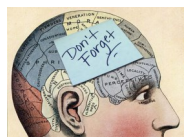
Come join the fun and bring a friend.  
Get a special prize with every game you win!!  
Make new friends.  
**Have fun!**



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

## FREE Memory Screening

**Wednesday, April 6 and 20  
from 10:00-5:00**



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

*For an appointment call (315) 263-3997.*



## Connections to a New Life

*Presents a FREE Seminar*

## Seniors, Take Charge of your Life

**Saturday, April 23 from 1:00-3:00**

Just because your career ended, and the kids are grown, your life has not ended, it is now "Your Time." Learn how to take control of the rest of your life's journey from Professional Life Coaches.

Copies of the popular Senior Living Book "The Second Act" will be available.

**Refreshments will be served.**

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

## The Lions Club Recycle for Sight Program

Donate glasses and change someone's life. Imagine if you could help a child read, an adult succeed in his job, a senior maintain his or her independence, and provide a community with more opportunities to grow and thrive.



*During the month of April, May, and June, the Sunflower House will be a drop off location for your old glasses, cell phones, and hearing aids. Let's all pitch in and help those in need!*

*Please call (321) 452-4341 with 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**
- **Shower Benches**
- **Transport Chairs**
- **Walkers with Seats**

Our medical equipment bank loans equipment to individuals age 60 and older 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:

April 1	<i>Pan</i>
April 8	<i>The Martin</i>
April 15	<i>Pay the Ghost</i>
April 22	<i>Suffragette</i>
April 29	<i>Grease Live! (2016)</i>



**Based on Availability**

# April 2016 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <b>Exercise Class</b> 11:00-12:00 <b>Movie</b> 1:00-3:00 <i>Pan</i>	2 <b>GRANDParenting Again Support Group</b> 11:00-1:00
3	4 <b>Exercise Class</b> 11:00-12:00 <b>SHINE</b> 1:00-4:00	5 <b>Walkers</b> 9:00-10:00	6 <b>Free Memory Screening</b> <b>10:00-5:00</b> (by appointment) <b>Dementia Support Group</b> 10:30-12:00	7 <b>Walkers</b> 9:00-10:00 <b>SHINE</b> 10:00-1:00 <b>Spring Fling Bingo</b> <b>10:30-12:00</b> <b>Bereavement Support Group</b> 2:30-4:00	8 <b>Exercise Class</b> 11:00-12:00 <b>Movie</b> 1:00-3:00 <i>The Martin</i>	9 <b>Humane Society</b> 12:00-3:00
10	11 <b>Exercise Class</b> 11:00-12:00 <b>SHINE</b> 1:00-4:00 <b>How to protect your "Stuff" in 3 easy steps</b> <b>12:30-2:30</b>	12 <b>Walkers</b> 9:00-10:00 <b>Caregiver Life Transitions</b> 1:30-3:00	13 <b>Caregiver Support Group</b> 1:00-2:30 <b>VITAS M.I. Sewing Group</b> 1:00-3:00	14 <b>Walkers</b> 9:00-10:00 <b>SHINE</b> 10:00-1:00 <b>VNA Blood Pressure Screenings</b> 10:30-12:00	15 <b>Exercise Class</b> 11:00-12:00 <b>Spin to Win</b> <b>12:00-1:00</b> <b>Movie</b> 1:00-3:00 <i>Pay the Ghost</i>	16 <b>GRANDParenting Again Support Group</b> 11:00-1:00
17	18 <b>Exercise Class</b> 11:00-12:00 <b>SHINE</b> 1:00-4:00	19 <b>Walkers</b> 9:00-10:00	20 <b>Free Memory Screening</b> <b>10:00-5:00</b> (by appointment) <b>Dementia Support Group</b> 10:30-12:00	21 <b>Walkers</b> 9:00-10:00 <b>SHINE</b> 10:00-1:00 <b>VITAS - "Tending to Your Spirit"</b> <b>10:00-12:00</b> <b>ALF Medical Training</b> 1:00-3:00	22 <b>Hospice of St. Francis Recruitment</b> 10:30-1:00 <b>Exercise Class</b> 11:00-12:00 <b>Movie</b> 1:00-3:00 <i>Suffragette</i>	23 <b>Humane Society</b> 12:00-3:00 <b>Take Charge of Your Life</b> 1:00-3:00
24	25 <b>Exercise Class</b> 11:00-12:00 <b>SHINE</b> 1:00-4:00 <b>How to protect your "Stuff" in 3 easy steps</b> <b>12:30-2:30</b> (Lunch provided)	26 <b>Walkers</b> 9:00-10:00 <b>Caregiver Life Transitions</b> 1:30-3:00	27 <b>Caregiver Support Group</b> 1:00-2:30 <b>VITAS M.I. Sewing Group</b> 1:00-3:00	28 <b>Walkers</b> 9:00-10:00 <b>SHINE</b> 10:00-1:00 <b>Learn the Facts about Life Insurance</b> <b>The Bellaire Agency</b> <b>12:00-1:00</b> (Lunch provided)	29 <b>Exercise Class</b> 11:00-12:00 <b>Movie</b> 1:00-3:00 <i>Grease Live! (2016)</i>	30

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



**Sunflower House**  
community caregiver center

## 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.



Save The Date

APRIL 16 · 2016

6pm-9pm

SPACE COAST  
CONVENTION  
CENTER

Sponsorships  
Are Available By  
Contacting Jeanne  
at 321.806.3767

CELEBRATING 50 YEARS

## Aging Matters

IN BREVARD

# PASSPORT TO WINES

AROUND THE WORLD



HOSTED BY  
Miller & Hurt Financial Group