

Newsletter June 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 10:00 - 12:00



VITAS Health Care is hosting the final seminar of the series focused on life after loss. Everyone is welcome! The last seminar is:

June 23—*Welcome to the New Me*

Please RSVP by calling Barbara Danielle at (321) 752-2153

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 independence, and provide a community with more opportunities to grow and thrive.

During the month of June and July, 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



HOW TO PROTECT YOUR "STUFF" IN 3 EASY STEPS Tuesday, June 28 from 2:00-4:00

Get answers to questions and common misconceptions about:

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

"When it comes to sorting facts from fiction in estate planning, we provide leadership. We help our clients, and professionals in the estate planning field to create individual solutions that work."

A **FREE** workshop with Jeremiah Walters, ESQ
Refreshments and Door Prize provided

Reservations required. Seating is limited to 25.

Please call (321) 799-3040 to reserve your seat!



Summer Time Bingo !!!!

Thursday, June 2
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 Monday, June 6 and 20 from 10:00-5:00

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

For an appointment call (315) 263-3997



Counseling Corner

Meet Chelsea Bendalow! Chelsea is a Client Services Coordinator with Aging Matters In Brevard and is available to seniors 60+ to assist with the problems and issues of aging. The challenges of aging can be tough! Chelsea can help you assess what you are feeling and establish a plan to cope.

For additional information or to schedule an appointment, call (321) 631-2746



Connections to a New Life

Presents Seniors and Positive Aging

Saturday, June 25 from 1:00-3:00

Many seniors feel that once they retire, they've outlived their usefulness. "Nonsense!" Attend this informative seminar with Certified Professional Life Coaches, Jerri Osborne and Don Pearsall, and learn why growing older can be a positive experience in your life and how to get through the difficult times.

Enjoy Door Prizes and Refreshments

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

Card Making Class

Tuesday, June 21 from 10:30-12:30

It is Red, White and Blue Month



Learn how to create handmade cards. This class is designed for all skill levels. Make a 4th of July card, Thank you card, Graduation card, a Birthday card, or any occasion card, all from the heart. Be as creative as you want. Supplies are provided free of charge.

Please RSVP to the Sunflower House 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:



June 3	<i>The Finest Hours</i>
June 10	<i>Zookeeper</i>
June 17	<i>Remember</i>
June 24	<i>Daddy's Home</i>

Based on Availability

Movies and refreshments are sponsored by



June 2016 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Dementia Support Group 10:30-12:00	2 Walkers 9:00-10:00 SHINE 10:00-1:00 Summer Time Bingo 10:30-12:00 Bereavement Support Group 2:30-4:00	3 Exercise Class 11:00-12:00 Movie 1:00-3:00 <i>The Finest Hours</i>	4 GRANDParenting Again Support Group 11:00-1:00
5	6 Exercise Class 11:00-12:00 Free Memory Screening 10:00-5:00 (by appointment)	7 Walkers 9:00-10:00	8 Caregiver Support Group 1:00-2:30 VITAS M.I. Sewing Group 1:00-3:00	9 Walkers 9:00-10:00 SHINE 10:00-1:00 VNA Blood Pressure Screenings 10:30-12:00	10 Exercise Class 11:00-12:00 Movie 1:00-3:00 <i>Zookeeper</i>	11 Humane Society 12:00-3:00
12	13 Exercise Class 11:00-12:00	14 Walkers 9:00-10:00 Caregiver Life Transitions 1:30-3:00	15 Dementia Support Group 10:30-12:00	16 Walkers 9:00-10:00 SHINE 10:00-1:00	17 Exercise Class 11:00-12:00 Movie 1:00-3:00 <i>Remember</i>	18 GRANDParenting Again Support Group 11:00-1:00
19	20 Exercise Class 11:00-12:00 Free Memory Screening 10:00-5:00 (by appointment)	21 Walkers 9:00-10:00 Card Making Class 10:30-12:30	22 Caregiver Support Group 1:00-2:30 VITAS M.I. Sewing Group 1:00-3:00	23 Walkers 9:00-10:00 ALF Medical Training 1:00-3:00 VITAS—Welcome to the New Me 10:00-12:00	24 Hospice of St. Francis Recruitment 10:30-1:00 Exercise Class 11:00-12:00 Movie 1:00-3:00 <i>Daddy's Home</i>	25 Humane Society 12:00-3:00 Seniors and Positive Aging 1:00-3:00
26	27 Exercise Class 11:00-12:00	28 Walkers 9:00-10:00 Caregiver Life Transitions 1:30-3:00 How to Protect Your "Stuff" in 3 Easy Steps 2:00-4:00	29	30 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 presentations 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.*



Humana CarePlus

HEALTH PLANS, INC.

Presents



**Please join us every Friday
1:00 PM**

A New Feature Each Week