

Newsletter August 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

"Click, Click, Click" - Technology Education

Every Saturday from 1:00-4:00

Due to rave reviews about this **FREE** one-on-one instruction with Girl Scout, Athena Wrenn, we have been asked to continue through August. Help her earn her "GOLD Badge" while she helps you learn more about how to use social media to connect with loved ones, use the internet, or just maneuver through your electronic device. Schedule a free session and start your new relationship with technology.



Please call (321) 452-4341 to make an appointment.



Connections to a New Life

Presents

Dealing with Trauma

Saturday, August 27 from 1:00-3:00

Attend these informative workshops with Certified Professional Life Coaches, Jerri Osborne and Don Pearsall, and learn how to reduce/cure your fears, phobias, and anxiety; deal with trauma; and live a fun-filled and exciting stress free life.

Enjoy Door Prizes and Refreshments

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



Card Making Class Card to Box

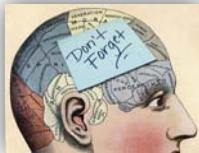
Tuesday, August 9 from 10:30-12:30

Learn how to create handmade cards. This class is designed for all skill levels. Make a card that turns into a box. It can be a thank you 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

FREE Memory Screening

Monday, August 8 and 22 from 10:00-5:00



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



For an appointment call (315) 263-3997

Volunteer Drivers Needed for Meals on Wheels!



Meals on Wheels drivers deliver a hot lunch, a friendly greeting, and a safety check to homebound seniors in Brevard County. All you need is a vehicle, insurance, a driver's license, and a clean background check. Share a route with friends or co-workers – drive one day or more Monday-Friday, whatever works with your schedule. Distribution sites throughout Brevard County.

Call (321) 806-3741 or (321) 631-2749

Inside the brain: What can it teach us?



Alzheimer's Disease: The Science of the Brain and a Reason to Hope

Thursday, August 25 from 10:30-1:30

10:30-11:30 Chelsea Mabry, PhD, and Dr. Gregory Kirk from Merritt Island Medical Research will give a presentation about the science of how our brain functions and what controls memory, the current status of clinical research, what potential treatments are on the horizon, and how you can participate.



11:30-12:15 Tanya Thompson, Assistant Director, Community Outreach from The Alzheimer's Association, will be sharing information about the services they provide, Alzheimer's Disease, how many people are impacted by this disease in Brevard County, as well as their vision of a world without this disease and how you can help make this happen.



12:15-12:45 Break for Lunch
(Provided by Merritt Island Medical Research)

12:45-1:30 Liana Hotusing, Community Liaison from VITAS Healthcare, will discuss "making the most of the time we have."



*Register Now to Reserve Your Spot
by calling 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 need:

- Wheelchairs
- Shower Benches
- Transport Chairs
- Walkers with Seats



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



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)

Sponsored by: August 5 *Eddie the Eagle*
August 12 *Miracles from Heaven*
August 19 *Midnight Special*
August 26 *Emma's Chance*



August 2016 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Exercise Class 11:00-12:00	2 Walkers 9:00-10:00	3 Dementia Support Group 10:30-12:00	4 Walkers 9:00-10:00 SHINE 10:00-1:00 Bereavement Support Group 2:30-4:00	5 Exercise Class 11:00-12:00 Movie 1:00-3:00 <i>Eddie the Eagle</i>	6 GRANDParenting Again Support Group 11:00-1:00 Technology Ed. 1:00-4:00 <i>(by appointment)</i>
7	8 Exercise Class 11:00-12:00 Free Memory Screening 10:00-5:00 <i>(by appointment)</i>	9 Walkers 9:00-10:00 Card Making 10:30-12:30 Caregiver Life Transitions 1:30-3:00	10 Caregiver Support Group 1:00-2:30 VITAS M.I. Sewing Group 1:00-3:00	11 Walkers 9:00-10:00 CarFit 8:00-10:00 How to Protect Your "Stuff" in 3 Easy Steps 2:00-4:00	12 Exercise Class 11:00-12:00 Movie 1:00-3:00 <i>Miracles from Heaven</i>	13 Humane Society 12:00-3:00 Technology Ed. 1:00-4:00 <i>(by appointment)</i>
14	15 Exercise Class 11:00-12:00	16 Walkers 9:00-10:00	17 Dementia Support Group 10:30-12:00 ALF Medical Training 2:00-4:00	18 Walkers 9:00-10:00 SHINE 10:00-1:00 VNA Blood Pressure Screenings 10:30-12:00	19 Exercise Class 11:00-12:00 Movie 1:00-3:00 <i>Midnight Special</i>	20 GRANDParenting Again Support Group 11:00-1:00 Technology Ed. 1:00-4:00 <i>(by appointment)</i>
21	22 Exercise Class 11:00-12:00 Free Memory Screening 10:00-5:00 <i>(by appointment)</i>	23 Walkers 9:00-10:00 Caregiver Life Transitions 1:30-3:00	24 Caregiver Support Group 1:00-2:30 VITAS M.I. Sewing Group 1:00-3:00	25 Walkers 9:00-10:00 SHINE 10:00-1:00 Alzheimer's Event 10:30-1:30	26 Exercise Class 11:00-12:00 Hospice of St. Francis Recruitment 10:30-1:00 Movie 1:00-3:00 <i>Emma's Chance</i>	27 Humane Society 12:00-3:00 Connections to a New Life (Dealing with Trauma) 1:00-3:00 Technology Ed. 1:00-4:00 <i>(by appointment)</i>
28	29 Exercise Class 11:00-12:00	30 Walkers 9:00-10:00	31			

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. Brande Memorial Foundation, Inc.*



**Thursday, August 11
from 8:00-10:00**

CarFit is a free educational program designed to improve older driver safety. A team of trained volunteers work with each participant to ensure the safest "fit" for older drivers and their vehicle to maximize comfort and safety.

This **FREE** event will be taking place in the Merritt Square Mall parking lot behind the Sunflower House between JC Penney and Dillard's.

Call (321) 452-4341 with questions or to make a CarFit appointment