

Sunflower House 3125 Fell Road West Melbourne

Newsletter: March 2024

**Come visit us: Monday-Friday
9 am—3 pm**

Closed Weekends and Holidays

**Check out reverse side for our events on calendar
of activities including those at 3600 West King
Street, Cocoa**

To receive a Sunflower House newsletter via email,
please contact us at: eschibley@agingmattersbrevard.org



**Come join us for fellowship and a meal
MONDAY— FRIDAY
Call Lulu at 321.410.9179 to sign up!**



Catch Lou Echeverri performing
over lunch on
**Wednesday
January 3rd!**

American Mah Jongg at West Melbourne Sunflower House!

Friday, March 8th 12:30—3 pm

Interested in joining us at SFH to play this face-paced
game of tiles and strategy? You don't need to be a
"Maven" to join us! **New to the game or need
a refresher? Give us a call to schedule
some time! RSVP 321.452.4341**



Blood Pressure Clinic

Friday, March 8th 11 am to 12 noon

Been a while since you've had your blood pressure
taken? Stop by and have Toby Taylor of Sea Pines
check it out! **RSVP 321.452.4341**

Stroke Awareness—Act F.A.S.T

Friday, March 22nd 11 am to 12 noon

Toby Taylor, MS, OTR/L will review facts, signs,
symptoms and tips on stroke prevention. Possible
effects of stroke as well as therapy options will also
be discussed.

RSVP 321.452.4341



Exercising to Improve Balance & Reduce Risk of Falls

**Tuesday afternoons 1 pm—2 pm
March 5th, 12th, 19th and 26th**

Improve your health while having fun! This
program gives participants a variety of exercises
helping with balance, core strength and
mobility. All levels of physical ability are
welcome to join! **RSVP 321.452.4341**



SFR Workshop

Veteran Education and Resources

First Tuesday Each Month

March 5th 11 am—12 pm

St. Francis will provide education on how to talk with
veterans, review that not all veterans are the same and
discuss veteran resources in our community.

RSVP 321.452.4341

Living With Loss

Second Wednesday Each Month

March 13th 12:30 pm—2 pm

Casual gathering for those adapting to life with loss.
Grieving a loved one can be challenging. You don't
need to struggle on your own. Group provides
opportunity to share and support others by offering
encouragement through creative strategize and
insightful discussions to adapt to living
life with loss. Facilitated by Karen
McNally, MSW **RSVP 321.452.4341**



Caring for the Caregiver

1st Tuesday each month

March 5th 9:30 am—10:30 am

Jaqueline Daley, MSW leads a support group for
caregivers to share gentle conversations and
understanding. This group offers a safe place to
discuss concerns, stressors, share community
resources, promote self care and explore topics only
caregivers understand.

Growing Through Grief

3rd Tuesday each month

March 19th 10 am—11 am

Join Tom Wood as he leads a support group for
meaningful conversations and connections that will help
you find your way through grief dynamics. Healing
after a loss is sometimes easier when in the company of
other bereaved individuals to learn what to expect while
grieving and how to brave changes.

RSVP 321.452.4341



AARP Workshop

Fraud Protection

**Wednesday March 20th
11 am—12 noon**

Protect yourself and your loved ones from fraud. Join
your community members and Karan from AARP to
discuss current scams in this area, including how to
reduce your risk and what to do if you think
you've been the victim of a fraud or scam.

RSVP 321.452.4341



S. H. I.N.E. Medicare Counseling

Wednesday mornings

**March 6th, 13th, 20th and 27th
9 am—12 noon**

New to Medicare—or need assistance with your current
Medicare plan? Give us a call to schedule a zoom call
with Joe on Wednesdays at 9, 10 or 11 am.

Zoom call is set up by Sunflower House staff—
no need to be "tech savvy" **RSVP 321.452.4341**



Memory Health Screening

Last Wednesday each month

March 27th

12:30 pm—2:30 pm

Merritt Island Medical Research offers no cost memory
health screenings to adults concerned about memory loss
or who want to establish a baseline memory score. We
regularly check our blood pressure, cholesterol and blood
sugar...why not our memory? The
screening is a 30 —minute confidential
appointment and includes a brief
memory test. **RSVP 321.452.4341**



MERRITT ISLAND
MEDICAL RESEARCH

Coffee With Mechelle

Monday, March 4th

11 am—noon

Maintaining our maximum level of independence might
include changing where we call home. Stop by Sunflower
House, grab a cup of coffee and chat with Mechelle
Taylor of Soter Senior Living to talk about
options in Brevard County. **RSVP 321.452.4341**



Impacted by Cancer?

Second Friday each month

March 8th 1:30 pm — 3 pm

Join us for snacks and comforting conversation while
those affected by cancer discuss cancer-related questions
and concerns to gain support from each other. Facilitated
by healthcare professionals and cancer survivors, the
group is open to cancer patients/survivors and caregivers
of any type of cancer, in any phase of treatment or
recovery. **RSVP 321.452.4341**

Live Inspired Counseling & Support, LLC

FHCP—Medicare Monday!

February 18th 11 am — noon

Join a Florida Health Care Plan representative for an
informal discussion of Medicare Options

Thursday Afternoon at the



Every Thursday 12:30 pm—3 pm

March 7th: Senior Moment

March 14th: Full Count

March 21st: The Great Alaskan Race

March 28th: Planet Quake

Alternate: Alaskan Nets

RSVP 321.452.4341



March 2024 Sunflower House Activities Calendar

3125 Fell Road, West Melbourne &AMIB 3600 W King Street, Cocoa

S	Mon	Tue	Wed	Thu	Fri	S
					1 Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONF ROOM FHCP Movie: The Girl who Believes in Miracles 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF. ROOM	2
3	4 Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM Soter Senior Living: Coffee with Mechelle 11 am—12 pm 3125 Fell Road WM	5 VITAS: Caring for the Caregiver 3125 Fell Road WM 9:30 am—10:30 am Brevard County DOH: Exercise— 3125 Fell Road 1pm—2 pm ACTIVITY ROOM	6 SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon Grandparents Raising Grandchildren 10 am – 12 noon 3600 W. King Cocoa Large Conf. Room Lou Echeverri—Guitar at SFH 10:30 am—1pm	7 FHCP Movie: Senior Moment 12:30 pm – 3 pm 3125 Fell Road WM	8 Sea Pines: B/P Clinic 11 am—12 pm 3125 Fell Road WM Mah Jongg— 12:30 pm—3 pm 3125 Fell Road WM Live Inspired: Impacted by Cancer 1:30 pm—3 pm 3125 Fell Road WM FHCP Movie: Senior Moment 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	9
10	11 Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM	12 SFR: Veteran Education & Resources 11 am—12 pm 3125 Fell Road WM Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM	13 SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon SFR—Living with Loss 3125 Fell Road WM 12:30 pm—2 pm Halos are Heavy 3600 W. King Cocoa 1 pm –2 pm SMALL CONF ROOM	14 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM FHCP Movie: Full Count 12:30 pm – 3 pm 3125 Fell Road WM	15 Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONF. ROOM FHCP Movie: Full Count 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	16
17	18 Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM FHCP: Medicare Monday 11 am—12 pm 3125 Fell Road WM	19 VITAS: Growing Through Grief 3125 Fell Road WM 10 am—11 am Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM	20 SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon AARP: Fraud Protection 11 am—12 pm 3125 Fell Road WM	21 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM FHCP Movie: The Great Alaskan Race 12:30 pm – 3 pm 3125 Fell Road WM	22 Sea Pines: Stroke Awareness 11 am—12 pm 3125 Fell Road WM FHCP Movie: The Great Alaskan Race 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	23
24 / 31	25 ALF Med Training 3600 W. King Cocoa 9 am—12 noon LARGE CONF. ROOM Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM	26 Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM	27 SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon MI Memory Research: Memory Screening 3125 Fell Road WM 12:30 pm –2:30 pm	28 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM FHCP Movie: Planet Quake 12:30 pm – 3 pm 3125 Fell Road WM	29 FHCP Movie: Planet Quake 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	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 the Sunflower House at (321)452.4341 at least 7 days prior to the meeting.

A Proud Partner of

United Way



United Way of Brevard

Elder Affairs

FLORIDA



Senior Resource Alliance
Aging and Disability Resource 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.

Medical Equipment Bank

The Sunflower House maintains donation-based durable medical equipment banks at 3600 W. King Street, Cocoa, collaboratively with I Love My Island at 234 East Merritt Island Causeway, Merritt Island and at 3125 Fell Road in West Melbourne. We accept and loan out gently used wheelchairs, walkers, and other medical equipment.
Our medical equipment bank provides used equipment to individuals in Brevard County for as long as needed. We appreciate you thinking of us and hope we can help you with your durable medical equipment needs. For questions call 806.3752 in Cocoa, 501.3999 on MI and 452.4341 in WM

