

Sunflower House 3125 Fell Road West Melbourne

Newsletter: April 2024

Come visit us: Monday-Friday

9 am—3 pm

Closed Weekends and Holidays



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
April 3rd!

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

Navigating Social Security & Disability Benefits

Second Friday this month

April 12th 1:30 pm — 3 pm

Join nonprofit Live Inspired Brevard, a support and wellness community for people affected by chronic health conditions, for a discussion and presentation about navigating social security and disability benefits. Gain support from others with similar struggles. We will be joined (via Zoom) by Mark Hendelson, a consultants and educator recently retired from a 38 year career with the Social Security Administration, whose passion is helping seniors and the disabled understand the complex Social Security, Disability and Medicare programs. **RSVP 321.452.4341 or for Zoom link**

Live Inspired Counseling & Support, LLC

Brain Health as You Age:

Brain Games!

Wednesday, April 24th

11 am—12 noon

Ever been told to "Stop playing games and get back to work."? Who knew playing games was really what we should have been doing the whole time! Join Rebecca Osgood with the Memory Disorder Clinic on Wednesday, April 24th, 2024 at 11am to learn how playing games maximizes your brain power! **RSVP 321.452.4341**

HealthFirst

Memory Disorder Clinic

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

Wednesday mornings

April 3rd, 10th, 17th and 24th

9 am—12 noon

New to Medicare—or need assistance with your current Medicare plan? Give us a call to schedule some time with **Joe** on Wednesdays at 9, 10 or 11 am. **RSVP 321.452.4341**



Memory Health Screening

Last Wednesday each month

April 24th 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



Exercising to Improve Balance & Reduce Risk of Falls

Tuesday afternoons

April 2nd, 9th, 16th, 23rd and 30th

1 pm—2 pm

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

Advance Directives Review

First Tuesday Each Month

April 2nd 11 am—12 pm

In honor of National Health Care Decision Day this month, St. Francis will provide an overview of the importance of advance directives and review Five Wishes and provide copies to all in attendance.

RSVP 321.452.4341

Living With Loss

Second Wednesday Each Month

April 10th 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



Coffee With Mechelle

Monday, April 1st

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**



American Mah Jongg at West Melbourne Sunflower House!

Friday, April 26th

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**



Caring for the Caregiver

1st and Last Tuesday this month

April 2nd and 30th 1 pm—2 pm

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

April 16th 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



FHCP—Medicare Monday!

April 15th 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**

April 4th: *First Grader*

April 11th: *Double Down South*

April 18th: *The Ultimate Gift*

April 25th: *Cobbler*

Alternate: *Limitless*

RSVP 321.452.4341



An Independent Licensee of the Blue Cross and Blue Shield Association

April 2024 Sunflower House Activities Calendar

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

S	Mon	Tue	Wed	Thu	Fri	S
	1 Soter Senior Living: Coffee with Mechelle 11 am—12 pm 3125 Fell Road WM Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM	2 SFR: Advance Directives Review 11 am—12 pm 3125 Fell Road WM VITAS: Caring for the Caregiver 3125 Fell Road WM 1 pm—2 pm Brevard County DOH: Exercise— 3125 Fell Road 1pm—2 pm ACTIVITY ROOM	3 SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon Grandparents Raising Grandchildren 10 am — 12 noon 3600 W. King Cocoa Lou Echeverri—Guitar 3125 Fell Road 10:30 am—1pm	4 FHCP Movie: First Grader 12:30 pm – 3 pm 3125 Fell Road WM	5 Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONF ROOM FHCP Movie: First Grader 1 pm – 3 pm 3600 W. King Cocoa L.LARGE CONF. ROOM	6
7	8 Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM	9 Brevard County DOH: Exercise— 3125 Fell Road 1pm—2 pm ACTIVITY ROOM	10 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	11 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM FHCP Movie: Double Down South 12:30 pm – 3 pm 3125 Fell Road WM	12 Live Inspired: Navigating Social Security & Disability Benefits 1:30 pm—3 pm 3125 Fell Road WM FHCP Movie: Double Down South 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	13
14	15 ALF Med Training 3600 W. King Cocoa 9 am—12 noon LARGE CONF. ROOM FHCP: Medicare Monday 11 am—12 pm 3125 Fell Road WM Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM	16 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	17 SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon	18 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM FHCP Movie: The Ultimate Gift 12:30 pm – 3 pm 3125 Fell Road WM	19 Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONF. ROOM FHCP Movie: The Ultimate Gift 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	20
21	22 Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM	23 Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM Freedom Health: Medicare 101 11 am—12 pm 3125 Fell Road WM	24 SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon Health First: Brain Games 11 am—12 pm 3125 Fell Road WM MI Memory Research: Memory Screening 3125 Fell Road WM 12:30 pm –2:30 pm	25 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM FHCP Movie: Cobbler 12:30 pm – 3 pm 3125 Fell Road WM	26 Mah Jongg— 12:30 pm—3 pm 3125 Fell Road WM FHCP Movie: Cobbler 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	27
28	29 Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM	30 VITAS: Caring for the Caregiver 3125 Fell Road WM 1 pm—2 pm Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM				

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 of Brevard





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*

