

Sunflower House 3125 Fell Road West Melbourne

Newsletter: May 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
May 1st!**

S. H. I. N. E. Presentation on Federal, State and Local Programs Available

**Wednesday, May 22nd
11 am—noon**

Caregivers need to know about programs available to assist them in caring for their loved ones. Joe Wheeler, SHINE Presenter, will discuss Medicare, Medicaid, Low Income Assistance and Long-Term Care programs available for eligible citizens who are already enrolled or need help enrolling in the Medicare/Medicaid system. SHINE is a state sponsored program conducted by volunteers providing free, unbiased health care insurance advice to Florida Medicare and Medicaid recipients

**Medicare Counseling
Wednesday mornings**

**May 1st, 8th, 15th, 22nd and 29th
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**



Blood Pressure Clinic

**Monday, May 13th
11 am—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**



SFR Workshop

**How do I Know When My Loved One Needs Hospice
First Tuesday Each Month
May 7th 11 am—12 pm**

St. Francis Reflections staff will review criteria for hospice care, myths regarding hospice and what to look for with your loved one to know when the time is right for hospice. **RSVP 321.452.4341**

Living With Loss

**Second Wednesday Each Month
May 8th 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 St Francis Reflections staff

RSVP 321.452.4341



Caring for the Caregiver BACK IN JUNE

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
May 21st 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



Memory Health Screening

**Last Wednesday each month
May 29th 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**



Impacted by Cancer?

**Second Friday each Month
May 10th 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

Exercising to Improve Balance & Reduce Risk of Falls

**Tuesday afternoons
May 7th, 14th, 21st and 28th
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**



Coffee With Mechelle

**Monday, May 6th
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, May 24th
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**



FHCP—Medicare Monday!

May 20th 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

May 2nd: *Limitless*

May 9th: *Saint Judy*

May 16th: *Snow White & the Seven Samurai*

May 23rd: *Come Away*

May 30th: *Bullet Train*

Alternate: *The Amazing Maurice*

RSVP 321.452.4341



May 2024 Sunflower House Activities Calendar

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

S	Mon	Tue	Wed	Thu	Fri	S
			1 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 3125 Fell Road WM	2 FHCP Movie: Limitless 12:30 pm – 3 pm 3125 Fell Road WM	3 Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONF ROOM FHCP Movie: Limitless 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF. ROOM	4
5	6 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	7 SFR: How Will I Know When My Loved one Needs Hospice? 11 am—12 pm 3125 Fell Road WM Brevard County DOH: Exercise— 3125 Fell Road 1pm—2 pm ACTIVITY ROOM	8 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	9 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM FHCP Movie: Saint Judy 12:30 pm – 3 pm 3125 Fell Road WM	10 Live Inspired: Impacted by Cancer 1:30 pm—3 pm 3125 Fell Road WM FHCP Movie: Saint Judy 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	1 1
1 2	13 Sea Pines: B/P Clinic 11 am—12 pm 3125 Fell Road WM Mah Jongg— 3600 W. King Cocoa 12:30 pm—3:30 pm SMALL CONF. ROOM	14 Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM	15 SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon	16 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM FHCP Movie: Snow White & the Seven Samurai 12:30 pm – 3 pm 3125 Fell Road WM	17 Sunflower Ladies Sewing Group 3600 W. King Cocoa 11 am—1 pm SMALL CONF. ROOM FHCP Movie: Snow White & the Seven Samurai 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	1 8
1 9	20 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	21 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	22 SHINE— Medicare Counseling 3125 Fell Road, WM 9 am—12 noon SHINE: Presentation on Federal, State and Local Programs 11 am—12 pm 3125 Fell Road WM	23 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM FHCP Movie: Come Away 12:30 pm – 3 pm 3125 Fell Road WM	24 Mah Jongg— 12:30 pm—3 pm 3125 Fell Road WM FHCP Movie: Come Away 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF ROOM	2 5
2 6	27 CLOSED	28 Brevard County DOH: Exercise— 3125 Fell Road WM 1pm—2 pm ACTIVITY ROOM	29 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	30 Mah Jongg— 3600 W. King Cocoa 10:30 am—1:30 pm SMALL CONF. ROOM FHCP Movie: Bullet Train Down 12:30 pm – 3 pm 3125 Fell Road WM	31 FHCP Movie: Bullet Train Down 1 pm – 3 pm 3600 W. King Cocoa LARGE CONF 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



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

