



### Manager's Note

This month, along with our regularly scheduled activities, the Sunflower House also has several special events.

- The Brevard County Elections Office will be here on August 5 to assist residents with voting questions.
- The Central Brevard Humane Society will now be visiting the Sunflower House on the first and third Saturday of each month with animals available for adoption.
- Assistance will be available on Tuesday mornings August 9, 16, & 30 for seniors who would like to begin using our new Wii.

Don't forget to stop by the Sunflower House this month. Come exercise with us, listen to a presentation or watch a movie.

If you would like to receive our newsletter by email, come in and sign up or email us at

[Sunflowerhouse@bellsouth.net](mailto:Sunflowerhouse@bellsouth.net).

### Brevard County Supervisor of Elections

Friday, August 5 from 10 A.M. to 1 P.M.

A representative from the Brevard County Elections Office will be at the Sunflower House on Friday, August 5 from 10-1 P.M.

Brevard County residents may register to vote, update voter information, verify current information as well as request absentee ballots.

### Mall Walkers Meeting

Wednesday, August 17, 10-11 A.M.

The Mall Walkers at the Merritt Square Mall meet at the Sunflower House on the third Wednesday of each month.

This month's topic is "Overcoming Incontinence".

### This year consider becoming a supporting member of the Sunflower House!

Businesses related to caregiving, health, seniors, and long-term care issues are invited to become supporting members of the Sunflower House. Supporting membership includes a space on our information wall and the use of our conference room for presentations.

For more information on how to become a supporting member, please contact Janet at (321) 452-4341.

### Friday Afternoon at the Movies

Please join us for a movie and refreshments every Friday at 1 P.M.

This month we are showing the following movies:

August 5	Source Code
August 12	Just Go With It
August 19	The Adjustment Bureau
August 26	Little Fockers

Movie and refreshments sponsored by



### Free Blood Pressure Screenings

Tuesday, August 16 from 10 to 12 noon

VNA Space Coast will be offering free blood pressure screenings. No appointment is necessary.

### Exercising the Mind With the Dakim BrainFitness System

The Dakim BrainFitness System utilizes cognitive exercises to preserve the brain health of seniors.

This BrainFitness System is available at the Sunflower House. Please call (321) 452-4341 to reserve a time.

### Sunflower House Wii Fitness System Introduction

Tuesdays, August 9, 16, & 30 from 10-12

If you would like to learn more about our new Wii, please come in for an introduction.

For more information, please call the Sunflower House at 452-4341.

### Adult Immunization Presentation

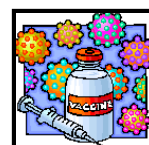
Tuesday, August 23, from 11-12 noon

Helen Medlin, Senior Registered Nurse with the Brevard County Health Department, will present an overview of vaccinations for adults.



This discussion will include:

- Why adults need vaccines
- Who should and should not receive these vaccines
- What types of vaccines are available

Please call the Sunflower House at (321) 452-4341 to reserve a space.



# August 2011 Activities Calendar

	Mon	Tue	Wed	Thu	Fri	Sat
	1 Exercise Class 11-12	2 Bereavement Support Group 2:30-4:00	3 Caregiver Support Group 1-2:30	4 Knitting/Crocheting Group 10-11:00	5 Exercise Class 11-12 Movie 1-3 <b>Source Code</b> Brevard County Elections Office 10-1	6 Computer Club 10-12 & 12-3:30
7	8 Exercise Class 11-12	9	10 Triad 10-12 Lions 12-1 Vitas Bears 1-3	11 Knitting/Crocheting Group 10-11:00	12 Exercise Class 11-12 Movie 1-3 <b>Just Go With It</b>	13 Computer Club 12-3:30 Humane Society Table 12-3:30 
14	15 Exercise Class 11-12	16 VNA Blood Pressure Screens 10-12	17 Caregiver Support Group 1-2:30 Mall Walkers 10-11 Memory Screens 10-1	18 Knitting/Crocheting Group 10-11:00	19 Exercise Class 11-12 Movie 1-3 <b>The Adjustment Bureau</b>	20 Computer Club 12-3:30
21	22 Exercise Class 11-12	23 Health Dept. Adult Immunization Presentation 11-12 	24 Salt 10-12 Lions 12-1	25 Knitting/Crocheting Group 10-11:00	26 Exercise Class 11-12 Movie 1-3 <b>Little Fockers</b>	27 Computer Club 12-3:30 Humane Society Table 12-3:30 
28	29 Exercise Class 11-12	30 Hobbs ALF 2-4	31			

## Free Brief Memory Screens

August 17, 2011 from 10 A.M. - 1:00 P.M.

The East Central Florida Memory Disorder Clinic is offering free memory screenings to adults who are concerned about memory loss. The screening is a 30 minute confidential appointment and includes a 15 minute test. The results will be provided so that individuals can discuss them with their primary care physician.

The memory screenings are by appointment. Please call (321) 452-4341 to reserve a time.

### "Suddenly Alone" Bereavement Support

Hospice of Health First Survivor Support Services provides support through the grief process and beyond. For more information, call (321) 952-0494.

This group meets on the 1st Tuesday of each month from 2:30 - 4:00 P.M. and is open to the public.

### Caregiver Support Group

Come discuss issues related to being a caregiver in a supportive setting. This group offers a place to talk openly with others who are or who have been in a similar situation.

The support group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month from 1 - 2:30 P.M.



The Sunflower House  
Merritt Square Mall, Suite 201  
777 E. Merritt Island Cswy.  
Merritt Island, FL 32952  
(321) 452-4341

