



Community Services Council  
of Brevard County, Inc.

# The Sunflower House Newsletter

## September 2011



### Manager's Note

This month, along with our regularly scheduled activities, the Sunflower House is offering a 4 part series on Family Caregiver Education, and presentations on Detoxing Naturally, and Guilt and Grief.

*Some upcoming events you may want to mark on your calendar:*

*October 12th-Changes in Intimacy When caring for a Spouse With Alzheimer's or Other Related Dementia*

*October 17th-Shine will discuss changes to Medicare and to the Medicare Annual Enrollment Period*

*October 18th -blood pressure screenings and flu shots offered by the VNA*

Don't forget to stop by the Sunflower House this month.

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).

### Family Caregiver Education

Thursdays, September 8th, 15th, 22nd, and 29th from 1:00 – 3:00 P.M.

Patricia DeAngelis, RN with the Health First Aging Institute will discuss topics including "Understanding Dementia Behavior as the Disease Progresses," "Caring for the Caregiver and Communication Techniques," "Prevention of Falls and Injuries," and "Observing and Reporting Medical Health Conditions."

Senior Care of Brevard and Adult Day Care on Merritt Island will provide reduced rate day care at their facilities for loved ones during the presentations.

To reserve a seat please call the Sunflower House at 431-4542.

### Detox Naturally

Tuesday, September 20 from 10:30 – 11:30 A.M.

Dianne Said, Acupuncture Physician from the Healthy Healing Acupuncture and Herbal Center, is offering a presentation entitled "Detox Naturally."

Some of the common signs and symptoms of toxic overload include headaches, irritability, joint pain, fatigue, immune weakness, and mood changes. Learn about the simple things you can do to strengthen your body from the inside out.

To reserve a seat, please call 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:

September 2	Arthur
September 9	The Green Hornet
September 16	Something Borrowed
September 23	Thirteen Days
September 30	Oceans Thirteen

Movie and refreshments sponsored by



### Free Blood Pressure Screenings

Tuesday, September 20, 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

### 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.

### Guilt and Grief

Wednesday, September 21 from 1:00 to 2:00 P.M.

Coping With Caregiving—Grief & Guilt

This class is designed for the family caregiver and focuses on the grief and guilt often felt by those caring for a person with Alzheimer's disease or related dementia. The class will provide caregivers with useful tips to help reduce the stress that many feel in their new role.

Free and open to the public.

To reserve a seat, please call the Sunflower House at 452-4341.

# September 2011 Activities Calendar

	Mon	Tue	Wed	Thu	Fri	Sat
				1 Knitting/Crocheting Group 10-11:00 Bereavement Support Group 2:30-4:00	2 Exercise Class 11-12 Movie 1-3 <b>Arthur</b>	3 Computer Club 10-12 & 12-3:30
4	5 <b>Labor Day</b> Exercise Class 11-12	6	7 Caregiver Support Group 1-2:30 <b>Memory Screens</b> 10-1	8 Knitting/Crocheting Group 10-11:00  Family Caregiver 1-3	9 Exercise Class 11-12 Movie 1-3 <b>The Green Hornet</b>	10 Computer Club 12-3:30 Humane Society Table 12-3:30
11	12 Exercise Class 11-12	13	14 Triad 10-12 Lions 12-1 Vitas 1-3	15 Knitting/Crocheting Group 10-11:00  Family Caregiver 1-3	16 Exercise Class 11-12 Movie 1-3 <b>Something Borrowed</b>	17 Computer Club 12-3:30
18	19 Exercise Class 11-12	20 <b>Detox Naturally 10:30-11:30</b> VNA Blood Pressure Screens 10-12	21 Caregiver Support Group 1-2:30 <b>Grief and Guilt 1-2</b> <b>Mall Walkers 10-11</b>	22 Knitting/Crocheting Group 10-11:00 Family Caregiver 1-3	23 Exercise Class 11-12 Movie 1-3 <b>Thirteen Days</b>	24 Computer Club 12-3:30 Humane Society Table 12-3:30
25	26 Exercise Class 11-12	27 <b>Hobbs ALF 2-4</b>	28 Salt 10-12 Lions 12-1	29 Knitting/Crocheting Group 10-11:00 Family Caregiver 1-3	30 Exercise Class 11-12 Movie 1-3 <b>Oceans Thirteen</b>	

## Free Brief Memory Screens

September 7, 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

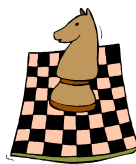
Hospice of Health First Survivor Support Services provides support through the grief process and beyond. For more information, call (321) 952-0494.

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

### Board Games for Seniors Accepted

The Sunflower House is currently accepting donations of board games and small hand held games. These will be distributed to home bound seniors.

Please call (321) 452-4341 to donate or with any questions. Thank you!



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

