



Friendship Flyer

APRIL 2020

2785 Leisure Drive

Melbourne, FL 32935

(321) 255-4494

Hours: Mon-Fri: 8:30 am-4:30 pm

Sat: 8:30 am-12:30 pm

Website: bcscwp.com



We apologize for the delay in receiving this message.

The difficulty with the Email system has been resolved.

We will continue to keep you informed of any program changes.

. As you can see, the focus of our Board this past month has centered on the Coronavirus (COVID-19) and our concerns for the health and welfare of our members at the Senior Center. In response to the recommendations of the CDC and our Brevard Parks and Recreation Department, **we made the decision to close the Senior Center effective March 16 until further notice.** We will keep you apprised via email for those of you who have provided us with email addresses and our website (bcscwp.com) of when we feel we can safely open the center again. We will also update the message on our voice mail system, so feel free to call and check. **(321-255-4494)**

Stay tuned for more information.

Mostly stay well!!

Mission Statement

Our Mission is to provide a congenial and happy environment for seniors to enjoy activities, meet new friends, and attend educational programs. Furthermore, to provide a resource for obtaining assistance and guidance in times of need.

“There are no strangers here, only friends you have yet to meet!”



THINK HAPPY THOUGHTS: Focus on the good things. Challenging situations and obstacles are a part of life. Practice gratitude. Start every day on a positive note.

TAKE BREAKS from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be discouraging. Limit your intake. You could watch 24-hour news channels, listen to dire warnings on the radio, or visit countless websites and be bombarded with the angst of the moment. Instead, choose a single news source and decide how much limited time you'll spend with it each day. Then stick to your plan.

STAY POSITIVE AND BUSY: I am sure there are projects that all of us have put on the back burner, for when you have more time. Well we do have that now so cleaning out closets, rooms, old documents, etc. is a way to keep you busy and make your home less cluttered. You may be surprised at what you find.

KNOW WHAT YOU ARE GRATEFUL FOR! Gratitude means showing appreciation for all the good in your life, instead of focusing on the negative. Get clear about what it is that you're grateful for.



NEED HELP? Everyone is here to help if you need it. Keep in touch with your neighbors and if you can, ask if they need help getting groceries or other chores. Remember when the elevators were out at the Stratford? Everyone helped out. READ, play games, do puzzles, call friends and family, stay in touch and keep busy. Although libraries are closed, you can still get books online.

LISTEN TO MUSIC, watch a movie that makes you happy, look at old photos. There are a lot of things we can do to make us **SMILE**. We are in this together and a smile goes a long way. It also makes you look and feel good.

EAT HEALTHY and get enough sleep. Exercise, if you can. Meditation is also a good thing to do. WRITE a note or send a card to someone who is alone or in a care facility. All assisted living and nursing facilities are in lock-down.

CARRY-OUTS: Tired of cooking and want something different? Many area restaurants are open for carry-outs. Interesting how we took for granted eating out and now it has become, like it used be, a special treat.



TAKE A DAILY INVENTORY.

Close your day, every day, with a positive acknowledgement of something you accomplished, learned or are grateful for. It will help dilute some of the negativity you've absorbed and remind you that not everything that's happening right now is bad or depressing. CHECK OUT what is going on outside. Go for a walk. If you cannot go outside, you can still look out your window and see some wildlife, birds, the sun shining. If you live at the Stratford, bundle up and sit on your deck or patio. IT IS OKAY TO GO OUTSIDE AND GET FRESH AIR. HANG IN THERE. Remember:—be prudent, but don't panic.|| This, too, shall pass. Be positive. Refuse to induce fear. Encourage others to remain positive.

LOOK TO THE PAST. Get hope from your past resilience. You have likely endured other unforeseen major life disrupters like 9/11, major hurricanes, or the financial meltdown of 2008. You made it through! And you are stronger because of it. Know that you will get through this. Remind yourself of your resilience on a regular basis.

SCAMMERS may use COVID-19 as an opportunity to steal your identity and commit Medicare fraud. In some cases, they might tell you they'll send you a Coronavirus test, masks, or other items in exchange for your Medicare number or personal information.



March 6th was truly a nite to remember. Over 100 people enjoyed dinner and music at t our last Friday nite get-together.

The Travel office is Closed until WPSC reopens.

All trips during that time are canceled.



To all of the **Wickham Wanders'**. Please be Safe and Healthy during this time. We are looking into possible adventures for the future escapades.

We are working on your reimbursement for the canceled trips.