



Friendship Flyer

APRIL 2021

2785 Leisure Drive
Melbourne, FL 32935
(321) 255-4494

Hours: Mon-Fri: 8:30 am—2:30 pm
Sat: Closed Until Further Notice
Website: www.bcwpsc.org



President's Message



Diane Weinzierl

As we move into April, I'm seeing lots of signs of encouragement and hope that things may get back to normal sometime soon this year (fingers crossed).

- **Our number of new members and renewals are picking up.** Linda Payne has agreed to take on the role of Membership Coordinator and is already looking at ways we can reach out to the community and increase awareness of our Center. I am still amazed at the number of people who come in and tell us they didn't even know we were here.
- We finally sent out our first reminder email about past due **memberships dues** and we are already seeing many of you come in to pay, or mail in, your membership dues. Thanks for helping us keep our doors open.
- As of March 8, we have our **new Treasurer**, Michelle Goldstein, on board. We are fortunate to have found someone with her experience so quickly, and she's already doing a fantastic job. You can read more about her on page 2.
- With many of our volunteers and members now being vaccinated we will make another concerted effort to reach out to the program managers who have not yet restarted their programs (all those programs you see highlighted in yellow on the Daily Schedule) to see when they plan to return to the Center. We are certainly hoping that will happen soon.
- **April is Volunteer Month.** I know you've heard me say many times before that the Center is 100% run by Volunteers and there would be no Center without them. Please, the next time you're here, I encourage you to take a few minutes to thank them for the great jobs they do. And, of course, if you have some spare time and want to join our team, please let me or someone at the Front Desk know. This is a great group of people.

Lastly, I want to wish you and your family a blessed and
Happy Easter!

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!"

Board of Directors Update

Business conducted at the March 8 board meeting:

- Ginny Parker appointed to fill the open Director position that expires in 2022.
- Michelle Goldstein appointed as the new Treasurer until December 2021.
- Pam Page appointed the WPSC Bridge Program Manager reporting to the Board.
- Debit cards will now be replaced with credit cards
- New signers for the checking accounts approved.
- Approved purchase of branded promotion items for New Member packages and community outreach events.
- In support of Volunteer month, the board approved the purchase of branded polo shirts for all WPSC volunteers.
- Inventory Committee appointed to compile an up-to-date inventory report by June.

Protect Yourself From Scams in Your Community!

Scams are rapidly increasing as the flu season continues. Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from the flu. Protect yourself!

- Do not give out your Medicare number to anyone other than your doctor, health care provider, or other trusted representative.
- Protect your Medicare number and treat your Medicare card like a credit card.
- Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Be cautious of anyone who comes to your door offering free flu testing, treatment, or supplies.
- Ignore online offers for vaccinations or tests. If you see ads touting prevention products or cures for the flu, they are most likely a scam.
- If you suspect Medicare fraud, contact the Serving Health Insurance Needs of Elders (SHINE) Program by calling 1-800- 963-5337 or visiting floridashine.org.

Contributed by Anne Chansler, Director of Elder Protection, Florida Department of Elder Affairs

Meet Our New Treasurer!

I must say that I certainly never expected to be the Treasurer at the Wickham Park Senior Center. It's an unexpected journey, but here I am. I started playing bingo at the Senior Center a few years ago when my daughter became an honorary member at the age of 21 so she could call bingo. When the center reopened after the COVID shutdown, my mom and I started back at playing bingo. During conversations with Diane, my mom and I became aware of the need for volunteers at the Center. While she couldn't convince me to call bingo, we did agree to start volunteering at the Front Desk. I love helping the visitors and members whenever they have a need.



Michelle Goldstein
WPSC Treasurer

I am a true Florida native, born in Melbourne at Holmes Regional Medical Center. My family is still in Melbourne and its where we call home. I am a Mom to Shelli, who is 23, and 2 English Labs, Bear and Koda. I worked in the Human Resources field for 25 years and managed the bookkeeping for my husband's lawn service for 17 years. Mike passed away unexpectedly in 2018 and I decided to take a sabbatical from Human Resources in 2020. My life has significantly changed over the past few years and I like to help out when I can to keep busy.

I was recently sworn in to the Board of Directors as Treasurer due to the passing of the previous Treasurer. This Center is an important part of the lives of many members and sometimes their only place to go to be around others. I want to be able to do what I can to help

“ Coming together
is the beginning.

Keeping together
is progress.

Working together...
is success.

ensure that it continues to be there for those that need it. Feel free to stop by and say hi and let me know if there's anything I can do to help.

~Henry Ford

Collaboration & Coordination are at the Heart of St. Francis Reflections Palliative Care

St. Francis Reflections Palliative Care helps people with a variety of serious illnesses achieve a better quality of life by addressing bothersome symptoms and reducing the stressors of navigating a complex healthcare system. A dedicated Nurse Practitioner works with patients, their loved ones, and their primary and specialty care physicians and nurse practitioners to create a plan of care that offers relief from physical, emotional, and spiritual pain, symptoms, and stress. Additionally, the Palliative Care Team assists patients in establishing the goals of care that are most important to them, and providing resources for important decision-making, care planning and conversations with their loved ones.

It is important to know that palliative care is not the same as hospice care.

While both focus on comfort and support, palliative care is available at any stage of an illness while hospice specializes in caring for people with a life expectancy of six months or less. The palliative care team visits patients at home. Our palliative care physicians and nurse practitioners are also available to see patients at several local hospitals.

Some important benefits of Palliative Care:

- While patients are receiving treatment for their illnesses, they can still receive palliative care at home.
- People with Cancer, Heart Disease, Respiratory Disease, Kidney Failure, Dementia, ALS, HIV/AIDS, Multiple Sclerosis and many other illnesses may all benefit from palliative home care.

For more information about St. Francis Reflections Palliative Care, call 321-360-3550 or visit the website: www.reflectionslsc.org/palliativecare



Virtual Webinars & Support Groups

Below is a list of virtual webinars and support groups that will be provided by St. Francis Reflections in the upcoming weeks **via ZOOM**. All of their Grief Support, Educational Webinars & workshops are free to the Brevard community.

- **Evening Grief Support:** Held on the 1st and 3rd Tuesday of every month @ 6:30-7:30 PM. Call (321) 269-4240 to register or email: GriefSupport@ReflectionsLSC.org
- **Caregiver Support Group:** Held on the 1st and 3rd Tuesday of every month @ 6:30-7:30 PM. For more information, contact Pam McMillan at (321) 349-6915 or email: pmcmillan@ReflectionsLSC.org



Marie Anne Passmore, 65, passed away on March 3, 2021 at her home in West Melbourne, FL and has been a Florida resident since 1974.

Marie Anne Passmore
9/10/55 – 3/3/21

Marie was a beloved mother, grandmother and friend. She was a genuine, caring person. Always making people smile by lifting their spirits with random acts of kindness. The first thing everyone did when they saw Marie was to stop and read her t-shirt. Every t-shirt had a joke that matched her sarcastic sense of humor. She had the most compassion for the elderly community, volunteering for ten years at the Senior Center in Melbourne.



She leaves her daughter Kisha, stepchildren Stephen and Jessica, two grandsons Nick and Cooper, two granddaughters Miranda and Madeline, who she loved very dearly.

CALENDAR OF EVENTS

WICKHAM PARK SENIOR CENTER
2785 Leisure Way
Melbourne, FL 32935

Phone: 321-255-4494
Web: www.bcwpssc.org

APRIL 2021

ACTIVITY	NOT RESUMING IN APRIL	SCHEDULE FOR APRIL
Ballroom Dancing	<input checked="" type="checkbox"/>	
Bingo		Tuesdays & Fridays @ 11:00A
Bone Makers Plus	<input checked="" type="checkbox"/>	
Blood Pressure	<input checked="" type="checkbox"/>	
Bridge: Duplicate	Meets Virtually	Mon., Wed., and Fri. @ 12:30P Thurs. @ 12:15P and Sat. @ 7:00P
Chat	<input checked="" type="checkbox"/>	
Rogue	<input checked="" type="checkbox"/>	
Rubber		Thursdays @ 1:00—4:00P
Bunco	<input checked="" type="checkbox"/>	
Chair Yoga	<input checked="" type="checkbox"/>	
China Painting	<input checked="" type="checkbox"/>	
Euchre	<input checked="" type="checkbox"/>	
Financial Lunch-n-Learn	<input checked="" type="checkbox"/>	
Games: Hand & Foot		Mondays & Fridays @ 9:00A—Noon
Games Galore	<input checked="" type="checkbox"/>	
Greeting Cards	<input checked="" type="checkbox"/>	
Jazzercise Lo		Mon., Wed. & Fri. @ 8:30—9:30A
Line Dancing:		Tuesdays @ 4:15—5:30P
Mahjong: American	<input checked="" type="checkbox"/>	
Chinese		Wednesdays @ 1:00—4:00P
Mexican Train Dominos		Wednesdays @ 1:00—4:00P
Pinochle		Fridays @ 12:30—4:00P
Poker: Dealers Choice		Tuesdays & Fridays @ 1:00—4:00P
Friendly		Monday @ 1:00—4:00P
Pool (Billiards)		Monday thru Friday @ 8:30A—4:30P
Senior Law	<input checked="" type="checkbox"/>	
Shuffleboard: Open Play		Mondays @ 1:00-4:00P & Saturdays @ 9:00A-Noon
Shuffleboard: League Play for Members		Wednesdays @ 1:00-4:00P
Silver Sneakers		Thursdays @ 11:00A—Noon
Social Scrabble	<input checked="" type="checkbox"/>	
Strength / Flexibility		Thursdays @ 9:30—10:30A
Tai Chi Class		Wednesdays @ 8:30—9:15A Fridays @ 8:30—9:30A
Watercolor Instruction	<input checked="" type="checkbox"/>	
Zumba Gold		Tuesdays @ 8:30—9:15A



OPEN TO THE PUBLIC: Tuesdays & Fridays
11:15 am—2:00 pm

Doors Open @ 10:00 am – Early Bird Starts at 11:15 am

Play 29 games including early-bird, two 50/50 games and one Winner-Take-All game. Packages start at \$6. Bingo payouts will be adjusted based on attendance.

Kitchen open from 10:00 am to 11:30 am, with a limited menu (snacks, pizza and hotdogs).

To comply with CDC guidelines designed to ensure safety during the COVID-19 pandemic, the following plan will be in effect:

- Six-foot tables are set up to accommodate two (2) people per table (one on each side at opposite ends). Players wishing to sit more players per table may do so at their own discretion.
- Attendance may be limited due table space available. Once all available seats are filled, it may be necessary to turn people away.
- All tables and chairs will be sanitized prior to each session.
- Everyone entering WPSC is required to wear a face mask/covering. Face covering may be removed while bingo numbers are being called, at your own discretion. However, anytime you are walking around the building or interfacing with another individual, a face covering must be worn.



Bingo players enjoyed free doughnuts for St. Patrick's Day courtesy of Carrie.

Chair Yoga Classes on ZOOM

Shelly Anderson, is now offering a Sponsored **LIVE** Chair Yoga Class on ZOOM, Thursdays from 1:00—2:00 PM. If you have an interest, please visit Shelly's website at <http://www.chairyogawithshelly.com> to register for the class under the Schedule tab.

Line Dancing

Tuesdays @ 4:15—5:30 pm
\$6.00 Per Class for Members Only



Line dancing is a unique form of exercise because it provides the heart-healthy benefits of

movement and exercise while allowing you to engage in a social activity. Come join one of our friendly classes!

Must be a member and CDC guidelines are being followed for your safety. One class per week for all participants (beginner and intermediate). Please call **Sue Duncan** for additional information at 321-505-0846.

Pool (Billiards)

Monday thru Friday @ 8:30 am—4:30 pm
Tournaments: 2nd Wednesday of Every Month

YE OL Pool Room 8 Ball Tournament Results:

- 1st Place: Barry Beddow
- 2nd Place: Bill Belg
- 3rd Place: Dale Foster
- 4th Place: Dave Reeve

If you have any questions about the pool room and our tournaments, please contact **Wally Topinko** at 321-622-4977.



APRIL IS VOLUNTEER MONTH

*"Thanks to all our volunteers. They are **love** in motion!"*



The WPSC Travel Office will be closed in April. Please contact Cindy at Footprints Travel 321-514-1576 for questions or reservation requests.

“Crazy for Gershwin” – Winter Park Playhouse

Date: Thursday, August 12, 2021
Cost: \$125 Per Person

A high-energy song and tap dance celebration paying tribute to well-loved composers, George and Ira Gershwin. Stroll down memory lane listening to 27 timeless classics, including “They Can’t Take That Away From Me”, “Embraceable You” and “I Got Rhythm”. Lunch at Cheesecake Factory with dessert.

Lancaster Show Trip & The Dutch Country

Date: September 19-25, 2021
Cost: \$745 Per Person Double

JOIN FOOTPRINTS TRAVEL

Winter Park Playhouse – 2021 Show Trips include Cheesecake Factory Lunch with Dessert
Cost: \$125 per trip, per person

“Respect”

Date: Thursday, April 15, 2021

This joyful Off-Broadway musical takes a look at the lives of women reflected in popular 20th century music.

“Five Course Love”

Date: Thursday, June 3, 2021

Hilarious Off-Broadway musical comedy. Set in five different restaurants, three actors portray fifteen characters on the hunt for their one true love.

“The Book of Merman” - Florida Premiere!

Date: Thursday, September 30, 2021

A side-splitting look at a seemingly fated encounter between Ethel Merman and two Mormon missionaries who arrive at her door.

~ To confirm your seat on a Footprints Travel Show Trip, call Cindy 321-514-1576 ~

Reflecting life, love and compassion

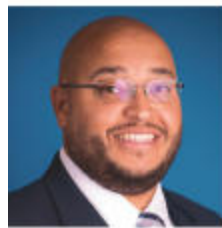
St. Francis
REFLECTIONSSM
 Lifestage Care

- Hospice
- Palliative Care
- Grief Support

321-269-4240
ReflectionsLSC.org

Questions about
MEDICARE?

I can help!



Gabriel Quezada
 321-419-7409
 (TTY: 711)

Monday – Friday, 8 a.m. – 5 p.m.
gquezada@careplus-hp.com

Call your licensed
 CarePlus sales agent TODAY!

CarePlus
 HEALTH PLANS

PROTECTING SENIORS NATIONWIDE
 MEDICAL ALERT SYSTEM

\$29.95/MO

BILLED QUARTERLY

PLUS
 SPECIAL
 OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



Vaccine Information



Below is the latest vaccine information from Brevard County as of 3/22/2021. We have included a link on the front page of the website to keep this up to date for you (www.bcwpsc.org).

Department of Health in Brevard:

- Eligible Floridians can preregister for COVID-19 vaccination at myvaccine.fl.gov
- Those who aren't yet eligible can sign up for email updates.
- In Brevard County, the number to call is 866-201-5420 (TTY: 833-476-1525).

Publix:

- Vaccination appointments are scheduled for 65 and older online only at www.publix.com/covid-vaccine/florida.
- New appointments are posted on the website as they become available.
- Appointments cannot be made by calling Publix or the Publix Pharmacy.

Walmart and Sam's Club:

Vaccine appointments expected to become available for 65 and older at Sam's Club in Cocoa and all three Walmarts on Wickham Road with Melbourne addresses. The following websites will have more information, when it becomes available:

- walmart.com/COVIDvaccine
- samsclub.com/covid

Winn-Dixie:

Schedule appointments at www.winndixie.com/pharmacy/covid-vaccine for two Brevard stores.

- 190 Malabar Road SW, Palm Bay
- 7960 US Hwy 1, Micco (Barefoot Bay)

Testing Sites in Brevard

**KNOW YOUR
COVID-19 STATUS**

**COVID-19 COMMUNITY
TESTING SITES**

The following COVID-19 testing sites are verified through Brevard County Emergency Management:

State-Supported Drive-Through Site:

- No appointment required
- 9am-5pm, seven days a week
- Eastern Florida State College Palm Bay Campus, 250 Community College Parkway, Palm Bay 32909 (enter at San Filippo Drive SE at Manchester Circle)
- "Express Lane" has been added for people with symptoms.
- All ages with parental consent.
- ID not required but will speed up process.
- Insurance information will be requested but not required. No copay or fee.
- Rapid antigen tests with results in as soon as 15 minutes now available.

Health First:

- Appointment required by calling 321-434-3131
- 9am-noon Monday-Saturday
- Pro-Health & Fitness, 255 Borman Drive, Merritt Island, FL 32953
- No testing for children.

Parrish Healthcare:

- Appointments required by calling 321-268-6139 or texting "covid test" to 321-204-1699
- Tuesdays through Saturdays at rotating sites in North Brevard.
- No testing for children.

Department of Health in Brevard:

Testing is no longer available. Check back for updates at: www.211brevard.org/covid-19-testing-sites/



Say Yes to New Adventures

CMS Rating
★★★★★

Offering: Independent Living • Skilled Nursing Care
Individualized Rehabilitation • Therapy Services

321-452-1233
TTD# 800-545-1833 ext. 359
Language Assistance Services 562-527-5255

COURTENAY SPRINGS VILLAGE
1200 S Courtenay Pkwy.
Merritt Island, FL 32952
SNF# 11070961



LET US PLACE
YOUR AD HERE.

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

LPI is Hiring Ad Sales Executives

Full-Time with Benefits | Paid Training
Expense Reimbursement | Travel Required

Contact us at: careers@4lpi.com
www.4lpi.com/careers

Your care. Our mission.

*Providing quality home care
when you need it most*

Brownlie & Maxwell
Funeral Service & Crematory

(321) 723-2345
www.brownliemaxwell.com
1010 Palmetto Ave.
Melbourne, FL 32901

Comforts of Home Care
Associates, Inc.

*When Seniors
Need help!
We put the CARE
in CAREgiving!*
Lic # 227323

Your Senior Care Specialists
Serving Brevard County since 1996
Homemakers • Companions • General
Assistance • Free-in-home Assessment
All CAREgivers are screened,
licensed, bonded and insured.

Melbourne • 255-0107

Doctor ordered medical care

- Skilled nursing care
- Physical and occupational therapy
- Medication management

Personal care

- Bathing and dressing
- Transportation
- Light cooking

321.710.9340
www.vnatc.com

Licenses# HHA299991471/HHA299995046

Welcome

New Members in February

Adams, Judy	Dadisman, Fanny
Bannon, Maryann	Grossi, Kate
Barton, Patricia	Henderson, Fred
Black, Shirley	Hudgins, Maria
Buchanan, Russ	Larsen, Janice
Burton, Jack	Maubray, Wayne
Campanale, Albert	Ryals, Vivan
Ciccarello, Michelle	Schraffa, Mona
Crain, Ron	Verdin, Lupe
Cushing, Brian	

Front Desk Volunteers Needed!

Volunteers are the backbone of the WPSC operation. Front Desk volunteers are needed to cover Monday afternoons, Tuesday mornings and afternoons, Wednesday afternoons, Thursday mornings and Friday mornings and afternoons. If you're interested in volunteering, applications are available at the Front Desk.

Meet Our Staff

Officers

President:	Diane Weinzierl
Vice President:	Gary McGuire
Secretary:	Lynn Higginbotham
Treasurer:	Michelle Goldstein

Directors

Deana Booth	Pam Page
Vincent Germann	Ginny Parker
Peggy Miles	Linda Payne
Beverly Morgan	Jaqueline Williams

Staff

Systems Admin:	John Efird
IT Staff:	David Leacock
	John Turner
Sunshine:	JoAnn Efird
Newsletter:	Nilda Rosario

Deadline for copy submission to the newsletter is the **15th of each month**. Please email copy to:
WPSCnews@cfl.rr.com

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

LPi CALL 800.477.4574

ADVERTISE HERE

to reach the
senior market



Call (800) 477-4574

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Karen Fontaine**
to place an ad today!
kfontaine@lpiseniors.com or
(800) 477-4574 x6350

Our “STARS” Sponsors

The Officers and Membership of Wickham Park Senior Center appreciate the continued support of our many Sponsors. As an all volunteer run organization, their continued financial support allows us to offer Activities and Social events for our members.

Thank you!

Diamond Level

Beltone Hearing ♦ Courtney Springs Village ♦ Edward Jones Investments
Slonim & Lemieux Law Offices ♦ Health First Health Plans ♦ Health First Home Care
St. Francis Reflections ♦ CarePlus Health Plans ♦ United Healthcare

Gold Level

Victoria Landing

Silver Level

Buena Vida Estates • ClearCaptions

Meet & Greet Sponsors

Ally Senior Living Consultants • CaptionCall • CarePlus Health Plans
Courtney Springs Village • Health First Health Plans • United Healthcare
VIP America Home Health Care



SUPPORT OUR ADVERTISERS!



3 Remedies for Managing Spring Allergies

An itchy nose, watery eyes, painful congestion, and intense sneezing can all be signs you have a seasonal allergy. Depending on what part of the country you reside in, these symptoms might be caused by flowering trees or pollen-filled flowers. Allergies can be uncomfortable for people of all ages but can be managed with a little help.

Here's what you should know as you head into the spring allergy season.

How Allergies Impact Us

Allergies are the body's reaction to the immune system becoming sensitized to something in the environment. Experts say allergies can be problematic for adults for a variety of reasons. One concern is that allergy symptoms can exacerbate other chronic illnesses. For example, someone with a chronic pulmonary obstructive disease (COPD) might find their nasal congestion worsens and the shortness of breath they often experience is more pronounced.

Another concern is the use of antihistamines. These are over-the-counter medications that people often turn to in an effort to self-treat allergies. Antihistamines often lead to increased blood pressure. For older adults who have cardiac disease, this can be especially dangerous.

What Triggers Allergies?

The first step in managing allergies is to identify the triggers. Here are a few of the most common spring and summer allergy triggers:

Outdoor elements: Pollen, mold, grass, or dust are often the culprits, and they can be tough to avoid.

Pool chemicals: Chlorine in swimming pools can be another trigger, especially for red, scratchy eyes.

Smoke: Summer barbeques and bonfires are popular, but the smoke they generate can be irritating.

Bites: Insect bites and stings can be more than annoying for some seniors. This is often due to decreased immunity that is more common with aging.

While many of the symptoms associated with allergies can be present year-round, they often peak when the weather is warmer. There are steps you can take to manage allergies without medication.

3 Natural Remedies for Spring Allergies

1. Limit time outdoors: When peak allergy season arrives, it might help to limit the amount of time you spend outdoors. When you do head outside, take a few precautionary steps. Make sure you wear a mask that covers your mouth and nose. Another way to limit exposure is to take off your shoes and change your clothes in the garage or mud room. This not only reduces the amount of pollen you might be breathing in, but also prevents pollen from making its way into the house.

2. Control your environment: When the pollen count is high or when it's windy outdoors, keep your windows closed to limit the amount of pollen and dust from getting inside. Instead, use your air conditioner to cool the house. The same is true if you are inside a car. While the fresh air might feel good, you are exposing yourself to allergens as you travel.

3. Work around the pollen count: Be sure to monitor the pollen count. This is easier if you take advantage of one of the many free weather apps you can download on your smart phone. Your local television station likely has one. If not, The Weather Channel does. You can use your zip code to track allergens that are high in your area.

If none of the remedies listed about help, your primary care physician might need to order allergy testing. This will help pinpoint the source(s) of your allergies making them easier to treat.