



Friendship Flyer

JUNE 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



Diane Weinzierl

President's Message

June marks the Center's 12-Year Anniversary at Wickham Park. It also brings a lot of hope as we continue to see things slowly get back to normal at the Center.

- In mid-May CDC announced a no-need-to-mask for those who are fully vaccinated policy update which we were more than happy to accommodate. Not only is it wonderful to see people's smiles again, I'm really glad to be able to wear lipstick again! (See our updated Safety Protocols on page 2).
- We continue to see a jump in new memberships, as well as renewal memberships.
- More and more of our programs are returning. Bunco, Ballroom Dancing, American Mahjong and Social Scrabble returned late in May. Duplicate Bridge is planning to start up one of their programs on Saturday beginning June 5. (See bridge article on page 7). This will offer our duplicate bridge membership an opportunity to continue with online sessions as well as in-person sessions. Be sure to check the Daily Schedule on the website (www.bcwpsc.org) for the latest information on all our programs.
- Our sponsorship program is also growing – three new sponsors were added in May – Vitas, Cigna and Home Instead Senior Care. Also, St Francis Reflections added the monthly Meet & Greet session to their current Diamond Sponsorship. Please be sure to visit their tables during our Meet & Greet sessions on Tuesday and Friday mornings to learn more about each of them. (See Meet & Greet schedules on page 11).
- We were sad to learn that FootPrints Travel is closing their business as of October. However, our Travel Group, headed by Deana Booth, is busy scheduling new trips for you. Be sure to check out the Travel page on the website to keep up to date on what's going on with travel. There are currently three trips scheduled for the fall and they are hoping to add more soon. Also, if you have any suggested trips you'd like to see them consider, feel free to let Deana know or drop a note in the Suggestion Box we added in the lobby.

Our hope is that by the end of summer we will be back at full force and we can return to our normal business hours. The Board is also discussing plans for a Grand Re-opening in September – stay tuned for more details on that. Enjoy the beginning of summer!

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!"

Updated COVID-19 Safety Protocols for Wickham Park Senior Center (Effective May 16, 2021)

To help ensure the safety of our members and volunteers, we are implementing the following COVID-19 protocols. The WPSC Board will continue to monitor the recommended CDC Guidelines and update our protocols from time to time as necessary. Updates will be posted on our website as well as around the Senior Center building.

Note: It is the Program Manager's responsibility to ensure that all members participating in their program adhere to these safety protocols.

- **If you feel sick or have symptoms** (even mild), please stay home.
- Until further notice, WPSC **is open for MEMBERS ONLY**. (Note: Due to State Laws, Bingo is open to the public and while membership is not mandatory, it is encouraged.)
- **All members will be required to scan their membership card** at the front desk upon entering the building. If you forget your membership card, a front desk volunteer will check you in.
- **Face Mask Requirements**
 - **Fully vaccinated people** (those who have received their final Covid-19 vaccination at least two weeks ago) are no longer required to wear masks at the Center.
 - **Non-vaccinated people** are required to wear a mask. However, at your discretion, mask may be removed during exercise activities, while bingo numbers are being called or when you can safely social distance.
- Program Managers will sanitize tables before each program.
- Hand Sanitizer will be available throughout the building.

- All members and activity participants are **required to sign a hold harmless statement** that will be available at the front desk. In the event there is no receptionist on duty upon your arrival, the hold harmless statements will be posted near the front door with a box to place them in.

WPSC Membership Card on Your Smartphone

Would you like to have your WPSC membership card on your smartphone? Keep reading and I will show one solution.

There is an adage that says if you want to do something on a smart device – “There’s an app for that!”

Turns out there is and it is called **Key Ring** (<https://keyringapp.com>). Key Ring is a solution to having anything with a bar code, like loyalty and membership cards [such as WPSC’s], on your phone. This app can be used for any loyalty cards you may have. I use it for my library card, my gym membership, my National Park Pass, Lowe’s, and other retailers, but especially for WPSC!

Key Ring can be downloaded from the Apple App Store or Google Play Store, depending on which type of device you have.

Once you have the app installed, adding the WPSC Membership card is simple.

1. Open the Key Ring app
2. Touch the menu button on the upper left corner
3. Select “Help” from the list
4. Select “How to Add a Card”
5. Follow the instructions
6. Open your entry for the card and press the STAR to make it a favorite so it will always be at the top!
7. Use the app the next time you are at the Center to sign in.

NOTE: You should always sign in with your card when visiting the Center! *Happy scanning!*

(Article courtesy of John Eford)

Computer Help Wanted

The Tech Support staff at the Senior Center is in need of volunteers to assist with computers and associated equipment.

If you have experience in any of the following and can volunteer a few hours a week, please contact John Efirm at 321-704-0520, or email him at wpscitadmin@cfl.rr.com.

The skills needed are:

- **Data Entry:** Ability to create and edit documents in Microsoft Word and Excel. Familiarity with Microsoft Publisher and Access database software is a plus.
- **Routine Hardware & Software Maintenance:** Periodic running of anti-virus and anti-malware software. Monitoring printer use to determine when toner, ink or other printer hardware needs replacement.

Front Desk Volunteers Needed!

Morning Hours: 8:30—11:30 am

Afternoon Hours: 11:30 am—2:30 pm

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

Please note that the volunteer hours above will change when the WPSC returns to normal working hours closing at 4:30 pm.

Inventory Thank You

By John Efirm

I would like to express my thanks to all the hard working volunteers that participated in the recent physical inventory. Without the help of the following individuals, it would not have been successful:

- Inventory Committee: Michelle Goldstein, Peggy Miles, Beverly Morgan, Linda Payne
- Program Managers: Greg Jones – Shuffleboard, Carol Lush – Kitchen, Pam Page – Bridge, Wally Topinko – Pool
- Tech Support: David Leacock, John "JT" Turner
- Others: Monty Page – Bridge, Diane Weinzierl – Bingo

Next time, I promise it will go smoother!

Guard your COVID-19 Vaccination Card



After you get your COVID-19 vaccine, **keep your vaccination card safe** — scammers are using the COVID-19 pandemic to try to steal your personal information.

Don't share a photo of your COVID-19 vaccination card online or on social media.

Scammers can use content you post, like your date of birth, health care details, or other personal information to steal your identity.

You should get a COVID-19 vaccination card at your first vaccine appointment. If you didn't, contact the provider site where you got vaccinated or your state health department to find out how to get a card.

If someone contacts you to buy or sell a vaccination card, it's a scam. If you suspect COVID-19 health care fraud, report it by calling 800-HHS-TIPS (800-447-8477). TTY users can call 1-800-377-4950.

Comments? We value your opinion! There's a new SUGGESTION BOX in the lobby for your feedback or ideas on how we can enhance the experience at the WPSC!



Hurricane Season is Almost Here: Here's What To Do!

By Barbara Fradkin—Special to FLORIDA TODAY

Reader Question: *I am new to Florida and hurricane preparation. What should I do?*

Answer: Welcome to Florida, where the seasons include the “Dry Season,” the “Wet Season,” and — of course — Hurricane Season!

Hurricane Season officially begins June 1 and runs through Nov. 30. Experts are predicting another above-average Atlantic hurricane season: 17 named storms, eight hurricanes and four major hurricanes (Category 3 or higher). Great!

I needed something new to worry about while we're still dealing with the pandemic.

So, what should you do?

When I moved to Florida, my wise sister (already a Floridian) told me, “Don't panic.”

So, what did I do my first hurricane? PANIC!

But I was prepared for anything and you can be, too — if you start now.

Plan. Make an emergency plan with your family.

Is your house safe enough to shelter in place?

Create an “important information” sheet, with your family and medical contacts, medication list and insurance information, in case you have to evacuate.

Where will you go? A shelter is a refuge of last resort. Don't forget your pets. They deserve to be safe, too — and they'd probably prefer to be with you.

Copy Documents. Make copies of personal documents (proof of address, deed/lease from home, passports, birth certificates, insurance policies).

Don't forget your advance directives, trust papers, bank account information and your COVID vaccine card. Put all these copies in a waterproof bag or folder and keep originals in a safe place.

Make Your Emergency Kit. Basic supplies include:

- Water: One gallon per person, per day (2-week supply for home). Make sure you buy that water well in advance — it's like toilet paper, people hoard!
- Food: Non-perishable, easy to prepare items.
- Flashlight, extra batteries, battery-powered or hand crank radio (NOAA weather radio, if possible).

First aid kit, medications (7-day supply) plus medical, sanitation and hygiene items.

- Cell phone with charger.
- Extra cash (ATM's might be inoperable).
- Extra fuel for generator or car.
- Supplies for your pets.

Stay Informed. Register for voice, email or text notifications from the county Emergency Operations Center.

Keep up with the weather, but also take a TV break and do some fun things to keep your mind busy.

We all know when the meteorologist takes off his tie, we are in for a long night.

This column only scratches the surface. But you can stop in to One Senior Place for a complete hurricane preparedness check list (www.oneseniorplace.com/hurricane/) and free waterproof document bag.

And regularly check floridatoday.com, which updates the track and has all the latest information on storms as they near.

One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Questions for this column are answered by professionals in nursing, social work, care management and in-home care.

To submit a question, send an email to askOSP@OneSeniorPlace.com or visit One Senior Place, *The Experts in Aging* at OneSeniorPlace.com.

Barbara Fradkin is a Social Worker, Certified Care Manager and the Director for One Senior Place, Viera.

JOIN FOOTPRINTS TRAVEL

Winter Park Playhouse – 2021 Show Trips include Cheesecake Factory Lunch with Dessert

Cost: \$125 per trip, per person

“Crazy for Gershwin

Date: Thursday, August 19, 2021

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”.

“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 ~

Lancaster Show Trip & The Dutch Country

Date: September 19-25, 2021

Cost: \$745 Per Person Double



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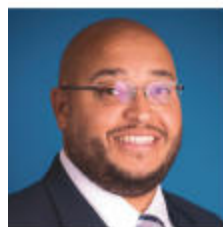
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OPEN TO THE PUBLIC: Tuesdays & Fridays
11:15 am—2:00 pm

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.

- **Fully vaccinated people** (those who have received their final Covid-19 vaccination at least two weeks ago) **are no longer required to wear a face mask.**
- **Non-vaccinated people** are required to wear a face mask. However, at your discretion, mask may be removed while bingo numbers are being called.
- 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 will be sanitized prior to each session.



Happy 99th Birthday, Millie!

On May 18th, the bingo crowd celebrated Millie's 99th Birthday, complete with cake, flowers, balloons and ice cream. Millie has been an avid bingo player at WPSC for over 7 years now. She invites everyone to come join in the fun.

Ballroom Dancing

Mondays @ 6:30 pm; 7:30 pm All Levels;
8:30—9:30 Practice Dance FREE with Class

Cost: \$10 per Class for Non-Member

\$8 per Class for Members

\$5 Practice Without Class

Please join us! Drop in to practice after the classes. Spread the word!

Bunco is Back!

1st & 3rd Thursdays @ 12:30—4:00 pm

Cost: \$6 per Class (Members ONLY)

Thank you to Jackie DeGaetino and Peggy Miles for their past commitment in running the program.

Jan Glugla and Lisa Coyle are the new Bunco Program co-chairs. Bunco is played on the 1st and 3rd Thursday of each month. June dates are June 3rd and June 17th.



You must be a member to play. We play four rounds. After two rounds, we have a break for refreshments. We supply coffee and water. Players may bring lunch items, snacks or desserts to share. Please contact Jan at 321-253-3387 to reserve your Bunco space.

Silver Sneakers

Thursdays @ 11:00 am—Noon

Silver Sneakers is a low impact cardio and stretching class that's done 60% in a chair and the other 40% standing. It is a great workout for ALL levels of fitness! The cost is just **\$6 per class**, but for some of you, your health insurance may cover the cost of the class and you can come and work out FOR FREE! All you need to do is contact your health insurance company and ask them if your policy includes Silver Sneakers. If you have any questions, please contact **Kim Billins** at 469-662-4176.

Duplicate Bridge Update

The road back to **face-to-face bridge** has been a long one, but we do see a light at the end of the tunnel. As the COVID-19 vaccine gains traction, here is an update on what the rest of 2021 looks like.

1. The first step of the planned phase-in from virtual bridge to face-to-face bridge starts with one game per week at WPSC. This game will start on Saturday June 5 at 12:30 pm. This game is not in competition with any other game and is aimed at our players who feel that it is safe to return to face-to-face bridge given the efficacy of the vaccine and the CDC's recent announcement that neither masks nor social distancing is necessary for fully vaccinated adults.
2. The next phase of "reopening" face-to-face play will be the return of our other traditional bridge dates hopefully starting on Monday, July 19. Our Monday and Wednesday games will be held live at WPSC at the traditional 12:30 pm start time. These games are in direct competition with virtual games. To eliminate the competing games syndrome, the virtual games on those days will become evening games starting at 6:30 pm.
3. Finally, our reopening plans are dependent upon a safe environment for bridge play. Our plan is to resume fully as a face-to-face only bridge club on Mondays, Wednesdays and Saturdays when the New York Times COVID Tracker which is reported and updated daily in the New York Times places Brevard County in the low-risk zone for two weeks straight. You can follow the progress at <https://www.nytimes.com/interactive/2021/us/covid-cases.html>

We will continue to support and nurture our virtual Mentoring games, our virtual Limited games, and the virtual Saturday evening Mix-It-Up Saturday games.

Thank you so much for your support this past year. Your loyalty ensures there is a future for bridge at WPSC.

All safety requirements for face-to-face bridge at WPSC can be found at www.bcwpsc.org. We've gotten this far. Whether you choose to get vaccinated or wear a mask, please protect yourself and others until we get to the finish line.

Duplicate Bridge Club Education Offerings

We are offering two online bridge classes for newer players, Competitive Bidding and Popular Conventions/Think Like a Pro. These two courses will provide all the information you will need to compete successfully at bridge. Here are the details for each class:

1. Competitive Bidding Class

Mondays @ 10:00 am—Noon

Beginning 5/31/21 for 7 weeks—Cost: \$30.00

Instructor: Diamond Life-Master, Harold Phillips

Learn how to play winning bridge online in the comfort of your living room. Students will bid and play hands in this fun class while learning the following topics:

- Preemptive opening bids
- Overcalls and advances
- Takeout doubles and advances
- The competitive auction.

For questions and enrollment, contact **Harold** at 321-956-9208 or email: hphill@earthlink.net.

2. Popular Conventions Class

Wednesdays @ 10:30 am—Noon

Beginning 6/9/21—Cost: \$20.00 for 9 weeks

Instructor: Dave Hoffman

This course covers all the basic conventions needed to play competitive bridge. In addition, each class will have a "think like a pro" problem to teach thought processes needed to play bridge successfully.

- Stayman
- Transfers (Jacoby & Texas)
- Strong 2 openers and Slam Bidding
- Negative doubles
- Jacoby 2 NT
- Two suited overcalls (Michaels & Unusual NT)
- New Minor Force, Jordan
- Slam Bidding
- Defensive carding/signaling.

For questions and enrollment contact **Dave** at davehoffma@gmail.com or 321-795-3695.

CALENDAR OF EVENTS

WICKHAM PARK SENIOR CENTER
2785 Leisure Way
Melbourne, FL 32935

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

JUNE 2021

ACTIVITY	NOT RESUMING IN JUNE	SCHEDULE FOR JUNE
Ballroom Dancing	RESUMED MAY 3	Mondays @ 6:30P & 7:30P
Bingo		Tuesdays & Fridays @ 11:00A—2:00P
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
Duplicate	RESUMES JUNE 5	Saturday @ 12:30P
Chat	<input checked="" type="checkbox"/>	
Rogue	<input checked="" type="checkbox"/>	
Rubber		Thursdays @ 1:00—4:00P
Bunco		1st & 3rd Thursdays @ 12:30—4:00P
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		Mondays @ Noon—3:30P Thursdays @ 9:00A—Noon
Chinese		Wednesdays @ 1:00—4:00P
Mexican Train Dominoes		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		Thursdays @ 6:30P Saturdays @ 9:00A
Silver Sneakers		Thursdays @ 11:00A—Noon
Social Scrabble		Tuesdays @ 9:15A—Noon
Strength / Flexibility		Thursdays @ 9:30—10:30A
Tai Chi Class		Wednesdays @ 8:30—9:15A Fridays @ 8:30—9:30A
Watercolor Instruction	RESUMING AUGUST 18	Wednesdays @ 9:30A—12:15P
Zumba Gold		Tuesdays @ 8:30—9:15A

NEW UPDATES

Line Dancing

Tuesdays @ 4:15—5:30 pm

\$6.00 Per Class for Members Only

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



Mahjong

American: Mondays @ Noon—3:30 pm & Thursdays @ 9:00 am—Noon

Chinese: Wednesdays @ 1:00—4:00 pm

Cost: \$1.00 Members; \$3.00 Non-Members

Mahjong is an activity that fosters friendly comradery and stirs the brain. Come join the fun! Contact **Judy Richards** at 321-254-2258 (American) or **Michael** at 321-537-7094 (Chinese), if you have any questions.



Mexican Train Dominoes

Wednesdays @ 1:00—4:00 pm

Come join us for Mexican Train Dominoes on Wednesday afternoon starting at 1PM in Room 117. It is a simple, easy to learn dominoes game. We enjoy playing and we would love to have you come play with us too. Questions? Contact **Cora DiCecilia** at 321-254-5014.



Pool (Billiards)

Monday thru Friday @ 8:30 am—4:30 pm

Tournaments: 2nd Wednesday of Every Month

In addition to the \$1.00 per day that is paid to WPSC, effective May 17 the pool room cost to play pool has been raised from 25 cents per day, or (\$1 per week), to 50 cents per day, or (\$2 per week) until further notice. The extra funds paid to the pool room will be used for supplies and needed repairs, including replacing the felt on the pool tables when necessary. We will reevaluate this additional cost in 6 months to determine if we can lower the cost to play at that time.

YE OL Pool Room 8 Ball Tournament Results of 5/21/21:

- 1st Place: Joe Franco
- 2nd Place: Dave Reeve
- 3rd Place: Wally Topinko
- 4th Place: Jorge Fernandez

Next tournament is June 9. Questions? Please contact **Wally Topinko** at 321-622-4977.

Watercolor Instruction

Resuming August 18!

Wednesdays @ 9:30 am—12:15 pm

Cost: \$6:00 per class

Mark your calendars! Please contact **Judy Champion** at 321-312-9155 if you have any questions.

In FY2021, we have been fortunate to receive a number of donations to the Center. We would like to thank them for their generosity:

Donations Earmarked for WPSC

- Jacqueline DeGaetano
- Sonia Echavaria
- St. Francis Reflections

Donations Earmarked in Honor of Mary Ellen Reeves

- Verna Layman
- The Germanns and The Atiyehs – Family Members of Vincent Germann
- Vincent & Rosalie Germann
- Daniel & Karen Hagan
- H. T. Lyons, Inc.

Wickham Park Senior Center is a 501(c)3 charitable organization and as such is eligible to receive charitable donations.



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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.

Diamond Level

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

Gold Level

Victoria Landing

Silver Level

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Meet & Greet Sponsors

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

Thank You

TO OUR SPONSORS

Come Meet Our Sponsors!

Our monthly Meet & Greets with our sponsors have started back up on Tuesday and Friday mornings from 9—11:00 am. Each sponsor will have a table set up just outside the front door or inside the lobby to provide you with information, fun giveaways, and someone knowledgeable to answer your specific questions. Please mark your calendars and come up to meet them.

Monthly Schedule:

- 3rd Tuesday - Health First Health Plans & CaptionCall
- 1st Friday - VIP Health Care
- 2nd Friday - United Healthcare
- 3rd Friday - CarePlus Health Plans
- 4th Friday - Ally Senior Living & St. Francis Reflections





Vaccine Information

Below is the latest vaccine information from Brevard County as of 5/24/2021. We have included a link on the front page of our website to keep this up to date for you (www.bcwpssc.org).

Department of Health in Brevard: Vaccinations are available **with no appointment necessary**, at the drive-through site at 2555 Judge Fran Jamieson Way in Viera. Hours will be 8:15—11:15am and 1—4pm Monday through Friday. Moderna vaccine, depending on availability, will be offered to those 18 and older. Bring a completed [COVID-19 Vaccine Screening and Consent Form](#) for more efficient service.

COVID-19 Mobile Vaccine Van: No appointment required, 10am—6pm. Refer to the Mobile Van Vaccination Events schedule at www.211brevard.org/vaccines/ for dates and locations.

CVS: CVS offering vaccines by appointment at cvs.com at multiple locations in Brevard.

Health First: Register to schedule vaccine appointments for eligible residents at hf.org/staywell.

OMNI Healthcare: Schedule appointments at OMNI locations by visiting unityphr.com/campaigns/omni/vaccine or call 321-802-5515.

Parrish Medical Center: Providing vaccines to eligible residents at Parrish Health and Fitness Center, 2210 Cheney Highway, Titusville 32780. Book appointments at vaccine.parrishmed.com.

Publix:

- No appointment required but they may be scheduled online only at www.publix.com/covid-vaccine/florida.
- Appointments cannot be made by calling Publix or the Publix Pharmacy.

Winn-Dixie: Schedule appointments at www.winndixie.com/pharmacy/covid-vaccine.

Walgreens: Vaccinations are being done at some locations in Brevard. Visit walgreens.com to search for appointments.

Walmart and Sam's Club: Schedule vaccine appointments at the following websites:

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

Vaccine Outreach by Brevard Emergency Management, Brevard County Libraries and DOH-B: No appointments. Walk-up. Based on availability. 18 yrs. And older. Hours are 10am—2pm. Refer to the COVID-19 Vaccine Events schedule at www.211brevard.org/vaccines/ for dates and locations.

City of Cape Canaveral: Administering a limited number of COVID-19 vaccines to eligible Florida residents at drive-thru appointments. Call 321-868-1204 to be added to appointment waiting list by leaving message with name and phone number.

City of Cocoa Beach: Administering limited number of vaccines. Visit vaccinatecocoabeach.rsvpify.com to register.

City of Palm Bay: **Appointment** only at fire department headquarters next to Liberty Park, 899 Carlyle Ave. SW. Call 321-726-2790 to schedule. No walk-ups.

City of Satellite Beach: Register by **calling** 321-773-4405, ext. 5, and leaving a message with name and telephone number.

Town of Indialantic: Register to get an appointment by sending email with name and telephone number to COVID-Vaccine@Indialantic.com

Testing Sites in Brevard

Information on Testing Sites in Brevard County: www.211brevard.org/covid-19-testing-sites/

Letters to the Editor

Dick Robinson

Many thanks for the newsletter!! I am truly saddened by the loss of Dick Robinson. He was truly a great asset for WPSC. The article about movement for health and wellness is right on target. Teaching QiGong-TaiChi at WPSC is the highlight of my week. Although our classes are small in comparison to pre-COVID times, we are enjoying the support and safe space that WPSC provides. Thank you to all the volunteers who make WPSC the wonderful place it is. You are Saints in my book.

Laura

Donations

I was just wondering if the center accepts cash donation in honor of a passing member?

Karen Fagan

Absolutely the center will accept donations in honor of a member. If you send in by check, please make sure you indicate the member you are honoring. We are a 501(c) non-profit corporation as well so your donation will be tax deductible.

If you have any other questions about it, please feel free to contact our treasurer directly at wpsctreas@cfl.rr.com



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Are Vegan & Vegetarian Diets Healthy at Every Age?

Community centers frequently offer meals and snacks for members and visitors. If yours does, you might struggle with what to serve and how to accommodate special diets. You may find that younger guests are interested in plant-based foods, while older visitors request more traditional meals. It can make planning a bit more challenging.

One factor to take into consideration is that America is in the midst of an obesity crisis. According to the Centers for Disease Control and Prevention (CDC), an estimated one-third of Americans are clinically obese. The epidemic is linked to a wide range of medical conditions, such as heart disease, stroke, cancer, depression, and diabetes.

While obesity can be the result of too sedentary a lifestyle, diet plays a role, too. Your community center might be able to make a positive contribution to fighting this epidemic by serving more vegan and vegetarian foods. An added benefit is that these types of meals may be more cost-effective than those that include meat.

People following a vegan diet eat only plant-based foods. This is more restrictive than the diet followed by vegetarians, who do not eat meat. A vegan does not eat any animal-sourced foods, such as meat, cheese, eggs, milk, or other forms of dairy.

Safety and Plant-Based Diets

Are vegan and vegetarian diets safe? It's a question asked by more older adults than younger ones. Most health experts believe adopting a completely plant-based diet is healthy for most people. The exception is growing children — that's because these diets can come up short in a few key nutrients.

Those who limit food intake to fruits and vegetables may develop deficiencies in protein, iron, calcium, and vitamin B12 over the long run. This is especially true for growing children. If you are considering hosting vegan or vegetarian meals at your community center, it may help to know which foods meet vegan

requirements while still being good sources of protein, calcium, iron, and vitamin B12, such as:

- **Calcium:** With thoughtful planning, you can still serve plant-based meals that are rich in calcium. Foods with a good amount of calcium include fortified milk alternatives, such as soy milk, almond milk, and cashew milk. Fortified orange juice is another, as is tofu. Calcium is naturally found in few foods, but those that do contain it are broccoli, beans, leafy greens, almonds, sesame seeds, and soybeans.
- **Iron:** You can add iron to your menus by incorporating soy nuts, tofu, kale, spinach, and beans into the soups and salads you serve. Peanut butter is also high in iron and easy to add to snacks.
- **Protein:** If you want to increase protein in plant-based menus, good choices to include are lentils, beans, quinoa, oatmeal, buckwheat, tofu, whole grains, nuts, and nut butters.
- **Vitamin B12:** This one is a little tougher. It's why vegans and vegetarians often need to take a vitamin B12 supplement. But you can increase B12 by utilizing nutritional yeast and serving fortified foods and beverages like soy or almond milk, orange juice, and cereals.

Benefits of Plant-Based Meals

When your diet is free from fast foods, trans fats, and animal products, and rich with fruits and vegetables, you consume more fiber, vitamins, and minerals. It's a combination that promotes a healthier heart. Vegans tend to reap more health benefits than vegetarians.

According to research published in the **American Journal of Clinical Nutrition** (<https://academic.oup.com/ajcn/article/89/5/1627S/4596952>), vegans are less likely to be obese and more likely to have healthier cholesterol levels and lower blood pressure. Because vegans don't eat meat products and tend to consume more fiber, it's believed they are at lower risk for many kinds of cancer, including colorectal and prostate cancer.



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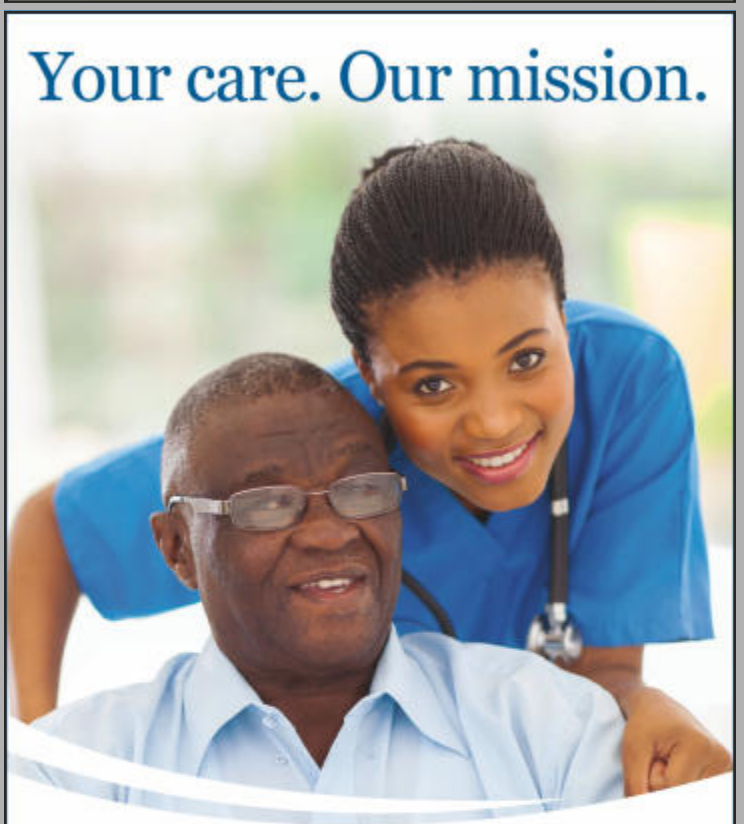
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Bragg, Breverly	LaForce, Jim
Bublik, Rebecca	Land, Jim
Campbell, Voyd (Bud)	Land, Kathie
Chapman, John	Lee, Denise
Cibulsky, Steve	Lee, Jack
Collins, Wendy	Levy, Anita
Coumbe, Craig	MacDavitt, James
Coumbe, Diana	MacDavitt, Josephine
Curtis, Mary	McDaniel, Grace
Davis, Amy	McKune, Vivien
De Maria, Chris	McNeal, Sharon
Deaver, Eileen	Phillips, Lee
Denny, Bill	Phillips, Sharyn
Derrico, Joanne	Richardson, Elizabeth
Egbert, George	Schnurer, Lilymiaie
Ferrell, Bruce	Shackelford, Crystal
Ferrell, Susan	Thompson, Loren
Fuller, Jean	Urquhart, Sandy
Guerrero, Moraima	Warwick, John
Holmes, Ellen	Weeks, Monica
Kaiser, Diane	Witmer, Margaret
Kaiser, Richard	

Meet Our Staff

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	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

Wickham Park Senior Center Holiday Closures

The Center will be CLOSED on:

- **Memorial Day:** Monday, May 31
- **July 4th:** Monday, July 4
- **Labor Day:** Monday, September 6
- **Thanksgiving:** Wednesday, Thursday, Friday and Saturday, November 24, 25, 26 and 27
- **Christmas:** Thursday, Friday and Saturday, December 24, 25 & 26
- **New Year's:** Thursday, Friday and Saturday, December 31, January 1 & 2, 2022

