

HAPPENINGS

Special Weekly Edition Friday, September 4, 2020

A Wild Hurricane Season



It's been a busy season so far. The storms started before the hurricane season officially started, and although we've had some breaks, it has not really stopped. As August ends, September is when the season peaks. Here are some statistics about this year's hurricane season:

- So far (through Monday 8/31 afternoon) there have been 13 named storms. Usually by this time of the season we would have an average 5 named storms.

- The storms beginning with letters, C, E, F, G, H, I, J, K, L, M have all set records for the earliest formation in history. *Ed. Note: N and O joined the group this week.*

- The Atlantic Basin has formed 3 hurricanes, Hanna, Marco and Laura. All three have entered the Gulf of Mexico.

- Hanna, Marco and Laura made landfall in the U.S. Hanna and Laura as hurricanes, while Marco as a weakening tropical storm.

- Marco and Laura left a cold wake over the Gulf of Mexico. Sea surface temperatures are about 1 degree below normal.

- The U.S. has had 7 named storms strike this season; Bertha, Cristobal, Fay, Hanna, Isaias, Marco and Laura. The most Atlantic named storms to make landfall in the continental U.S. by August 31 is 6 in 1886 and 1916.

- Through August 29, the Accumulated Cyclone Energy (ACE) for the season was 42. The average through August

29 between 1981 and 2010 is 25.

- This season's forecast calls for 25 named storms, the most a forecast has ever called for.

- If we end up with over 21 storms, we would then start using the Greek Alphabet; Alpha, Beta, Delta, etc.

By: Irene Sans, WFTV.com

Food Assistance Available for Residents Financially Impacted by COVID-19

Opportunities are available this Friday and Saturday for food assistance for residents financially impacted by the COVID-19 public health emergency. The UF/Brevard Extension Service is hosting farmer's markets in which individuals can obtain \$50 in CARES Act dollars in the form of tokens for the purchase of fruits, vegetables, honey, coffee, eggs, herbs and other items available.



The markets will be held at these locations:

On Friday, Sept. 4, Titusville Visitor Center, 419 South Hopkins Ave., Titusville, from 3-6 p.m.

On Saturday, Sept. 5, Melbourne Riverview Park, 2301 Irwin Street, Melbourne, from 10 a.m. to 3 p.m.

The markets are open to all residents. Those who have been financially impacted by COVID-19 will be eligible for the CARES Act tokens upon completion of a self-declaration form that will be available on site.

A photo ID will be required with matching address as that on the self-declaration form. Also, at both sites there will be Supplemental Nutrition Assistance Program (SNAP) available.

Community Feeding Operations

For information on food pantry locations and how to access help, utilize the United Way of Brevard's COVID-19 Community Resource guide at <https://online.uwbrevard.org/servlet/eAndar.article/685/-19-COVIDCommunity-Resources>.

County public school continue to provide meals for all children up to 18 years old at 27 food distribution sites.



Workforce Recovery Assistance Program

Making funds available to pay wages for YOUR staff, laid off due to COVID-19

CareerSource Brevard, in partnership with the Brevard County Board of County Commissioners, encourages Brevard's small businesses (fewer than 50 employees) impacted by COVID-19, to apply now! Bring your valued employees (making up to \$16.50/hr, and laid off due to COVID-19) back to work with this wage assistance program.

Funds are limited for this assistance program and will be awarded on a first-come, first-served basis. Please apply today! The program ends November 30, 2020.

Apply here to see if your business qualifies:
<https://careersourcebrevard.com/business-services/workforce-recovery-assistance-program-application>

Questions? Email employersupport@careersourcebrevard.com.

Thank you to the Brevard County Board of County Commissioners for supporting Brevard's recovery with this critical workforce grant funded by the Coronavirus Aid, Relief, and Economic Security Act (CARES Act).

Free Online Coronavirus Risk Assessment

Parrish Healthcare believes in keeping our community safe. Find out if you're currently at risk for Coronavirus by taking a free online risk assessment. This non-diagnostic quiz will assess your current risk factors for Coronavirus to determine your need for a virtual screening.

The survey site is <https://ha.healthawareservices.com/ra/survey/4608>, or you can visit www.parrishmed.com to access the latest news and updates on Coronavirus and use the link on the site to access the survey.

If at risk, you will be given the option to speak to their patient navigation team, who is ready to help you through next steps.

Coronavirus Information

www.parrishhealthcare.com/coronavirus

<https://floridahealthcovid19.gov/>

COVID-19@flhealth.gov

The COVID-19 Call Center is available 24/7

1 (866) 779-6121 | COVID-19@flhealth.gov

For Important Updates Text FLCOVID19 to 888-777

New Hours for Brevard County Community Centers

Effective Monday, Aug. 24, Brevard County Parks and Recreation Department community centers will be changing operational hours to 9:30 a.m. – 6:30 p.m. on Monday through Friday. The centers will be closed for lunch from 12 p.m. (noon) – 1 p.m. The centers are closed on Saturday and Sunday.

The adjusted hours are to facilitate the after school program.

County Distributes 2,000 PPE Kits to Small Businesses; More PPE Orders Underway

Small businesses have collected 2,000 Personal Protection Equipment kits from Brevard County Government, and additional supplies have been ordered with additional distribution planned in the near future.

The County exhausted the last 150 kits of PPE supplies on Thursday (Aug. 27) during a distribution event at Catherine Schweinsberg Rood Central Library in Cocoa. An additional 1,800 kits had already been distributed from a County warehouse and through other distribution events held recently and elsewhere in the county. The County's Purchasing Department is ordering additional supplies with plans in coming weeks to distribute additional kits. The announcement on where and when will be made once the supplies have been received by the County.

The supplies are funded through the Coronavirus Aid, Relief and Economic Security (CARES) Act through the U.S. Treasury Department. PPE kits that have been distributed included 200 procedure masks, 25 reusable cloth masks, 2 boxes of gloves and 2 bottles of hand sanitizer.

For more information, email ESF7@brevardfl.gov or call (321) 637-6680.

Corona Virus Stats for Florida

If the new corona virus numbers on TV have been scaring you, that's just good sense trying to protect you. But it's still scary. Here's a little dashboard to play with. It's sometimes not as scary when you can drill down into your own town or zip code. At least it can help tell you where not to visit.

Stats have been up and down in Florida for the last month. Stay safe for Labor Day weekend!

<https://fdoh.maps.arcgis.com/apps/opsdashboard/index.html#/8d0de33f260d444c852a615dc7837c86>

The news is pretty good for Port St. John and the Groves, but remember we have a lot of friends and neighbors who leave every day for work at other places.

10 Tips For Working Remotely During Coronavirus

If you're new to working remotely it could be a significant adjustment. The current crisis has businesses globally urging, and in many cases mandating, that employees work from home.

If you're new to working remotely 100% of the time, this could be a significant adjustment. You may not have been prepared to turn your living space into your workspace for the foreseeable future. Suddenly that spare bedroom, dining room, kitchen or closet has turned into a home office, and you find yourself leading conference calls in your new uniform—a robe and pajamas.

Your spouse and kids are also home, which can make things, well, a bit crowded. If you enjoyed having daily social interaction with co-workers, feelings of isolation and loneliness could set in. Given that this is the new normal, here are ten tips for working remotely that will make your experience less stressful and more productive.

1. Designate a workspace

It is easier to stay mentally focused if you designate a specific area in your home to get work done. That could be a home office, spare bedroom or some other dedicated area that offers privacy. If you can find a spot that provides a lot of natural light, even better. Also, if you will be making video calls while working remotely, make sure you have a background that you won't mind having others see.

2. Create a comfortable environment

Make sure you have the right equipment at home so you can be efficient and productive. This includes things like a computer and high-speed internet connection that can support video conferencing, a desk, an ergonomic chair, office supplies and a desk lamp. Make your workspace as comfortable as possible, whether that includes a scented candle, soothing music, family photos or a potted plant.

3. Set boundaries

Now more than ever, it's essential to set boundaries when working remotely. This is because more than likely, you have your spouse, children and pets all in close quarters. Give your family signals as to when to leave you alone. For example, when the door is closed, that means that dad



is on a conference call and doesn't want to be disturbed.

4. Keep children on a schedule

If you have children at home, staying organized is even more important during this time. If you can attempt to replicate the schedule of a typical school day, that will help. Especially with small children, try to get some of your work done

while the kids are having lunch or taking naps.

5. Maintain a consistent routine

Your children aren't the only ones who thrive on structure. Set a work schedule for yourself and stick to it. Try to wake up at the same time every day and treat weekdays just as you did before. For most people, the morning is the time to get serious work done, so try to complete any difficult tasks as early in the day as you can.

6. Overcommunicate

Because you are not in an office where people can see you, communication is more critical when working remotely. Communicate frequently with your boss and know what's expected of you. "Out of sight, out of mind can be a real problem for remote workers," says Sara Sutton, CEO and founder of FlexJobs, a remote job listing site. "The very best remote workers will reach out to co-workers and managers regularly" through a variety of tools.

7. Stay connected with colleagues

Online tools like Slack not only help workflow but can also serve as social outlets. It's even better to actually speak to another human being, so make some phone calls to check in with people. Teleconferences add another sensory element to your interactions. Experts say video conferencing while working from home helps fight isolation while enhancing team unity and productivity.

8. Take breaks

Working remotely is inherently challenging because it's easy to lose track of time. With the current situation, taking breaks is even more critical. That's because, in a traditional office, it's easy to stop by a co-worker's desk to chat or head to the break room for a cup of coffee. In one survey, nearly 90% of American workers said that taking a lunch break helped them feel refreshed and ready to get back to

work. So, pull yourself away from the computer, even if it's for a few minutes.

9. Make time for physical and creative activities

If it's possible and you can maintain a safe distance from others, try to get outside for some fresh air when you can. Other activities that are enjoyable and don't require personal interaction include taking virtual classes. This could consist of enrolling in tennis classes with Serena Williams on Masterclass or enhancing your mindfulness and yoga skills on Gaia. Now might even be a good time to start a craft project or pick up a hobby like pottery, cooking or gardening.

10. Focus on the big picture

This is a stressful time for everyone, so it's important to remember to have fun. You may even discover new, funny quirks about your significant other while working remotely. At the end of the day, try to embrace the additional quality time you have with your family. After all, isn't that all that really matters?

- Caroline Castrillon

Forbes Magazine Contributor

September Events at the Enchanted Forest Sanctuary

Check out our event list below!

We will be still following CDC guidelines and conducting all programs outdoors with a strict limit on participants.

- All programs require registration. Please call to sign up.
- Masks are recommended for all participating in the program.
- Each participant will receive their own materials to reduce sharing.
- All groups/families will be placed 6 feet apart from other groups.

New! Self-Guided Hikes

Download the PocketSights app to explore the forest while social distancing. Currently choose from "Coquina Trail Loop" and Explore a Mesic Hammock!"

Guided Hikes

Every Saturday and Sunday in September at 10am

LIMITED TO 1 GROUP PER DAY, NO MORE THAN 8 PEOPLE PER GROUP.

Enjoy a 45-minute guided hike. Please bring a hat, water and walking shoes. Registration is required, please call

321-264-5185 to sign up.

Volunteer Orientation

Every Wednesday at 1pm

LIMITED TO 4 PEOPLE PER DAY.

The Enchanted Forest Sanctuary is looking for dynamic individuals with a passion for the environment! Come learn about our various volunteer opportunities. Registration is required, please call 321-264-5185 to sign up.

Nature Program: Weather

Wednesday, September 16th

5 years and under group: 10am to 10:45am

6 years and older group: 11am to 12pm

Learn about the weather cycle! Both time slots are limited to 5 groups. Registration is required, please call 321-264-5185 to sign up.

Yoga in Nature

Every Sunday in September 9:30 to 10:30am

Join yoga instructors from Inverted Elephant for a traditional class for all levels on the porch! Wear loose-fitting clothing and do not eat anything an hour before class. Bring water and a mat. Participants will be required to remain 6 feet apart from each other, and masks must be worn until everyone is in place. Registration required the day BEFORE class, please call 321-264-5185. NO SAME DAY SIGN UPS.

Trail Clean-Up for National Public Lands Day!

Saturday, September 26th 9am to 11am

Come out and enjoy the magic of the Enchanted Forest while helping to clean-up the trails. Social distancing required, and masks are encouraged. If possible, please bring your own gloves and trimming tools. Registration is required, please call 321.264.5185 to sign up.

The Enchanted Forest Sanctuary was created and managed under the Brevard County's Environmentally Endangered Lands Program referendum. The referendum was established by voters in 1990 to protect and preserve the rich Biological Diversity of Brevard County for future generations. The Enchanted Forest Sanctuary operates in partnership with the Friends of the Enchanted Forest to provide hands on educational experiences for all visitors.

Admission to the sanctuary and education center is free and open to the public Tuesday through Sunday from 9 am to 5 pm. Come out to visit soon!

***However good or bad a situation is,
it will change.***

News is changing fast due to the Coronavirus pandemic. Much of the news in HAPPENINGS changes before it prints and travels to your mailbox. This weekly digital edition is to be more current with information as soon as it's available. The monthly magazine will continue in your mailbox. - Randy Rodriguez, Editor

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edition of
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