

# HAPPENINGS

## Weekly Edition August 9, 2024

### Medical Reminders to Help Be Prepared for a Hurricane

2024 is predicted to be an active storm season, and it started with the first ever Category 5 hurricane in July. Be prepared!

Get a 30-day supply of necessary medications! If you are taking prescription medications, try to have a 30-day supply on hand. This is not as easy as it sounds - many insurance companies will not authorize the filling of additional days or months worth of a medication unless ordered by the state to do so in emergency situations, such as natural disasters.

Make your medication plan now. This plan should include speaking with a health insurance representative, pharmacist or your physician about options to acquire extra medications, one of which may include paying cash for your 30-day supply.

If you are on dialysis, call your dialysis center to make a plan of action for your care. Don't count on them being open. Power outages may happen. Do not miss a treatment prior to bad weather and make sure to follow your doctor-ordered diet very closely. Read the patient care information provided to you by your doctor. It includes medical information to assist you and phone numbers to the End Stage Renal Disease (ESRD) Network. Only your doctor can recommend if it is medically safe for you to miss treatments and can advise you on whether or not you should be admitted to a hospital during a hurricane. Special needs shelters do not offer dialysis and some centers may be closed during a hurricane. When the storm passes, contact your dialysis center for further instructions or go to your local hospital for short-term care if your center is closed.

The hospital is not a county shelter. County shelters are designated throughout the county, mostly in elementary schools. The hospital is not a designated shelter and does not take evacuees. For more helpful information, visit [www.brevardcounty.us/emergencymanagement/preparedness/shelters](http://www.brevardcounty.us/emergencymanagement/preparedness/shelters).

Make shelter arrangements if you are oxygen dependent. You may be eligible for care at a special needs shelter, based on your medical needs and availability. If you are an

oxygen-dependent person, be sure to get your oxygen tanks filled. You should try to have two days worth of oxygen on hand. Also, make shelter arrangements now.

If you do not plan to evacuate, contact the Brevard County Office of Emergency Management at 321-637-6670 for more information on how to register for a special needs shelter. If you wait until a hurricane hits to make shelter arrangements, it will be too late.

General Preparation for a Hurricane: For complete information on what you can do to prepare for a disaster or hurricane, go online to the Brevard County Office of Emergency Management Web site at <https://www.brevardfl.gov/EmergencyManagement/>. You will find valuable information to help prepare your home and family before a hurricane strikes. You can also sign up to get alerts and even request a tour of the new EM Center.



### Boil Water Notice -Mims Area

A precautionary boil water notice has been issued for residents of the Mims water service area living on 2300-2500 Harry T. Moore Ave., Cherry St., Tyler, Carver St., Davis St., Correll Cir., 2300-2290 Railroad Ave., Davis St., Jefferson St., Ricard St., Main St., 2560-3016 Mitchell Ave. and the Willow Lakes Subdivision.

A water main break has occurred near Mitchell Ave. and Ricard St. in the Mims water service area. Repairs are in progress.

As a precaution, we advise that all water used for drinking, cooking, making ice, brushing teeth or washing dishes be boiled. A rolling boil of one minute is sufficient.

As an alternative, bottled water may be used.

This "precautionary boil water notice" will remain in effect until the problem has been corrected and a bacteriological survey shows that the water is safe to drink. You will receive another notification at that time.

If you have any questions, please call Brevard County Utility Services Department at 321-633-2091.

## Parrish Medical Center Appoints ER Physician, David Olson, DO, As Patient Experience Champion

*ER team creating solutions to reduce ER wait times*



Parrish Medical Center ( is pleased to announce the appointment of Emergency Medicine Physician David Olson, DO, as the patient experience physician champion of the Emergency Department. In his role as physician champion, Dr. Olson will work under the direction of PMC Emergency Department Medical Director Dr. Rajan, assigned to “the solutions to improve the patient experiences including solutions for reducing ER wait times.

Dr. Olson joined PMC’s Emergency Department three years ago through the medical center’s longstanding partnership with TeamHealth, a leading national physician practice in the United States. In addition to providing quality emergency care to his patients, Dr. Olson looks forward to also serving as the physician champion focused on building upon the work started during the Rapid Process Improvement Workshop, held on June 11 and 12.

According to the recent independent operational review of PMC operations, as compiled and published by PYA [https://www.parrishhealthcare.com/images/Parrish\\_FISD-Report-FNL-240604.pdf](https://www.parrishhealthcare.com/images/Parrish_FISD-Report-FNL-240604.pdf), in FY23, the average time PMC patients spend in the ED before leaving the visit is 152 minutes (sometimes referred to as door to discharge time). “This is slightly higher than, though similar to, PMC’s peers.” The team has established a goal to reduce that time to 138 minutes or less while also improving overall patient satisfaction.

Dr. Olson and the entire Emergency Team have been diligently working to map out new patient flow process and began testing their concept on July 31. The test will be documented and results will be shared as they become available.

## Parrish Medical Group Cardiology Welcomes Mahmoud Barbarawi, MD



Parrish Healthcare is pleased to welcome Interventional Cardiologist Mahmoud Barbarawi, MD, to Parrish Medical Group. His office is located in the Parrish Healthcare Center at 5005 Port St. John Parkway, Suite 2300, Port St. John. Dr. Barbarawi received his medical degree from Hashemite University in Zarqa, Jordan and completed his residency in internal medicine at Hurley Medical Center at Michigan State University.

His clinical specialties include, but are not limited to the diagnosis, treatment and management of heart disease, peripheral arterial disease, as well as structural heart disease and congenital heart defects. Dr. Barbarawi also specializes in cardiac and pulmonary catheterizations, intra-aortic balloon pumps, Impella procedures, coronary physiological and imaging studies and CardioMEMS implantations.

Dr. Barbarawi has made significant contributions to more than 60 research publications and has presented numerous interventional cardiology articles at national conferences. In his spare time, he enjoys reading history books, watching television and swimming.

Dr. Barbarawi is accepting new patients. Most insurances accepted. To schedule an appointment please call 321-633-8660.

For more information about Dr. Barbarawi, Parrish Medical Group or cardiology care at Parrish Healthcare, visit [parrishhealthcare.com](http://parrishhealthcare.com).



## A Master Gardener Shares Tips On Wildflower Propagation

Lois McNamara has been growing wildflowers for more than two decades, but she still remembers the species that endeared her to the hobby: blue larkspur. "My daughter brought me seeds one year and threw them in a flowerbed, and the result was so beautiful that I wanted to do that, too," said McNamara, a Master Gardener Volunteer.

Summer is an ideal time for Florida green thumbs undeterred by heat and rain to collect wildflower seeds for showy displays next year. Below, McNamara answers common questions about the practice.

**Q.** What wildflower species should seed collectors target during the summer?

**A.** While many of the wildflower species known for blooming along Florida roadsides in the spring have already gone to seed, summer bloomers like cutleaf coneflower, blanket flower and beach sunflower are all still growing and available.

**Q.** When and how are seeds typically harvested?

**A.** You can tell a wildflower is ready for harvesting when the seed head, the top part of the flower that has bloomed, turns brown. You can cut off the head, but often it's possible to simply pull it off with your hands.

**Q.** How do you recommend separating the seeds?

**A.** If you shake the seed head of some wildflowers, the head will fall apart and reveal the seeds. With other wildflowers, you have to really work at the head with your fingers. It's worth having some sort of sieve. When I started, I ordered sieves from a mining company, and those fit perfectly along the rim of a 5-gallon bucket. You can also use colanders.

**Q.** What is the best way to preserve seeds?

**A.** Before storing seeds, you need to ensure they are dry, so they don't mold. If you keep them on paper in a house with air conditioning for about a month, that should do it. Afterward, if you're going to use them next year, you can store them in a clear glass jar or in envelopes. For long-term storage, dark glass is preferable to plastic.

**Q.** When is the best time to plant seeds collected now?

**A.** Cutleaf coneflower, blanket flower and beach sunflower are best sown in the fall between late October and mid-December. Optimal planting times depend on the species. In general, wildflower seeds can be sown in Central Florida from mid-October until the end of December.

**Q.** Describe the recommended planting method?

**A.** Work the soil very lightly; You don't have to have all the vegetation up. If you have bahia grass in your yard, for example, you can mow it very closely, rake off the vegetation and then scatter the seeds and step on them. The seeds need exposure to the sun, they need good contact with the soil, and they need some water.

## New Jobs In Brevard

Hot Jobs Lists - The newest job openings in Employment Florida are posted on our website, [careersourcebfv.com](http://careersourcebfv.com).

### Hiring Events & Job Fairs

Open to the public & Walk-ins welcome!

Meet the hiring managers and learn about their jobs.

Interviews are available on-site!



**Dollar Tree** - Filling multiple positions for:

Sales Associate, Operation Assistant Manager, Merchandising Assistant Manager

Wednesday, August 14, 10:00 a.m. to 1:00 p.m.

Titusville career center

**Orion 180 Insurance** - Filling multiple positions for:

Senior Insurance Accountant, Customer Experience Specialist, Marketing Operations Specialist, Lead Software Developer - Data/BI

Wednesday, August 21, 10:00 a.m. to 1:00 p.m.

Palm Bay career center

**LF Staffing** - Filling multiple positions for:

Insurance Agent, Maintenance Worker, Grounds Maintenance Worker

Wednesday, August 21, 10:00 a.m. to 1:00 p.m.

Palm Bay career center

Thursday, August 22, 10:00 a.m. to 1:00 p.m.

Rockledge career center

**Aerospace / Aviation Job Fair** -

Meet more than 25 employers ready to hire! A partial list:

Dassault, ASRC, Semi Pack, Vaya Space, Northrop Grumman, STARCOM, Piper, Acara, AAR, Embaer, Jacobs, RG Next, Blue Origin, Craig Technologies, Herndon Solutions Group, Patrick Space Force Base, EMF Engineered Components Inc., Melbourne Flight Training, and more to come!

Wednesday, August 14, 10:00 a.m. to 3:00 p.m.

Sands Space History Center

100 Spaceport Way, Building 90328, Cape Canaveral

For questions or assistance, email [Jobseekersupport@careersourcebfv.com](mailto:Jobseekersupport@careersourcebfv.com).

---

## Cygnus Arrives At ISS

Northrop Grumman's robotic Cygnus freighter reached the International Space Station on Tuesday morning, carrying about 4 tons of supplies to the orbiting lab.

The Cygnus freighter is named the S.S. Richard "Dick" Scobee, after the commander of the tragic STS-51-L mission of the space shuttle Challenger. It delivered nearly 8,200 pounds of food, scientific gear and other supplies, along with suitcases for astronauts Butch Wilmore and Suni Williams.

## **EPA Issues Emergency Order Against DCPA Pesticide Use**

The United States Environmental Protection Agency (EPA) has issued an emergency order suspending all use of dimethyl tetrachloroterephthalate (DCPA), a pesticide also known as Dacthal. Effective August 7, DCPA may not be sold, distributed or used in any manner. Consumers with current stocks of the product cannot use it.

DCPA exposure in pregnant women can cause thyroid level changes in their unborn babies, according to an EPA press release - [www.epa.gov/newsreleases/epa-issues-emergency-order-stop-use-pesticide-dacthal-address-serious-health-risk-4](http://www.epa.gov/newsreleases/epa-issues-emergency-order-stop-use-pesticide-dacthal-address-serious-health-risk-4). These changes are linked to low birth weight, impaired brain development, decreased IQ and impaired motor skills later in life.

This is the first time in 40 years the EPA has taken this type of emergency action.

The restrictions are: Any product containing DCPA cannot be sold, distributed or used. All remaining product in storage may not be used. Effective August 7, any use of DCPA would constitute misuse and thereby be illegal.

For additional information or to schedule an interview, please contact me or Megan Winslow at [winslow@ufl.edu](mailto:winslow@ufl.edu).

---

## **Students Are Back In School**

School is already back in session at Challenger 7 Elementary. Be careful and obey school zones when you drive. The other schools in Brevard will begin the school year on Monday, August 12.

---

## **Port St. John Public Library**

**6500 Carole Ave., Port St. John  
321-633-1867**

**Shelley Macon, Library Director**

Hours: Monday, Tuesday, Thursday, Friday, Saturday, 9 a.m.-5 p.m., Wednesday 12-8 p.m. and Sunday, 12-5 p.m.

**Adult:**

**Community Support Advocate** - Mondays, August 5 and 19 from 1:30 to 5:00 p.m. The community support advocate provides assistance with housing, SNAP, social security, healthcare and insurance, and senior resources.

**Bookworms Book Club**

- On Wednesday, August 14 from 6:30 to 7:30 p.m. This is a Friends of the Library sponsored book club. This month's selection is *The Giver of Stars* by Jojo Moyes.

**Spice Travelers Spice Club!** - Join us at 2 p.m. on Thursday, August 15 from 2 to 3 p.m. Pick up a kit including this month's featured spice at the Reference Desk any time. This month's featured spice is star anise.

**Thursdays**

1-3 p.m.: **SHINE Medicare assistance** through the Senior

Resource Alliance of Brevard.

**Port Readers Book Club** - Thursday, August 22 from 2 to 3 p.m. This book club meets on the fourth Thursday at 2 p.m. in the lobby meeting room.

Books are available at the Reference Desk. The selection for August is *The Engagement Party* by Finley Turner.

**Youth Services**

**STEAM Activity Time** - Every Tuesday from 3:00 to 4:00 p.m. in the meeting room. Come build and make things with us! We will have activities centered around science, technology, engineering, art and mathematics. This event is for ages 6 through 12 and requires parent or adult supervision at all times. **NEW!** - STEAM kits are available in Youth Services!

**Baby Story Time** - Every Friday from 9:30 to 10:00 a.m. in the meeting room. Join us for some songs, short stories and surprise activities. This story time is for babies ages 3 and under, and requires parent or adult supervision at all times

**Toddler Story Time** - Every Fridays from 10:30 to 11:00 a.m. in the meeting room. Join us for songs, stories, and a craft. This story time is intended to prepare toddlers for preschool with active listening, group participation, developing fine motor skills, and socializing with others. This story time is for toddlers ages 3 to 5 and requires parent or adult supervision at all times.

**Family:**

**Family Craft Pressed Flower Bookmark** - Thursday, August 29 from 2 to 4 p.m. Make a bookmark using pressed flowers and vintage paper. Ages 10 and up. Bookmarks using various stickers for the little ones, 10 and under. Please register the week before the craft to reserve your seat. Please see the reference desk for more information.

**Friends of the Library:**

The Friends of the Library are looking for people to join and participate in their activities that help grow and support the Port St. John Public Library. Membership fees are \$5 a year for adults.

Meeting rooms are available for reservation by calling the library and study rooms are open on a first-come-first-served basis.

Computers are available and we also offer scanning, wireless printing and faxing.

More information on services offered, how to get a library card and events for all the Brevard County libraries can be found at [brevardfl.gov/PublicLibraries](http://brevardfl.gov/PublicLibraries).

*The weekly digital  
edition of  
HAPPENINGS  
is sponsored by  
Parrish Healthcare*

