

HAPPENINGS

Weekly Edition

Friday, December 31, 2021

CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population

- courtesy of cdc.gov

Given what we currently know about COVID-19 and the Omicron variant, CDC is shortening the recommended time for isolation from 10 days for people with COVID-19 to 5 days, if asymptomatic, followed by 5 days of wearing a mask when around others. The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after. Therefore, people who test positive should isolate for 5 days and, if asymptomatic at that time, they may leave isolation if they can continue to mask for 5 days to minimize the risk of infecting others.

Additionally, CDC is updating the recommended quarantine period for those exposed to COVID-19. For people who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person wear a well-fitting mask at all times when around others for 10 days after exposure. Individuals who have received their booster shot do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

Isolation relates to behavior after a confirmed infection. Isolation for 5 days followed by wearing a well-fitting mask will minimize the risk of spreading the virus to others. Quarantine refers to the time following exposure to the virus or close contact with someone known to have COVID-19. Both updates come as the Omicron variant contin-

ues to spread throughout the U.S. and reflects the current science on when and for how long a person is maximally infectious.

Data from South Africa and the United Kingdom demonstrate that vaccine effectiveness against infection for two doses of an mRNA vaccine is approximately 35%. A COVID-19 vaccine booster dose restores vaccine effectiveness against infection to 75%. COVID-19 vaccination decreases the risk of severe disease, hospitalization, and death from COVID-19.

CDC strongly encourages COVID-19 vaccination for everyone 5 and older and boosters for everyone 16 and older. Vaccination is the best way to protect yourself and reduce the impact of COVID-19 on our communities.

HAPPY
NEW
YEAR

*From All of Us
At HAPPENINGS!*



Post 359 - American Legion Riders presents

Bike Days at the Tiki

Saturday, January 1st, 1:00 - 5:00 p.m.

Good food on the grill with Fixin's, \$6.

Listen to live music, take part in drawings, 50/50. All proceeds to benefit veterans and veterans' families.

7260 S. US Hwy. 1, Bellwood, (just north of PSJ), 321-268-1632. Contact Wayne Fowler, Events Coordinator, American Legion Riders Post 359 at 321-307-1450 or visit our website, alr359.org, for more information.





A Whole New World Gala

Planning is underway for Jess Parrish Medical Foundation’s (JPMF) annual benefit gala, A Whole New World, which is scheduled for Saturday, January 15, 2022, from 5:30-10:00 p.m. at Space Coast Convention Center, Cocoa.

GrayRobinson, P.A., and William A. and Laura M. Boyles are presenting sponsors for the event.

Sultans, wise genies and Ali Baba will come to life in the elegant Arabian Night themed evening, complete with Mediterranean inspired cuisine, enchanting music, dancing and magic lamps. A Whole New World is sure to be an evening you won’t forget.

Guests will enjoy dinner in the Casbah inspired ballroom, cocktails at the Oasis Sand Bar, souvenir photos and



the opportunity to take home a new favorite libation when they take a chance at the wine pull. Elegant Aladdin inspired attire is suggested; black tie optional.

Event proceeds will champion the advancement of Parrish Healthcare’s Cancer Care program – the area’s only program that is nationally accredited by the Commission on Cancer.

Individual tickets are available at \$125. Sponsorship opportunities start at \$500. For additional information, visit www.parrishmedfoundation.com/gala, or contact the Jess Parrish Medical Foundation at 321-269-4066 or via email at foundation@parrishmed.com.

The Presenting Sponsors are GrayRobinson, P.A. and William A. and Laura M. Boyles Event Co-Chairs: Judy Allender, Kelley Broome, Mary Coleman, Jessie Kirk and Rachel Terry.

Wondering what you’d miss? To view 2020 gala photos, please visit www.parrishmedfoundation.com/photos.



Parrish Healthcare Brings Light to North Brevard Children and Families this Holiday Season

Parrish Healthcare continues its holiday tradition of donating toys to North Brevard Charities Sharing Center (NBCSC) to benefit local children and families.

This year, Parrish Healthcare hosted a toy drive where care partners were invited to bring unwrapped toys and place them under “the giving tree” at Parrish Medical Center. This has proven to be a Parrish Healthcare tradition that not only impacts the North Brevard children who receive toys, but also the care partners who donate.



Parrish Medical Center Communications Specialist Alyssa Cannistra reflects on why it is special for her to donate, especially during a time when the joy of the season is needed most.

“As a child, the holiday season was always such a joyous time. To me and my family, it is important to donate during this time of year and help spread the joy of the season by doing our part to bring light to every north Brevard child’s home,” said Cannistra.

Through the community partnership with NBCSC, this year Parrish and the north Brevard community were able to donate enough toys to benefit over 200 local families.

“The generosity of our community has been inspiring. We are grateful for every gift, every dollar and every minute that has been invested during this Christmas season. All of it will go to the children and families that we serve,” said Brian Walton, Executive Director of NBCSC.

“The support of Parrish Medical Center has been incredible! Not only did the PMC care partners provide a very large donation of toys for the kids, but the hospital filled our box truck to the top with donated hams, turkeys and pies. All of us at NBCSC are thankful for such kindness and love. Because of the Parrish family – over 300 kids will find a toy under the tree and will have a good meal for Christmas!” said Walton.

“Every holiday season the healing hearts of our Parrish Healthcare care partners shine bright as we serve to fulfill our mission of Healing Experiences for Everyone All the Time®,” said Natalie Sellers, Senior Vice President, Communications, Community & Corporate Services. “The past two years have particularly shown us the amazing resilience of our healthcare heroes, the patients we have the honor to serve and of our community; and we are deeply grateful for the kindness and generosity being shared” said Sellers.

It’s never too late to help. Anyone interested in donating to NBCSC can call 321-269-6555 or visit northbrevardcharities.org for a list of items needed and store hours.

COVID-19: Monoclonal Treatment Site is Appointment-Only; No Walk-Ups Accepted

An appointment is required for individuals seeking COVID-19 monoclonal treatment therapy available at Rockledge City Center. Reminder: Treatments are appointment-only and available only to those who are COVID-19 positive and show proof of a COVID-positive test result.

Monoclonal treatment is available through a private contractor, CDR Health, working in partnership with Brevard County Emergency Management. The announcement of appointment-only treatments marks a change of operations that have been in place since mid-August at Kiwanis Island. That site closed earlier this month and relocated to the Rockledge City Center, 920 Barton Blvd.

Appointments for monoclonal therapy can be made at <https://t.co/GxsUgkIJMG>. Treatments are available at no cost to patients, though insurance information will be requested.

Hours of operation at the Rockledge City Center are 9 a.m. to 5 p.m. seven days a week. However, due to the upcoming holidays, the monoclonal treatment site will be closed for treatment and COVID-19 testing on the following dates: Dec. 24, 25, 31 and January 1.

Port St. John Public Library

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

Library Hours: Monday, Tuesday, Thursday and Friday, 9 a.m.-5 p.m. Wednesday, 12-8 p.m. and Saturdays, 10 a.m.-2 p.m.

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.

1/4 10 a.m.-3p.m.: United Way Health Insurance Marketplace Navigator, visit uwbrevard.org for more information.

1/10 5:30 p.m.: Port St John Library Advisory Board Meeting

1/11 10 a.m.-3p.m.: United Way Health Insurance Marketplace Navigator, visit uwbrevard.org for more information.

1/12 6:30 p.m.: Bookworms Bookclub, see the Reference desk for monthly book selection.

1/14 9 a.m.-4:30 p.m.: COVID-19 Vaccine clinic 2nd Dose Ages 5+.

1/17 All Brevard County Libraries closed in celebration of Martin Luther King, Jr. Day

1/5 3:00 p.m.: STEM craft, DIY 2-ingredient snow. Ages 6-10.

1/27 3:00 p.m.: Storytime for Young Readers. Ages 6-12.

1/28 10:30 a.m.: Little Listeners storytime. Ages 2-5.

Pfizer and Merck's COVID-19 Pill Approved

Last week on Thursday the Food and Drug Administration authorized Merck's antiviral pill, Molnupiravir, for COVID-19 for Emergency Use. On Monday they gave the go-ahead to a similar, but more effective treatment from Pfizer, Paxlovid, also for Emergency Use. The FDA said both pills also worked against the fast-spreading Omicron variant, which is now dominant in the United States.

Merck's Molnupiravir, which is for treating mild-to-moderate COVID-19 in certain high-risk adult patients, was shown to reduce hospitalizations and deaths by around 30% in a clinical trial.

Pfizer's pill, Paxlovid, was authorized for people 12 and older, and clinical trial data showed it to be nearly 90% effective in preventing hospitalizations and deaths in patients at high risk of severe illness.

Both pills require a prescription from a health care provider. If you test positive for COVID-19, talk to your healthcare provider as soon as possible. Your healthcare provider can tell you about your treatment options and if use of either pill is appropriate for you.

The oral medications are designed to stop the virus from replicating, and can be prescribed for at-home use. Available data indicates that both Paxlovid and Molnupiravir are effective against Omicron.

The degree of effectiveness in preventing hospitalizations should be considered in your choice of which to use.

The FDA said Merck's COVID pill is not authorized for use in patients younger than 18 because it may affect bone and cartilage growth, and is not recommended for use during pregnancy.

Both drugs are meant to be taken orally for five days.

These pills are not a replacement for and do not act as a vaccine. They are for treatment after you have contracted any of the variations of COVID-19.

Charcuterie Board Class

Learn how to mix cheeses, meats, fruits and more to build a breakfast-themed charcuterie board! In this class, we will teach you how to create your own charcuterie board to share with others. You will also be able to take home a mini cheese board! If you register as a couple, you will only receive one board.

This class is on January 11th from 6 to 8 p.m., and costs \$40 for individuals, \$55 for couples. Please purchase a ticket upgrade to register as a couple. This class will be held at the UF/IFAS Extension Office in Cocoa. Space is limited to 20 people. Advance registration is required. Ticket sales end on January 6, 2022, at 5 p.m.

Register on Eventbrite today: <https://bit.ly/31YG9e6>

Call us at 321-633-1702 or email brevard@ifas.ufl.edu.

Parks & Recreation Meeting



The North Brevard Commission on Parks and Recreation will hold its next monthly meeting on Thursday, January 13th, 2022, at 5:00 p.m.

The meeting will be held in the Brevard Room at 518 South Palm Avenue in Titusville. The public is invited to attend. The Brevard Room is located in a building on the north side of the parking lot behind the Brevard County Government Center-North. For questions, call Jeff Davis at 321-264-5105.

St. Francis Reflections Lifestage Care Announces New In-Patient Unit

St. Francis Reflections Lifestage Care, in partnership with Courtenay Springs Village, is pleased to announce a newly renovated hospice care center opened to the public in November. The in-patient unit brings hospice and respite care closer to home for all residents of central Brevard, Merritt Island and the beaches.

“Our nonprofit was founded on the philosophy of neighbors helping neighbors,” said Joe Killian, President and CEO of St. Francis Reflections Lifestage Care. “We are committed to providing the most compassionate and comfort-focused care in all of Brevard County. Our neighborhood is growing! Given recent population surges and an increase in demand for our services due to the pandemic, we must continue expanding to meet the needs of our neighbors, which is exactly what we will do.”

The in-patient unit is intended for the short-term management of complex symptoms and periods of respite where families can rest knowing their loved ones are being cared for with compassion and dignity. Located at 1100 South Courtenay Pkwy. in Merritt Island, the St. Francis Reflections in-patient unit at Courtenay Springs Village will feature private rooms with en suite bathrooms, 24/7 facility access for family members, a shared kitchenette with food provided by the facility for family members, and tranquil outdoor space for mediation and reflection. The 24/7 family access will be offered in accordance with current health guidelines and safety protocols from the U.S. Centers for Disease Control and Prevention.

“Courtenay Springs Village is happy to announce their partnership with St. Francis Reflections Lifestage Care,” said Michael Rivera, East Coast Regional Administrator. “Together we can provide the care and services that our patients and families need. We are honored to be a part of this collaborative effort to help better serve our community.”

The in-patient unit will be entirely staffed by St. Francis Reflections staff, including its board-certified hospice and palliative medicine physicians, social workers and chaplains.

Be Health Aware

Practice healthy habits like early preventive care screenings and routine checkups. You’ll have better control of your quality of life now and well into the future. It’s not always easy staying on top of your health, but doing so can improve your life.

Men are more likely to have chronic diseases that result in life-altering complications that could be prevented with early detection.

But it’s simple. Healthy habits can influence the rest of your life. Managing your health alongside your provider through early screenings and routine checkups will allow you to provide longer for those who depend on you.

Take your free health risk assessment today at www.Parrishhealthcare.com/healthaware.

Scholarship Applications for Students Pursuing Career in Healthcare

Jess Parrish Medical Foundation (JPMF) and Parrish Medical Center (PMC) Auxiliary are now accepting scholarship applications from high school seniors who plan to pursue a career in a medical or healthcare field.

Scholarship award recipients will be announced in May, 2022.

Scholarships will be awarded to graduating high school seniors who reside in the Parrish Medical Center service area. Undergraduate students pursuing a degree in the human health/medical field are also eligible to apply. Students must have a 3.0 grade point average or greater, based on a 4.0 scale. Students who have been awarded a JPMF scholarship in previous years may reapply provided they are continuing in a medical/healthcare field and have maintained at least a 3.0 grade point average. Graduate students are not eligible.

High school students who attend Astronaut High School, Space Coast Jr./Sr. High School and Titusville High School may obtain an application from the Guidance Office at their school. Others interested may obtain an application by calling the Jess Parrish Medical Foundation at 321-269-4066 or by visiting www.parrishmedfoundation.com/scholarships.

The deadline for submitting applications is Friday, March 4, 2022.

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