# HAPPENINGS

## Weekly Edition

### January 2, 2025

## A Note From Your Parrish Medical Center Board of Directors

Dear North Brevard Friends and Neighbors,

There are thousands of reasons why your friends and neighbors at Parrish Medical Center thank you for the privilege of caring for you and your families.

The gratitude felt to you by our 1,300 Care Partners - our Care Partners - stems from enabling them to fulfill their professional goal of devoting their lives to the service of others.

Parrish Care Partners are here when you need them, every minute of every day. Without fail. Without even a pause. On sunny days or during hurricanes. Here's the record so far in 2025, of work done in only a mall number of the areas in which Parrish provides services to our community:

- Emergency Room Patients Treated: 32,294
- Total Diagnostic Images: 17, 645
- Inpatient Admissions: 4,888
- Surgeries and Other Procedures: 7,548

That this service is a privilege is neither an exaggeration nor overstatement: it's a sacred trust: You're trusting in the professionalism, experience training, ability and determination of everyone at PMC to do the right thing, the right way, for you and for those whom you care.

Parrish's focus on patient and family safety, experience and care outcomes has earned Parrish's Care Partners many national and international awards and much recognition. It's the result of following and living Parrish's mission, vision and values, which were written with our community in mind:

- **Mission:** Healing Experiences for Everyone All the Time®
- **Vision:** Healing Families - Healing Communities®
- **Values:** Safety, loyalty, integrity, compassion, excellence and stewardship.

In a perfect world, every medical condition and disease could be cured. Obviously, that's not possible. But it's always possible to provide healing experiences in word and deed. This healing priority extends from the Board of Directors to administration, to every member of our team. And it starts at the top. To illustrate, George Mikitarian, Parrish's President and CEO, received the "Healing Hospital CEO of the Year 2025" award from the Erie Chapman Foundation, recognizing George's commitment to our patients and their families and to a compassionate workplace culture.

Is healthcare challenging? Yes. A great responsibility? No question. Demanding? Without a doubt. Did every member of Parrish's family of Care Partners sign up to meet the challenge and take on the responsibility to excel in the face of demands? Absolutely. Why? The answer seen when you look in a mirror. It's you.

On behalf of the Board of Directors and all Parrish Care Partners, we again collectively thank you for allowing Parrish to serve you. We hope nothing but good health for you in 2026; however, and if or when you need Parrish Care Partners to respond to your needs, whatever your needs, they will be here for you. All the time.

## Family Movie Mondays

Bring the family and friends to the Port St. John Library at 6500 Carole Ave. Enjoy FREE popcorn and a movie sponsored by Friends of the Port St. John Library every Monday from 4:00 to 6:00 p.m. This event features G or PG-rated movies.

**Saturday Morning Cartoons**

Saturday mornings 9:30–11:30 a.m., cartoons and movies at the library. Bring blankets, drinks and snacks! Ages 12 and under; adult supervision required.

1/3: Paw Patrol
1/10: Be Cool, Scooby-Doo
No event on 1/17.
1/24: Spidey and His Amazing Friends
1/31: Phineas and Ferb

## Did You Buy A New Home in 2025?

Don't forget to file for your $25,000 Homestead Tax Exemption. An application may be submitted any time throughout the year, but must be submitted by March 1 of the year in which the benefit will be applied.

Visit www.bcpao.us/exemptions.aspx?t=2.1 for specific information.

# Parrish Healthcare Donates More Than 400 Toys to Local Community in Support of Toys for Tots Initiative


Parrish Healthcare is proud to announce they collected more than 400 new, unwrapped toys for Toys for Tots to support children in North Brevard this holiday season.

Parrish Healthcare Care Partners (employees, medical staff members and volunteers), patients and community members rallied together to donate toys for local children and families most in need beginning in November.

"The holidays remind us of the power of generosity," said Parrish Healthcare President and CEO George Mikitarian. "Through our vision of Healing Families—Healing Communities®, we are proud to partner with organizations like Toys for Tots to help bring joy and comfort to children and families in need."

Toys were collected at two of Parrish Healthcare's facilities including Parrish Medical Center in Titusville, Florida and Parrish Healthcare Center in Port St. John for the last several weeks. Toys were needed for children of all ages and directly support children and families throughout North Brevard, including Scottsmoor, Mims, Titusville and Port St. John. Toys were delivered before Christmas to all registered families.

"This initiative truly showcases the compassion of our Care Partners and community," said Natalie Sellers, Senior Vice President of Communications, Community & Corporate Services at Parrish Healthcare. "Their generosity continues to turn a simple toy drive into something that brings real joy to local families. We extend a heartfelt thank you to all who donated to this year's toy drive and made it such a successful endeavor."

Toys for Tots, a program run by the U.S. Marine Corps Reserve, has delivered millions of toys to underprivileged children since its founding in 1947. Contributions like those from Parrish Healthcare help sustain this legacy of giving, creating cherished memories for children and their families.

For more information about Parrish Healthcare and its community initiatives, visit parrishhealthcare.com/news.

## PSJ Christmas Parade Photos

More photos from the PSJ Christmas Parade have been added to the PSJ Community Foundation. Enjoy!

Port St John COMMUNITY FOUNDATION
TODAY | TOMORROW | TOGETHER


## Car Show In PSJ

First Baptist Church of Port St. John will be hosting a Car Show each month. The Dixie Cruisers will be at our church the first Friday of every month, (January 2nd this month), from 5 to 7 p.m.

You are welcome to come and view the cars on display. First Baptist Church of Port St. John is located at 3900 Fay Blvd., Port St. John.

There is no entry fee for spectators or to enter a car. It's all about fellowship and fun. If you need further information or have any questions, please call the church office at 321-636-5455 weekdays from 9 a.m. - 1 p.m. Our website is: www.firstbaptistpsj.org.

**HAPPY NEW YEAR!**
**HAPPENINGS, PARRISH HEALTHCARE & Port St. John Community Foundation!**

# Parrish Healthcare Interventional Cardiologist Andre Gabriel, MD, Named Fellow of American College of Cardiology

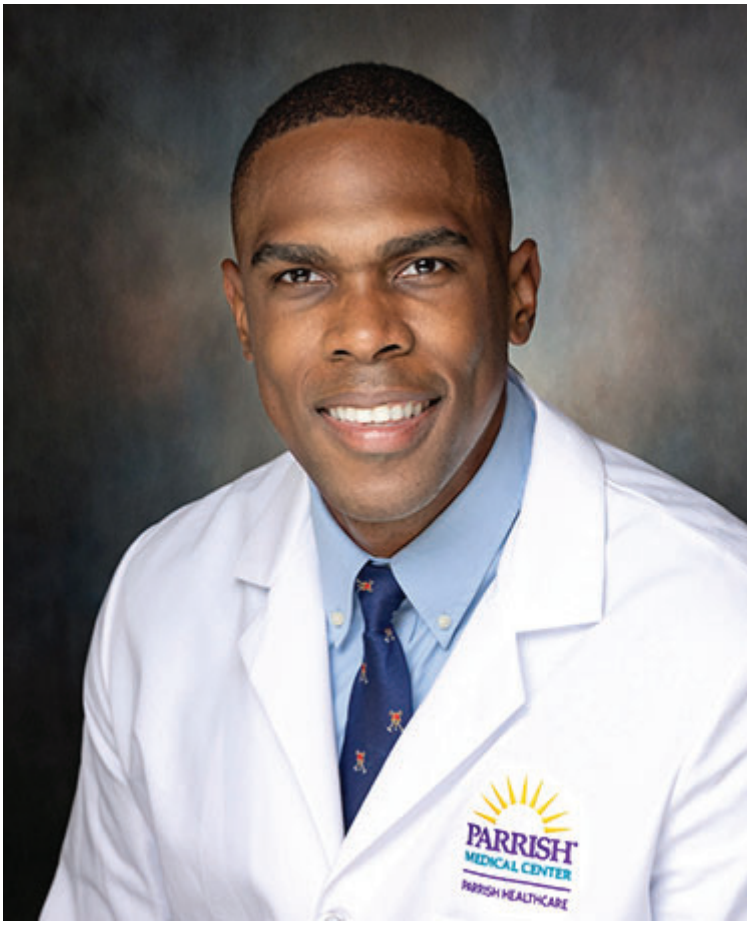
Parrish Healthcare Interventional Cardiologist, Andre Gabriel, MD, has been named a Fellow of the American College of Cardiology (FACC), one of the highest professional distinctions in cardiovascular medicine. Fellowship in the American College of Cardiology recognizes physicians who have demonstrated exceptional professional achievement, clinical expertise and a continued commitment to advancing cardiovascular care.

The American College of Cardiology is a leading global medical society dedicated to improving heart health through education, research, quality initiatives and patient-centered care. Fellowship is awarded to cardiologists who meet rigorous criteria, including board certification, years of clinical experience, scholarly contributions and demonstrated leadership in the field.

"Becoming a Fellow of the American College of Cardiology is a meaningful milestone in my career," said Dr. Gabriel. "It reflects not only my dedication to providing high-quality, evidence-based cardiovascular care, but also the support of my colleagues and the trust of my North Brevard patients."

Dr. Gabriel is an interventional cardiologist with specialized training in all aspects of vascular disease including coronary and peripheral interventions. He is board certified in internal medicine, interventional cardiology, cardiovascular disease, echocardiography and nuclear cardiology. In addition, Dr. Gabriel has earned the distinguished title of Registered Physician in Vascular Interpretation.

As an ACC Fellow, Dr. Gabriel joins a distinguished group of cardiovascular specialists dedicated to shaping the future of heart care through education, research and clinical excellence.




"This recognition further reinforces Dr. Gabriel's expertise and leadership in cardiology," said George Mikitarian, President and CEO of Parrish Healthcare. "Both our patients, as well as the North Brevard community, benefit greatly from Dr. Gabriel's commitment to the highest standards of cardiovascular care."

Dr. Gabriel is conveniently located at Parrish Healthcare Center at Titus Landing, located at 250 Harrison Street in Titusville. For more information about Dr. Gabriel, cardiovascular services at Parrish Healthcare or to schedule an appointment, please visit parrishhealthcare.com/gabriel or call 321-268-6868.

# Temporary Closure of Parrish Park - Titusville

Parrish Park - Titusville and its boat ramp will be temporarily closed to the public beginning Thursday, January 8, 2026 at 6:00 p.m. until Friday, January 9 at 6:00 a.m. The temporary closure of the park is due to the repainting of the parking lot and traffic lines.

Parrish Park Titusville is located at 1 A. Max Brewer Memorial Parkway, Titusville.

For questions regarding this project, please contact the North Area Parks Operations office at 321-264-5105.

# Parks & Recreation Meeting

The North Brevard Commission on Parks and Recreation will hold its next meeting on Thursday, January 8th, at 4:00 p.m.

The meeting will be Thursday, January 8th, at 4:00 p.m. at the North Brevard Senior Center, 909 Lane Avenue, in Titusville. The public is invited to attend.

For questions, call Jeff Davis at the North Area Parks Office at 321-264-5105.

# Stay Healthy This Winter

The 2025-2026 flu season is picking up steam, with elevated activity across the U.S. and increasing hospitalizations, particularly driven by the dominant Influenza A(H3N2) strain. This is raising some concerns about vaccine effectiveness, though it still offers protection. Some regions are reporting record weekly cases.

Flu symptoms in 2025 include sudden fever, chills, cough, sore throat, runny/stuffy nose, body aches, headaches and fatigue, with some people, especially kids, also getting vomiting/diarrhea; the flu hits fast and hard, unlike a cold, and can last for a week or more. See a doctor for severe symptoms or if you're high-risk.

You may have heard that people can get sick from cold weather. In a way, that's true—medical studies have shown that many common viruses can reproduce faster and stay infectious longer in colder temperatures. Winter months bring holiday gatherings and travel, which can increase our risk of being around someone else who is sick. Additionally, the stress, changes in diet and reduced physical activity that come with the holidays can impact your resistance to illness.

Some studies suggest that cold weather can weaken the immune system. In 2015, a Yale University team used mice airway cells to show that cold viruses do well in colder temperatures because the body's immune response is weakened and has a harder time killing them. When a cold virus enters through the nose, your body produces special cells designed just for fighting the invaders. However, a temperature drop of just 9 degrees can kill off as many as half of these helpful cells. In addition, cilia—the little hair-like objects in your nose that help filter out dirt and debris—don't work as well in dry air and lower temperatures.

Meanwhile, dry air—from home heating or the outside cold—can dry out your airway's mucous membranes, which protect you from viruses and bacteria. Cold, dry air also means the germs people expel from speaking or coughing don't sink to the ground as fast and can stay airborne for longer times.

A good New Year's resolution is to start paying attention to your day-to-day health by taking precautions against colds, the flu and COVID-19.

**4 tips for staying healthy**

1. Spend more daytime outside.
2. Wear a mask.
3. Get vaccinated with your annual flu shot.
4. Get your medications delivered and avoid crowds at the pharmacy.

- Thank you to Johns Hopkins Bloomberg School of Medicine.

# Post 359 - American Legion

**1-3 Bike Days at the Tiki** - 1st Saturday of the month, 1 - 5 p.m. presented by American Legion Riders. Good food on the grill with fixin's, $10. Listen to live music, take part in drawings, 50/50. All proceeds to benefit veterans and veterans' families.

**1-7 Auxiliary General Membership Meeting** - 1st Wednesday of the month, 6 p.m.

**1-12 Sons of the Legion-** 6 p.m. on the 2nd Monday of the month at the Post.

**1-21 General Membership Meeting** - 3rd Wednesday of the month at 6 p.m.

**1-17 SAL Rib Day** Ticket sale 1 p.m. Band 1-5 p.m. at the Tiki every 3rd Saturday.

**1-18 American Legion Riders** General Membership Meeting - 3rd Sunday of the month at 10:30 a.m. Call 2nd Vice Director Janice Anderson, Director, at 321-210-6234.

If you are a veteran and would like to visit the Post or would like more information about American Legion, contact Commander Michele Aaron at 321-289-2880 for more information. The Post is located at 7260 S. US Hwy. 1, Bellwood, or call 321-268-1632.

# Amvets Post 2415 Schedule

**1-7 Sons of Amvets 2415** General Membership Meeting -1st Wednesday of the month at 6 p.m. Commander Chuck Harrington, 321-208-7897.

**1-14 General Membership Meeting-** 2nd Wednesday of the month at 6 p.m.

**1-8 Amvets 2415 Ladies Auxiliary** General Membership Meeting - 2nd Thursday of the month at 6 p.m. President Theresa Nikki Anderson, 321-208-7897.

**1-10 Amvets Riders Chapter 2415** General Membership Meeting - 2nd Saturday of the month at 12 noon. President Steve Carman, 321-446-3394.

**1-10 Bike Night!** 2:00 - 6:00 p.m. on the 2nd Saturday of the month at the Post.

**Karaoke every Friday, 6-10 p.m.**

**Bingo - members - Sundays 1-?**

**Bingo - Public Welcome - 1st Tuesday, 6 p.m.**

Post 2415 is located at 688 West Ave., Port St. John. If you are a veteran and would like to visit the Post or more information about Amvets, contact Commander Larry Lonneville at 321-208-7897.