

HAPPENINGS

Weekly Edition
Friday, July 15, 2022

A Whole New World Gala

Benefiting the Advancement of Parrish Healthcare's Critical and Innovative Healthcare Technologies and Services

After a year of pandemic scheduling woes, A Whole New World, Jess Parrish Medical Foundation's first in-person gala since COVID-19, is set to take place on Saturday, October 15, from 5:30-10 p.m. at Space Coast Convention Center, Cocoa. GrayRobinson, P.A., and William A. and Laura M. Boyles return as Presenting Sponsor.

Sultans, wise genies and Ali Baba will come to life in the elegant Arabian Night themed evening alive with Mediterranean inspired cuisine, enchanting music, dancing and magic lamps. A Whole New World is sure to be an evening you will not 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 libation if they take a chance at the wine pull. Elegant Aladdin inspired attire suggested; black tie optional.

"GrayRobinson, P.A. and William and Laura Boyles are honored to once again partner with Jess Parrish Medical Foundation as presenting sponsor of their annual benefit gala," said GrayRobinson shareholder, William A. Boyles. "It is gratifying to know that our investment will be helping advance critical and innovative healthcare technologies and services for the North Brevard Community."

Co-chairs for the event are Judy Allender, Winnie Brewer, Kelley Broome, Mary Coleman, Jessie Kirk, and Rachel Terry.

Event proceeds will champion the advancement of critical and innovative health care technologies and services to improve patient outcomes in support of the healing mission of Parrish Healthcare.

"The outpouring of support we have received for A



Whole New World has been extraordinary. We are grateful to have so many organizations and community partners joining us to make a difference in the health of our community," said JPMF Board Chair, Rachel Terry.

In addition to presenting sponsors GrayRobinson, P.A. and William A. and Laura M. Boyles, the growing list of this year's event partners include the Genie of Generosity-level sponsor: UBS Financial Services / Susan Morse and Daniel Levy; Sultan of Agrabah-level sponsors: Brevard Indo-American Medical & Dental Association (BIMDA), Coastal Health Systems of Brevard, Jessie Kirk, in memory of Robert "Bob" Kirk and MEC Contractors - Engineers; Cave of Wonders-level sponsors: The Broome Law Firm, P.A. / Chris and Kelley Broome, Dr. Frank and Marilyn Dienst Medical Services LLC, Chris and Lisa McAlpine, and Christine Sylvester; Magic Lamp-level sponsors: Steve and Winnie Brewer, LHC Group / Parrish Home Health, Jaime and Melissa Lugo, Jeanne Dorothy Miller, Jo Lynn Nelson and Roy Roberts, Turmy and Oscar Sieveking, Barbara and Terry Terhune, and W & J Construction Corporation; and Diamond in the Rough-level sponsors: Dr. and Mrs. Brent Brandon and VITAS Healthcare. In-kind media sponsor: Brevard Business News. Other generous sponsors will be recognized at the gala.

Individual gala tickets are available for \$125 and sponsorship opportunities start at \$500. For more information about sponsorship packages, or to purchase general admission and chance-drawing tickets, please contact Jess Parrish Medical Foundation at 321-269-4066 or visit parrishmedfoundation.com/gala. Space is limited.



Titusville Playhouse 58th Season

The Titusville Playhouse, Inc. is located within the Historic Emma Parrish Theatre 301 Julia St., (corner of Hopkins Ave. - US1 southbound), providing professional quality entertainment on the Space Coast. The MainStage theatre includes a 150 seat orchestra section and a 124 seat Balcony Section. The new Shuler Stage is an open air stage across the street at 301 Julia St.

MainStage Show:

Show times are Friday, Saturday and select Thursdays at 8:00 p.m., Sunday and select Saturdays at 2:00 p.m.

Lobby Doors open 30 minutes before show time.

Seating begins 30 minutes before showtime.

The SPONGEBOB MUSICAL - Rated G August 5 - 28, 2022

The stakes are higher than ever in this dynamic stage musical, as SpongeBob and all of Bikini Bottom face the total annihilation of their undersea world. Chaos erupts. Lives hang in the balance. And just when all hope seems lost, a most unexpected hero rises up and takes center stage. The power of optimism really can save the world!

Get more information on ticket prices and check out the whole schedule for the new season on their website, <https://titusvilleplayhouse.com/home/>. You can also find the schedule for the Shuler stage and all the new shows coming this season.

Post 359 - American Legion Riders



presents Bike Days at the Tiki

Saturday, August 6
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 Port St. John), 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.

NASA's Artemis 1 Moon Rocket Closer to Launch



photo by Stephen Clark

NASA's powerful new Space Launch System moon rocket Artemis 1 returned to High Bay 3 of the Vehicle Assembly Building last week for final repairs, testing and closeouts, moving closer to liftoff later this summer after completing a fueling demonstration last month.

The return of the SLS moon rocket to the Vehicle Assembly Building moves the Artemis 1 mission a step closer to launch on a test flight around the moon.

After a decade in development, the Artemis 1 mission will mark the first flight of the huge SLS moon rocket, sending an Orion crew capsule on a course to orbit the moon. The test flight will not carry astronauts, but will be the first launch of a human-rated rocket and spacecraft to the moon since the Apollo program.

If the Artemis 1 flight goes according to plan, NASA intends for the next SLS/Orion mission — Artemis 2 — to carry a crew of around on a loop around the far side of the moon and back to Earth in 2024, marking the first astronaut voyage to the moon since 1972. Future Artemis missions will incorporate a commercial crew lander to ferry astronauts between the Orion spacecraft in lunar orbit and the surface of the moon.

NASA has not formally set a target launch date for the first SLS moon rocket, but officials are aiming to have the launcher ready to blast off on the Artemis 1 test flight in late August or early September, when the alignment of the moon, the sun, and the Earth will enable the mission to meet all its objectives. Depending on when the Artemis 1 mission takes off, the Orion test flight could last roughly 26 days or as long as 42 day. The mission duration hinges on the location of the moon relative to Earth, allowing the Orion spacecraft to complete a half-orbit or one-and-a-half distant orbits around the moon.

NASA officials are expected to set a target launch date as soon as next week.

Stay Safe In The Heat

We're already setting heat records here in central Florida and it doesn't look like it will change soon. We love the great outdoors, but while we're enjoying outdoor activities, it's important to recognize that high temperatures and potentially harmful ultraviolet (UV) rays can be harmful and in some cases life-threatening. If you've lived here long you know what to do to protect your skin and hydration, but... we get busy. We race against deadlines. Here are some reminders on sun safety precautions.

Heat exhaustion and heatstrokes are both serious conditions to be aware of during the summer months, especially if you're spending sunny days at the beach, jogging outside or doing yard work. Warning signs of heat exhaustion include general muscle weakness, sudden sweating, nausea, vomiting and abrupt lightness in the head or fainting. Heatstroke is a condition caused when your body overheats, usually as a result of prolonged exposure to, or physical exertion in high temperatures. Fortunately, both are easy to prevent if you take precautions:

- Limit your activity in the sun – Take a break from the sun every hour or so and go to a shaded and cool area to ensure your body temperature does not get too high.
- Apply sunscreen – Sunburn affects your body's ability to cool itself, so reapply sunscreen every couple of hours.
- Stay hydrated – Drink plenty of water and other fluids that contain electrolytes, which will allow your body to sweat and cool down.
- Avoid alcohol and caffeine which can act as a dehydration component.
- Wear loose-fitting and lightweight clothing and limit restrictive garments to allow ample air to cool your body.

Protect children and pets by never leaving them alone in a vehicle. The increase in UV radiation during the summer months can be dangerous and damaging to the skin. Applying sunscreen multiple times a day is the best way to protect your skin from harmful UV rays that can cause sunburn, sun poisoning, and lead to skin cancer.

Prolonged exposure to the sun without sunscreen protection exponentially increases the probability of developing skin cancer. To prevent sun poisoning and the risk of skin cancer, it is important to use broad-spectrum (UVA/UVB) sunscreen daily. SPF 15 or higher is ideal for everyday use, but SPF 30 or higher is recommended for extended activity in the sun.

As your family heads out to the pool or beach, it is critical to also remember water safety protocols:

- Ensure that you and your family are swimming in a designated area with assigned lifeguards.
- Never leave a child unattended while swimming and always try to swim with a buddy.
- Put lifejackets or other floatation devices on young kids.

- Drink plenty of water to stay hydrated, many forget this step as they are swimming in water.

If you think you or someone may be experiencing heat exhaustion or heatstroke, seek immediate medical assistance.

Misconceptions About Hospice Care: It's About Quality Of Life, Not Imminent Death

Between 1.3 million and 1.7 million patients in the U.S. were cared for annually through hospice services from 2009-2020. But many people continue to have misperceptions of hospice care. 40 percent in one survey believed its sole purpose is sedating patients nearing death.

The Hospice Foundation of America defines hospice as medical care designed to help someone with a terminal illness live as well as possible for as long as possible. Some families avoid hospice as an option for their terminally ill loved ones, who miss out on care and support that can make their final months more enjoyable. It's a good idea to know in advance what hospice is and the many benefits it can provide.

Part of the need to create more awareness about this healthcare option is driven by the COVID-19 patients who did not receive hospice care and died alone in hospital rooms.

It's a service, not a place. Some families think hospice care involves putting the ill family member in a lonely facility, but that's not true. Hospice also treats patients where they live. ”

It's not about giving up. There are eligibility requirements for hospice care, one of which is your regular doctor and hospice doctor certifying that you're terminally ill (with a life expectancy of six months or less). Hospice care is meant to increase both the quantity and quality of life for the patient, providing all medications, services and equipment the patient needs. Studies have shown that people on hospice live an average of 29 to 44 days longer than those not on hospice.

“We have to stop thinking of hospice as a death sentence and a sign of surrender,” Johnston says. “We need to see it as an amazing opportunity to live until the end, without stress and with a sense of peace. But some people are referred for care much too late.”

It's not expensive. Hospice is covered by Medicare, Medicaid and most private insurance.

It's an important acknowledgement. Hospice is really a celebration of a patient as they near their final days. It's an acknowledgement that they matter. The hospice team's attention gives them dignity and appreciation when they need it the most. For more information, visit <https://www.medicare.gov/basics/get-started-with-medicare>.

Jess Parrish Medical Foundation Accepting Karla Foster, RN, Scholarship Applications

Jess Parrish Medical Foundation (JPMF) is now accepting applications for Karla Foster, RN, Memorial Scholarships. Applicants must be residents of north Brevard County; accepted into a nursing program; and possess a 3.0 or higher grade point average. New or currently enrolled nursing students are eligible to apply.



Two scholarships of more than \$1,500 each are being awarded for assistance with tuition, books, supplies or other expenses related to completing the student's nursing program.

Doug Foster established the scholarship in loving memory of his wife, Karla, tragically killed on September 11, 2006 by a hit-and-run driver. Karla had been a nurse at Parrish Medical Center for more than 22 years. This scholarship honors Karla and the profession she loved so much, and offers the opportunity to a deserving nursing student to carry on the professionalism, commitment, dedication and loving care that she demonstrated all her life.

For additional information on applying, or to make a tax-deductible contribution to the Karla Foster, RN, Memorial Scholarship Fund, please contact the Jess Parrish Medical Foundation at 321-269-4066 or visit www.parrishmedfoundation.com/scholarships. The deadline for submitting applications is Friday, August 19, 2022. Incomplete applications will not be accepted. Scholarship award recipients will be announced in September, 2022.

Limited Commercial Landscape Maintenance License Workshop Available

The UF/IFAS Extension office is offering an in-person Limited Commercial Landscape Maintenance training workshop on July 28, 2022, from 8:30 a.m. to 5 p.m. This training is needed to apply for the 482 Limited Certification Landscape Maintenance pesticide license exam.

This workshop will be held at the UF/IFAS Extension office in Cocoa. The registration fee is \$50, and space is limited to 50 individuals. There are 8 spots available to take the LCLM exam, please register for the wait list if all spots are taken. CEUs are available for current LCLM certificate holders. Lunch will be provided.

Pre-register on Eventbrite: <https://bit.ly/3asglMn>.

For more information or questions, please contact Bonnie Wells at bcwells@ufl.edu.

Amvets Grand Opening

The Grand Opening of the new Amvets Post in Port St. John, 688 West Ave., will be on August 6th at 1:00. They will have food, music, raffles, lots of fun and more. There will also be a Membership Drive welcoming the public.



The new Post will be holding Karaoke with "Bones" on Fridays starting July 8th, 5 - 9 p.m.

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

Mary Lena Penna, Library Director

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.

Book BINGO continues through August for Adults & Teens 12+. See Reference.

Humanatee Yoga will be on hiatus for the month of July.

Summer Reading Continues!

Thursdays, 3:00 p.m.: **Summer Reading Program** story-times and programs. Ages 6-12. See library for schedule specifics.

7/23 10 a.m.-noon: **Pokemon Club of Port St John**. All ages welcome.

7/13 5:30 p.m.: **Budgeting: Smart Money Choices seminar**. Presented by the UF/IFAS Extension Office. Free class. Please call to register!

7/16 10:30 a.m.: **Author Reading**.

7/21 3-4:00 p.m.: **Summer Reading Finale Party!**

Fridays, 10:30 a.m.: **Little Listeners** storytime. Ages 2-5.

7/27 6:00 p.m.: **Friends of the Port St John Library Membership Meeting**. All Port St. John residents are invited to attend and see if you would like to become a member.

7/30 10:30 a.m.: **Friends of the Library Craft Event!** Registration is required, please see the Reference Desk for more information and to sign up.

*The weekly digital
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is sponsored by
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