

HAPPENINGS

Weekly Edition Friday, June 10, 2022

Thunder Over the Indian River

Thunder Over the Indian River will be held on Saturday, July 2nd. **The Kings Hwy. gate - not the front gate on US 1 - will open at 4 p.m. at the OUC Canaveral plant, corner of Kings Hwy. and US1, again this year.**

This year's event will include a BBQ contest, food and cold drinks available to purchase, bounce houses, demonstrations and music leading up to the fireworks show at dark (usually about 9:15). Weather conditions may cause the fireworks to be a little early to avoid rain.

The BBQ contest participants will start serving at 5:00. You'll want to have your wristband before that! Tickets go on sale at 4:00.

We still need volunteers to help the day of the event and the Friday before. Please email to happenings1@att.net if you are willing to help.

No fireworks or alcohol are allowed on the plant property. You are encouraged to bring blankets or lawn chairs to sit on, insect repellent and sun block. It's Florida in July!

Vendor space is still available. Email psjcommunityfoundation@gmail.com.

For more information on Thunder Over the Indian River, visit our Facebook site; PSJ Community Foundation (@psjcf); Instagram: psjstrong; or go to www.portstjohncommunityfoundation.com for the entire schedule.

There is no city to do our show and the county doesn't do fireworks shows. Thunder Over the Indian River is put on by hard work of local volunteers and many fabulous sponsors, plus some generous donations. Thank you to all of our sponsors, especially Parrish Medical Center, Freedom Air and Heat, Higginbotham Companies, Inc. and Happenings.

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.

6/11 & 6/25 - 10 a.m.-noon: Pokemon Club of Port St John. All ages welcome.

Tuesdays, 10-11 a.m.: Humanatee Yoga for Beginners or Intermediate. \$5 Instructor Fee.

Summer Reading begins 6/2, 3 - 4 p.m. Register beginning 5/16 and pickup the Summer Reading Packet Thursday, 6/2. Thursdays 3:00 p.m.: **Summer Reading Program** story-times and programs. Ages 6-12. See library for schedule specifics.

Fridays, 10:30 a.m.: **Little Listeners Storytime.** Ages 2-5. 6/22 - 5-7:30 p.m.: Glitter Kids Art Gallery opening. See Youth Services and Summer Reading Packet for more information on submitting art!

All Brevard County libraries will be closed on Monday, July 4th in Observance of Independence Day.

PSJCF, through PSJ Cares, would like to offer drop off locations for donations and will also be coordinating a monetary donation through our non-profit for the families affected. Contact us through our Facebook page, <https://www.facebook.com/PSJCF/>, or visit our group page, <https://www.facebook.com/groups/psjcares>.

Donations may be sent through electronic methods below. Please be sure to add a note FIRE VICTIMS.

CASHAPP = \$psjcf VENMO = @psjcf
PAYPAL = psjcommunityfoundation@gmail.com

Typical items needed for donations are below. We are still working on obtaining specifics to share regarding the victim's needs.

Clothing (Don't forget new socks and underwear)
Furniture Bedding (sheets, pillows)
Food (Non-Perishable) Gift Certificates/Cards
Toys and Stuffed Animals

Pet needs are being coordinated through Brigdawg's Pet Supplies, 6225 N. US Hwy. 1, Port St. John

Physical donations may be dropped off at:

Canopy Insurance

1178 Fay Blvd. Port St. John

Monday through Friday, 9:00 a.m. to 5:00 p.m.

Atlantic Wire & Rigging / Platinium Products

330 Williams Point Blvd., Cocoa

Monday through Friday 8:00 a.m. to 4:30 p.m.

Parrish Early Care & Education Program Celebrates VPK Class of 2022

Parrish Early Care and Education, a program of Parrish Healthcare's Children's Center, sent the class of 2022 off in style at their VPK graduation held on May 20, 2022.

"We are so proud of these children," said Vaneesha Greco, Center Manager. "Our team works closely with our families to create a learning environment that helps each child grow and thrive. Today is the culmination of their hard work and evidence of the passion our educators have for enriching the lives of our littlest learners," said Greco.

The well attended ceremony took place at First United Methodist Church in Titusville and hosted 17 VPK graduates along with their families and other guests. "These children are the future of our community" said Kathy Bradley, VPK Teacher at The Children's Center. "They are the next generation of thinkers, builders, teachers and healers. It is always an emotional day to see them progress on their journey to Kindergarten."

The ceremony included the traditional parade of graduates, a special selection of songs performed by the class of 2022 and ended on the high note of the official presentation of diplomas.

For more information on services provided by The Children's Center, please visit their website or call 321-264-0855.

The Parrish Early Care and Education (PECE) program opened its doors in November 2002. Since then, PECE has become an integral part of The Children's Center, a partnership of community agencies whose collaborative vision is to develop a family-friendly environment where children are assisted in their development regardless of their abilities or socio-economic status. PECE offers quality care to children ages six weeks through five years.

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The overall goal is to provide services that will enhance the child's individual health and growth, ultimately pre-

CONGRATULATIONS, CLASS OF 2022!



paring students for kindergarten. PECE practices a model of inclusion by offering special education and therapy services to children with varying levels of development. The classroom teachers work closely with parents and use resources on site as needed from the exceptional education consultant, speech, occupational, physical therapists, and behavior consultants in order to optimize each child's potential.

Heart Disease Is Women's #1 Killer.

Why So Little Female-Focused Research?

Heart disease is the leading cause of death for women in America, accounting for more than one in five deaths. Still, far too few women realize the danger.

In fact, "Awareness of heart disease as the leading cause of death among women actually declined from 2009 to 2019," Dr. Dipti Itchhaporia, president of the American College of Cardiology (ACC), said during a HealthDay Now interview. "We've done so many educational efforts over the past decade and still less than 50% of women recognize that heart disease is the number one killer."

It's also not widely known that women differ from men in the structure of their hearts, the types of heart problems they have, the risk factors for heart disease they carry, and even the symptoms they experience during a heart attack, experts say.

Much of the problem stems from the fact that cardiology has long been a male-dominated field, said Itchhaporia, who is an interventional cardiologist with Hoag Heart and Vascular Institute in Newport Beach, CA. "I think women may not even think of cardiology," Itchhaporia said of female doctors. "Women have different perceptions of cardiology than men, and they have different goals that could influence their choice."

Female cardiologists are more likely to report sex discrimination, but it goes beyond that, Itchhaporia said. Women in medicine tend to choose fields that allow for long-term patient relationships, as well as a more family-oriented lifestyle. Unfortunately, that lack of female perspective in cardiology has caused research into heart disease to be largely focused on men. A study to be presented at the ACC's upcoming meeting found that clinical trials led by a female doctor tended to have more women participating in them — 45%, compared with 38% when a man is in charge of the study.

"Generalization of trial results may be inaccurate if the studies are only comprised of men. And so I think improving representation of women in trials yields more real-time, real-life results that reflect the broader patient population," Itchhaporia said. "The bottom line is preventing and treating heart disease requires a workforce that's as diverse as the patients seeking the care," she added.

So what are the differences between women and men when it comes to the heart?

"Let me just start by saying that up until about 20 years ago, we thought men and women's hearts were the same." said Miller, a practicing physician with Triune Integrative Medicine in Medford, OR. "We've now learned that women's hearts are smaller, our walls are thinner, our blood vessels are smaller. We have a more rapid heart rate than men,"

Women's bodies also respond differently to stress, Miller said. Women experience an increase in heart rate, while men tend to have their blood vessels constrict, causing their hearts to pump harder and increasing their risk of high blood pressure. Because of these physical differences, women tend to suffer different types of heart disease than men.

"We don't generally have the usual coronary artery disease. We have microvascular disease, which is in the smaller blood vessels," Miller said. Because of this, the usual heart scans might miss impending disease in women.

Women are also more likely than men to experience a tear in a coronary artery, as well as a weakening of the heart's main pumping chamber, known as "broken heart syndrome," Itchhaporia and Miller said.

"Broken heart syndrome is like a stun gun to the heart where there's a trauma and the heart looks like it's having a heart attack, but it's not," Miller explained.

Heart risk factors also differ.

With these differences also come different risk factors for heart disease in women. Some occur directly from specifically female medical conditions. For example, women can develop high blood pressure and diabetes during pregnancy, and those increase the risk of heart disease, Itchhaporia said.

"One of the newer things we found is that your menstrual history has an impact on your heart," Miller added, noting that premature menopause, endometriosis and polycystic ovarian syndrome all increase heart risk in women. "Menopause is when things really start to go down. Once we stop having periods, our risk goes up."

Even risk factors shared between the genders — cholesterol, high blood pressure, inactivity, obesity — can sometimes affect women differently than men. Women with diabetes are more likely to develop disease than men with diabetes. "Smoking among women is a greater risk factor for heart disease compared to men.

Women even suffer different symptoms when they're experiencing a heart attack, the experts said. "You don't have the classical chest pain," Itchhaporia said. "Now, they can, but they may have more neck pain, jaw pain, shortness of breath. So I think it's just important for us to remember that atypical quality. There are some true sex differences."

Because of these differences, Itchhaporia believes there "...needs to be this redoubling of efforts by organizations interested in women's health..." to educate women on their gender-specific heart risks. "Studies show that community-based programs — at churches, grocery stores, hair salons — are effective in improving awareness and ultimately outcomes," Itchhaporia said.

The American College of Cardiology has more about women's heart health at <https://www.acc.org/>.

Parrish Healthcare Community Support Groups June Schedule

Stroke and Heart Survivors Support Group

If you've experienced a diagnosis or event, or are caring for someone living with heart disease or stroke, our community is here to support you.

- When: Tuesday, June 21, 2-4 p.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, visit www.parrishhealthcare.com/events-calendar/event-signup/?Event=27934.

Caring for Caregivers Support Group

Care giving is a rewarding, yet demanding labor of love. Join us to learn how to care for yourself while you care for your loved one.

- When: Thursdays, June 9 and 23, 9:30-11:30 a.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, visit <https://www.parrishhealthcare.com/events-calendar/event-signup/?Event=28098>.

Fearless Café

A collaboration with St. Francis Reflections Life Stages Care, this group shares a casual discussion about advanced directives, power of attorney, wills, living wills and all of the often, scary conversations about death and dying.

- When: Wednesday, June 1, 10-11 a.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, visit <https://www.parrishhealthcare.com/events-calendar/event-signup/?Event=17144>.

Cancer and Survivor Support Group

This group is for cancer patients, cancer survivors and anyone touched by the disease. Enjoy refreshments and talk with others sharing similar situations and experiences.

- When: Wednesday, June 15, 4-5:30 p.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Shannon Luker, RN, BSN, OCN, CBCN
- For additional information, please contact Shannon Luker at 321-268-6111, ext. 3544.
- To register, visit <https://www.parrishhealthcare.com/events-calendar/event-signup/?Event=28099>.

Moms Support Group

Free support group for mothers with babies ages birth to

six months. During this class, moms will be able to discuss topics such as infant feeding, sleeping, milestones, car seats, play, development, post-partum care, birth control, post-partum depression, dietary needs and much more. Space is limited.

- When: Mondays, June 6, 13, 20 and 27, 10-11 a.m.
- Where: The Children's Center, 5650 S. Washington Ave., Titusville
- Facilitated by Teri Newman, MSN, RNC-MNN, IB-CLC
- For additional information and to register, contact Teri Newman at teri.newman@parrishmed.com.

A.W.A.K.E Sleep Support

This group is dedicated to exchanging information and increasing awareness of sleep, sleeping disorders, and related health concerns. Everyone with an interest in sleep and health is encouraged to attend.

- When: Wednesday, June 29, 6-7:30 p.m.
- Where: Heritage Hall, 931 N Washington Ave., Titusville
- Facilitated by Michele Roberge, RT(R), RPSGT
- For additional information, please contact Michele Roberge at 321-268-6408.
- To register, visit <https://www.parrishhealthcare.com/events-calendar/event-signup/?Event=27267>.

Annual Job Fair

Meet employers the in-person at Radisson Resort Conference Center, 8701 Astronaut Boulevard, Cape Canaveral on Wednesday, June 15th from 2:00 to 6:00 p.m.



Get your resume ready and dress for success! Businesses will be hiring managers are offering interviews on-the-spot!

There are participating businesses in: Aerospace, Aviation, Engineering, Healthcare, Hospitality, Manufacturing, Construction, Administration, Information Technology, Warehousing, Logistics, Transportation, Education, Law Enforcement and more!

You can register in advance and find more information at <https://www.eventbrite.com/e/annual-job-fair-registration-342388843247>.

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