

# HAPPENINGS

**Weekly Edition**  
**Friday, May 27, 2022**

## **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 Vanessa 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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**CONGRATULATIONS,  
CLASS OF 2022!**





### Workshops Offered Twice Monthly

10:00 a.m. -12:00 p.m. and 2:00 p.m.

ATTENTION: We NOW hold FREE hands-on "Mad Science" educational workshops for kids TWICE each month with 3 identical sessions starting at 10 a.m., noon, and 2 p.m. on each of the Saturdays. We understand that scheduling is an issue, so we are offering the workshops TWICE each month. This will also allow us to have more students involved, as class sizes are limited to 12 per class.

Geared toward students in grades 3-5, each STEAM\* discipline is explored in a way that relates to space exploration. These approximately 1 hour workshops are designed to be FUN and EDUCATIONAL!

For your convenience, we are sending you the schedule for our workshops for the remainder of the year.

#### June 4, 11 - What a Bright Idea - Light, LASERS, and Refraction

What a bright idea! At MAD Science this month, we will do many experiments with light and LASERS. Come join our crazy professor as we learn about mixing colors of light, what IS light, and how to change light. All the students will also get to help set up a LASER maze to learn about directing light and using it to communicate.

#### July 9, 23 - How Big is the Solar System

How big is the Solar System??? Come join us at MAD Science this month as our crazy professor Darin discusses how much space the Solar System really takes up. We will be doing fun hands-on size comparisons of planets, the sun and the distance between them.

#### August 13, 27 - Meteors, Asteroids, and Craters! Oh My!!!

Ever wonder how messy space really is? Come join Professor Darin as he does some wild experiments to explain what is really flying around in space and how it affects our own planet. There will be ice balls, smashing rocks, and... flying cocoa?

#### September 3, 10 - Telling Robots What To Do - basics of coding

How do you tell a robot what to do when it is on another planet? How do computers even think? These questions and more will be answered this month at our MAD Science Saturday workshop. Professor Darin will be doing some experiments with the basics of coding, where the students will work with the challenges of telling a robot what to do when it takes hours to send a message, as well as having them write their own code.

#### October 8, 29 - That's Just Cold - Cryogenics

What do you consider cold? Come to MAD Science this month to learn about Cryogenics. We will be experimenting with dry ice and liquid nitrogen, and see how they affect items around them.

#### November 12, 26 - Basics of Electronics

LEDs, resistors, capacitors and more! This month at MAD Science, Professor Darin will be teaching the students about electronic components and how they work. Each student will get to experiment with different elements of old style circuits and timers, the type we used to first put people in space before computers.

#### December 10 - Amazing Water Water. H2O

Come to MAD Science this month to learn why this molecule is the most amazing thing in the universe. We will discuss water's structure, how it changes and the crazy things water does that makes it so unique. We will be making SQUARE bubbles, water worms and getting to make water boil at room temperature.

For full info and registration, please visit <https://spacewalkoffame.org/event/mad-science-may-2022>.

Each session is limited to 12 students and REQUIRES PRE-REGISTRATION.

Held at the American Space Museum in Titusville, workshops are FREE for kids. We also offer accompanying adults a \$5 half price museum admission if they want to stay and tour the museum while their child is in the workshop.

These are STEAM\* based, hands on workshops. Students will learn about the influence of Science, Technology, Engineering, Art and Math on the way things work in the universe and in everyday life. \* STEAM: Science, Technology, Engineering, Art and Math - (STEM with Art added).

For more information, please contact the American Space Museum at 321-264-0434. The museum is located at 308 Pine Street, Titusville. It will be lots of fun, as well as educational and it's FREE.



# Parrish Healthcare Implements Innovative Program to Provide Healing to those Suffering from Addiction

When someone is traveling a dark and dangerous road, an experienced guide can make the difference between tragedy - or arriving safely. For people on the ever-challenging path of recovery from mental health diagnosis or addictions, their Parrish Healthcare “guides” – members of Parrish’s Peer Recovery Specialist (PRS) Network - are valuable members of a team of caregivers working together to help people in crisis reclaim their lives and return them to their families.

“The path to recovery is made easier when a person walking it knows they’re not alone, and that with them is someone who has shared experiences and has recovered from them,” said Lara Chicone, LCSW Parrish Healthcare behavioral health navigator and peer recovery program coordinator. “Our mission at Parrish is ‘healing experiences for everyone all the time,” Chicone added. “The Peer Recovery Specialist Network is an extraordinarily valuable help for people who are searching for a way out of the situation in which they find themselves.”

Born from a Parrish Community Health Partnership and Circles of Care collaboration, the PRS network members are specially trained to use experience, knowledge, and care to help others overcome what team members have faced.

A case study: an individual in their late 50’s who had worked all their life with their hands developed severe joint pain and couldn’t continue doing the work they love. Subsequently diagnosed with depression and bipolar disorder, this person experimented with cocaine. Having opened that door, what followed was a descent into heroin, fentanyl and methamphetamine addiction. In just one year, this individual suffered several overdoses resulting in hospitalizations: two were within 24 hours of each other. Death was a distinct possibility.

Despite several attempts at rehabilitation, sobriety remained elusive. The individual was referred to Parrish’s Peer Recovery Specialist Program. Though initially declining services, they received education, support and encouragement – and an awareness of the peer recovery program. After an overdose nearly resulted in death and another overdose killed a close friend, this person engaged with the peer recovery team. As of this moment, it’s the longest period of recovery this individual has experienced.

Mental health and addiction disorders impact 47% of the North Brevard Community and represents one of the top social determinants of health priorities according to the Community Health Needs Assessment conducted by Parrish Healthcare. In fact, the CDC recently released a report that states 2021 was a record year for overdose deaths with an estimated 107,622, an increase of 15% from the previ-

ous year.

Behind every statistic, there’s a face, a name, and a story. Most people undergoing these trials don’t want to be in them. In cases of addiction, it is often a gradual yet unrelenting decline until they find themselves in a position they can’t get out of. That was true in this person’s case, and as an organization, it’s wonderful to be standing beside this individual in this fight, a fight that’s being won.

Mental health conditions present a different set of priorities and approaches. However, whether it’s mental health or addiction, the goal is the same: recovery.

“As a society, community and as human beings, we must work together to provide compassionate care and services to reduce the amount of deaths and suffering that addiction causes” said Chicone. “Together, Parrish Medical Center and Circles of Care are using the Peer Recovery Specialist program on our mission to healing and saving lives. It can be a long road, and there are no guarantees. But we are seeing lives change all of the time.”

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## Marina Park - Dog Park Re-opened

The dog park located inside Marina Park re-opened on Thursday, May 26th. Marina Park is located at 1510 Marina Road in Titusville.

Shade structures are in the planning stages and will be scheduled for mid/late summer. The shade structures are being funded and coordinated by the City of Titusville.



For questions or more information, please call the North Area Parks Operations office at 321-264-5105.

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## Cooking in an Instant & Air Frying Class Open for Registration

Join us for our Cooking in an Instant & Air Frying class! This cooking class is a fun hands-on experience where you can learn four new recipes for your pressure cooker and air fryer. The recipes are inspired by Mexican cuisine!

We will be hosting this class at the UF/IFAS Extension office in Cocoa on May 31, with two time slots to choose from. Space is limited to 12 people per time slot. Materials are provided in class, and you will be able to eat what you make! Tickets are \$15 per person and ticket sales end on May 26 at 5 p.m.

Register on Eventbrite: <https://bit.ly/3PvMLoT>

For more information, please call (321) 633-1702 or email [brevard@ifas.ufl.edu](mailto:brevard@ifas.ufl.edu).

## Fighting Dementia

We all want to know what we can be doing to protect our brain health with age. It's generally understood that maintaining a healthy diet and getting some exercise can help overall health, but there are other daily habits that could have specific cognitive benefits.

For starters, you may want to reach for your toothbrush or floss, as the bacteria that cause gingivitis, *Porphyromonas gingivalis*, could be connected to the development of Alzheimer's disease. Per Harvard Health, findings published in 2019 suggested that the bacteria can travel from the mouth to the brain, release nerve-cell destroying enzymes called gingipains, and lead to memory loss and Alzheimer's. Brushing your teeth and flossing before bed is key to keeping your mouth and brain healthy—but once you get under your comfy covers, scientists say something else could also make your dementia risk soar.

As we get older, the risk of dementia looms large. In addition to finding treatment for the condition, current research efforts are dedicated to understanding why dementia is so rampant—affecting 55 million people worldwide, according to the World Health Organization (WHO). This number is expected to rise with the aging population, reaching 78 million in 2030 and 139 million in 2050. We may not be able to cure dementia, but knowing the warning signs and risk factors can at least help us seek early treatment.

One recent study identified a common nighttime behavior that could end up spiking your risk. This common bedroom habit could have larger health implications.

According to the American Thoracic Society, sleep-disordered breathing (SDB) is an umbrella term used to define interruptions with breathing at night, including heavy snoring, reduction in breathing (known as hypopnoeas), and cessation of breathing (known as apnoeas). Aside from just keeping your bed partner awake, snoring and other breathing conditions could actually indicate a higher risk of dementia.

Investigators from the present study noted that in addition to reduced cognitive function, SDB has been “inconsistently” associated with an increased risk of dementia itself. When evaluating SDB as a risk factor for dementia, researchers did find small yet significant associations between SDB and lower composite cognitive scores and lower scores on tests of psychomotor speed (the ability to detect and respond to changes in the environment).

Moderate or severe SDB was associated with lower scores on delayed recall tests (only for men) and in patients with mild SDB, it was also associated with lower scores on executive function. According to investigators, vascular dementia can be indicated by impairments in both psychomotor speed and executive function, and impaired delayed recall can indicate incident dementia due to Alzheimer's disease.

If you snore and you think you've been experiencing any of these symptoms, talk to your physician. It may be time to do a sleep study, or there may be other options to improve your memory and function. It's worth a 5 minute talk!

## Post 359 - American Legion Riders presents Bike Days at the Tiki

Saturday, June 4, 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.

Post 359 is located at 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](http://alr359.org), for more information.

## 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..

**All Brevard County libraries will be closed on Monday, May 30th in observance of Memorial Day.**

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.

5/28 10 a.m.-noon: Pokemon Club of Port St. John. All ages welcome.

5/21: Community Baby Shower. See Youth Services desk for more information!

5/25 6 p.m.: Friends of the Port St. John Library Membership meeting.

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

Thursdays, 3:00 p.m.: Storytime for Young Readers. Ages 6-12.

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

There will be no story times the last two weeks of May as we prepare for the Summer Reading Program!

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