

HAPPENINGS

Weekly Edition
September 13, 2024

Raise Awareness with Mental Health First Aid

September is Suicide Prevention Month — a time to raise awareness of this stigmatized and often taboo topic. We use this month to shift public perception, spread hope and share vital information with people affected by suicide. The stigma around mental health and substance use still exists and can hinder people from asking for or accepting help. However, education is a powerful tool for change.

Through education and awareness training like Mental Health First Aid (MHFA), participants learn to understand the early and worsening signs and systems that someone in their lives may experience during a mental health or substance use challenge and be better equipped to provide them with the timely support they need and deserve.

Recovery from a mental health and/or substance use challenge is possible. To learn more about how to have these important conversations, register for our upcoming Mental Health First Aid Trainings.

- **Youth Mental Health First Aid**, September 30 from 9:00 a.m. – 3:30 p.m.: <https://loom.ly/X78HZts>

- **Adult Mental Health First Aid**, October 24 from 9:00 a.m. – 4:00 p.m.: <https://loom.ly/EjhAwU8>

These trainings will be held at the UF/IFAS Extension Office in Cocoa, (3695 Lake Drive). Registration starts at \$65 per person. **All participants will need to complete a 2-hour, self-paced online assignment prior to attending the in-person training.**

If you have any questions, please call us at 321-633-1702 or email Brevard@IFAS.UFL.edu.

The University of Florida is committed to providing universal access to all of our events. For disability accommodations such as sign language interpreters and listening devices, please contact the UF/IFAS Brevard County Extension Office at Brevard@IFAS.UFL.edu or 321-633-1702 at least 2 weeks in advance. Advance notice is necessary to arrange for some accessibility needs.

Key Components For The Space Launch System (SLS) Rocket Heading To KSC

Teams with NASA and Boeing loaded the core stage boat-tail for Artemis III and the core stage engine section for Artemis IV at Michoud Assembly Facility in New Orleans in August and shipped them to KSC. The core stage hardware joins the launch vehicle stage adapter for Artemis II at NASA's Marshall Space Flight Center in Huntsville, Alabama, also in August. Pegasus will ferry the multi-mission rocket hardware more than 900 miles to Florida.

Teams with the NASA's Exploration Ground Systems Program will prepare the launch vehicle stage adapter for Artemis II stacking operations inside the Vehicle Assembly Building, while the core stage hardware will be moved to Kennedy's Space Systems Processing Facility for outfitting. Beginning with Artemis III, core stages will undergo final assembly at KSC.

The launch vehicle stage adapter is essential for connecting the rocket's core stage to the upper stage. It also shields sensitive avionics and electrical components in the

rocket's interim cryogenic propulsion stage from the intense vibrations and noise of launch.

The boat-tail and engine section are crucial for the rocket's functionality. The boat-tail extends from the engine section, fitting snugly to protect the rocket's engines during launch. The engine section itself houses more than 500 sensors, 18 miles of cables and key systems for fuel management and engine control, all packed into the bottom of the towering 212-foot core stage.

NASA is working to land the first woman, first person of color and its first international partner astronaut on the Moon under Artemis.

SLS is part of NASA's backbone for deep space exploration, along with the Orion spacecraft, supporting ground systems, advanced spacesuits and rovers, the Gateway in orbit around the Moon and commercial human landing systems. SLS is the only rocket that can send Orion, astronauts and supplies to the Moon in a single launch.



Parrish Healthcare's Partnership with OneBlood Continues to Strengthen Local Community Blood Supply

Parrish Healthcare and OneBlood, community partners for more than 15 years, remain committed to ensuring critical blood needs in the community are met. Over the past two years, with the help of Parrish Care Partners and their generosity as blood donors, 138 units of blood have been collected, translating to a potential of 414 lives saved.

According to the American Red Cross US Blood Supply Facts, someone in the United States needs a blood transfusion every two seconds. In 2023 alone, the iconic OneBlood "Big Red Bus" collected 57 units of blood from Care Partners at Parrish Healthcare. This year, the Big Red Bus has already collected the equivalent of 81 units of blood from Care Partners, with three remaining blood drives scheduled prior to the end of the year. Each unit of blood provides the potential to save up to three lives.

"Parrish Healthcare's longstanding relationship with OneBlood has been vital in saving lives and helping us fulfill our mission—Healing Experiences for Everyone All the Time®," says George Mikitarian, President and CEO of Parrish Healthcare. "I extend gratitude to all of our dedicated Care Partners who generously donate blood. Your selfless act embodies our commitment to caring for others and making a positive impact in our community. Thank you for your compassion and generosity."



Parrish Healthcare, in partnership with OneBlood, will host three additional blood drives this year; Saturday, September 28 at The Children's Center, Thursday, October 17 at Parrish Medical Center and Thursday, December 12 at Parrish Medical Center. Appointments are encouraged, but walk-ins will be accommodated on a first-come, first-served basis. All donors will receive a basic wellness check prior to donating, which includes a blood pressure, pulse, temperature, iron count and cholesterol screening. To register, visit oneblood.org/donate-now and use sponsor code 9350. We encourage individuals who are not able to donate at Parrish Healthcare blood drives to consider donating at OneBlood's North Brevard local office located at 3880 South Washington Avenue, Suite 210, Titusville.

Parrish Medical Group Welcomes Board-Certified Endocrinologist Ervin Szoke, MD

Parrish Healthcare and Parrish Medical Group are pleased to welcome board-certified endocrinologist Ervin Szoke, MD to the Brevard community.

Dr. Szoke joins the Parrish Medical Group Endocrinology practice, located inside Parrish Healthcare Center at 5005 Port St. John Parkway, Port St. John. Dr. Szoke has more than 20 years of extensive experience as an endocrinologist.

Dr. Szoke received his Doctor of Medicine degree from the University of Pecs in Pecs, Hungary. He completed a residency for internal medicine at Henry Ford Hospital in Detroit, Michigan as well as a residency for anatomic pathology at Semmelweis University in Budapest, Hungary. His fellowship in endocrinology, diabetes and metabolism was completed at the University of Rochester in Rochester, New York.

Dr. Szoke specializes in the diagnosis and treatment of disorders affecting the organs and endocrine system, evaluation and treatment of all types of diabetes and metabolic conditions as well as hormonal issues including those in the pituitary, adrenal and thyroid glands as well as the reproductive organs.

New patients are welcome, most insurance plans accepted. To schedule an appointment, please call 321-504-7375.

If you would like more information about Dr. Szoke, Parrish Medical Group or Parrish Healthcare, please visit parrishhealthcare.com/szoke.



Dealing With Lithium Battery Fires

When you travel, you may have to decide whether to place your electronic lithium battery-powered devices in checked or carry-on bags. According to The FAA, devices containing lithium metal or lithium-ion batteries (laptops, smartphones, tablets, etc.) should be carried in carry-on baggage whenever possible. When devices powered by lithium batteries are in checked baggage, they must be completely powered off and protected to prevent unintentional activation or damage. In devices capable of generating extreme heat, heating elements must be isolated. **Spare lithium metal and lithium-ion batteries are always prohibited in checked baggage and must be placed in a carry-on.**

Why must we be so careful? Tests conducted by the FAA have concluded that when large electronics like laptops overheat in checked luggage, they run the risk of combustion when packed with aerosol canisters like hair spray. The potential for explosion becomes a danger to the entire aircraft. The risks are a lot higher if your lithium battery device does catch fire.

Why exactly do lithium batteries catch fire? Lithium-ion and lithium-metal cells are known to undergo a process called thermal runaway during failure conditions. Thermal runaway results in a rapid increase of battery cell temperature and pressure, accompanied by the release of flammable gas. These flammable gases will often be ignited by the battery's high temperature, resulting in a fire.

That same risk of fire is present at home or in a hotel/camper or office. Usually, if a battery is about to catch fire it will feel extremely hot or swell up (the device may look like it has a lump or bulge). Then it may start to discolor causing damage, blistering, and begin smoking. **Do not touch a swelling or ruptured device with your bare hands.**

Lithium-ion batteries - rechargeables - contain a small amount of lithium metal. In case of a fire, they can be doused with water.

Non-rechargeable lithium batteries require a Class D fire extinguisher. Water interacts with lithium. If a Class D extinguisher is not available to douse a lithium metal fire, use the appropriate extinguishing agent or water on surrounding surfaces to prevent the fire from spreading.

For best results dousing a lithium-ion fire, use a foam extinguisher, CO₂, ABC dry chemical, powdered graphite, copper powder, or soda (sodium carbonate) as you would extinguish other combustible fires. Reserve the Class D extinguishers for lithium metal fires only. If the fire of a burning lithium-ion battery cannot be extinguished, allow the pack to burn in a controlled and safe way.

Be aware of cell propagation, as each cell might be consumed on its own time table when hot. Place a seemingly burned-out pack outside for a time. For more information, visit www.thecompliancecenter.com.

Enchanted Forest 5K/10K Trail Run

Come spend a morning with us at the Enchanted Forest Sanctuary! The Enchanted Forest 5K/10K Trail Run will take place on Sunday, September 22nd at 7:00 a.m. at the Enchanted Forest Sanctuary, 444 Columbia Blvd. Titusville. There will also be a free Kids Fun Run.



Runners must yield to wildlife. The Enchanted Forest is the flagship sanctuary of the Brevard County Environmentally Endangered Lands Program. The Forest consists of 480 acres with hiking trails, an environmental education center and great opportunities to see the natural Florida.

NO PETS ARE ALLOWED IN THE ENCHANTED FOREST. This is by county ordinance. Littering is strictly prohibited. In addition to the permanent trash cans in the Enchanted Forest, there will be trash cans at both aid stations.

Sponsor Packages are now available upon request! All donations are greatly appreciated! Full details, fees and registration are available at:

<https://runsignup.com/Race/FL/Titusville/FriendsOfTheEnchantedForest5K10K>

There will also be onsite registration.

Volunteers will be on location directing traffic. Parking on race day will be along the entrance road.

Jobseekers Over 50 New Jobs In Brevard

You have the experience. Now regain the confidence. **BACK TO WORK 50+** at CareerSource



Brevard Flagler Volusia provides jobseekers with a suite of tools and coaching resources to compete with confidence in today's job market. This popular and **FREE** online program starts with an Intro Session that will introduce you to a step-by-step process to look for and secure a quality job. Join us at the Intro Session. You can apply for Free Career Coaching to receive expanded coaching on the 7 Steps:

- Prepare for Your Job Campaign
- Identify your Interests and Skills, Align them with the Job Market, and Notice Gaps
- Select Your Job Targets, Research Employers and Find Skills Training
- Create Your Personal Marketing Tools
- Find and Apply for Jobs
- Prepare for the Interview
- Accept, Negotiate, or Decline the Job Offer

Upcoming Intro Sessions:

Tuesday, September 10, 2024, 10:00 to 11:00 a.m.

Wednesday, September 11, 2024, 10:00 to 11:00 a.m.

To reserved your spot, call 855-850-2525 or <https://my.aarpfoundation.org/employment/workshop-signup/>.



Port St. John Public Library

6500 Carole Ave., Port St. John

321-633-1867

Shelley Macon, Library Director

Library hours: Monday, Tuesday, Thursday, Friday and Saturday, 9 a.m.-5 p.m., Wednesday 12-8 p.m. and Sunday, 12-5 p.m.

The Port St. John Public Library will be closed on September 2nd in observance of Labor Day.

Adult Programs:

Paint Party with the Friends of the Port St. John Library on Saturday, September 7 from 10:30 a.m. to 12:30 p.m. Join the Friends of the Port St. John Public Library for a paint party every first Saturday of the month. During this class you will create custom wooden door hangers. Adults and teens ages 16+. \$40/per person. Payment is due at sign up. Deadline to register at the Reference Desk by Wednesday, September 4.

Community Support Advocate - Mondays, September 2 and 16 from 1:30 to 5:00 p.m. The community support advocate provides assistance with housing, SNAP, social security, healthcare and insurance, and senior resources.

Port Readers Book Club, Wednesday, September 25 at 6:30 p.m. This book club meets on the fourth Wednesday each month. Books are available at the Reference Desk.

Family Programs:

Spice Travelers Spice Club - Friday, September 20 at 3:30 p.m. Pick up a kit including this month's featured spice at the Reference Desk. September we are featuring the East African Spice mix Berbere. This is a family program and all are welcome.

Decorative Japanese Gift Boxes - Saturday, September 21 at 2 p.m. Come join us to make decorative Japanese gift boxes. There are fourteen spots available. Please register at the Reference Desk.

Community Puzzle - This month come visit the library and check out our community puzzle. The puzzle is called 'Mayhem in the Library' and features 101 book depictions of famous books to find.

Youth Services:

Sensory Sundays: Every Sunday from 2:00-3:00 p.m., children can join the library staff for quiet time with sensory bins and activities. Sensory bin activities are exciting and engaging ways for kids to explore different textures, colors, and materials. Designed for children ages 6-12, these activities help develop fine motor skills, encourage imaginative play and offer a hands-on learning experience. This event requires parent or adult supervision at all times.

Young Adult Book Club: Saturday, September 28th from 3:00 to 4:00 p.m. at the Port St. John Public Library in the small meeting room. Teens ages 14 through can select one or more of the books from the monthly Hoopla Young Adult Crossover digital book club titles and discuss their choice at the meeting.

STEAM Activity Time - Every Tuesday from 3:00 to 4:00 p.m. in the meeting room. Come build and make things with us! We will have activities centered around science, technology, engineering, art and mathematics. This event is for ages 6-11 and requires parent or adult supervision at all times.

NEW! STEAM kits are available in Youth Services!

Plushie Sleepover: Wednesday, September 18th from 5:00 to 6:00 p.m. in the youth services area. Kids ages 3-12 can wear their pajamas and bring their favorite stuffed animal or toy to the library for popcorn, juice, and special pillow-making craft. Kids can leave their stuffed animals at the library and can pick them up the next day with photos of your plushie friend's fun adventure!

Read Your Way to K: Babies: Baby Story Time at the Port St. John public library is from 9:30 to 10:00 a.m. every Friday morning in the meeting room. Join us for some songs, short stories and surprise activities. This story time is for babies ages 3 and under and requires parent or adult supervision at all times.

Read Your Way to K: Toddlers: Toddler Story Time at the Port St. John public library is from 10:30 to 11:00 a.m. every Friday morning in the meeting room. Join us for songs, stories, and a craft. This story time is for toddlers ages 3 to 5 and is intended to prepare toddlers for preschool with active listening, group participation, developing fine motor skills, and socializing with others. This event requires parent or adult supervision at all times.

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.

More information on services offered, how to get a library card and events for all the Brevard County libraries can be found at brevardfl.gov/PublicLibraries.

Friends of the Library:

The Friends of the Library are looking for people to join and participate in their activities that help grow and support the Port St. John Public Library. Membership fees are \$5

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edition of
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is sponsored by
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