



# familywize®

Need Discount Prescription Cards?

Call 321-635-8885



937 Dixon Blvd.  
Cocoa, FL 32922  
321-635-8885

Brevard Navigator Project

This project in Brevard County is supported by Funding Opportunity Number CA-NAV-13-001 from the U.S. Department of Health and Human Services, Centers for Medicare and Medicaid Services. The contents provided are solely the responsibility of the authors and not necessarily represent the official views of HHS or any of its agencies.

# Health Literacy in *Brevard*

ADDRESSING THE HEALTH NEEDS OF INDIVIDUAL CONSUMERS AND SMALL BUSINESSES IN BREVARD.

Become a Volunteer Today or Join Workshare Program.



WICKHAM PARK COMMUNITY GARDEN  
KICK-OFF EVENT!

Wednesday, October 5th

9:00 am

For More Information, Call: 321-633-1702

**UF** IFAS Extension  
UNIVERSITY OF FLORIDA

Updated Oct 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Hist Baptist of Merritt Island "House of Hope" Food Pantry 340 Magnolia Ave. #255A (no phone or door) Mondays 8:00-11:00 Walk-in After 8:00-12:00	Central Brevard Sharing Center Cocoa, Cocoa 158 Aurora St. #2922 421-668-1325 Mondays 8:00-2:00 Walk-in After 8:00-12:00	Cape Canaveral Public Library 201 Polk Ave. #2920 421-668-1325 Wednesdays 8:00-8:00 In study room 1hr. before opening.	South Brevard Sharing Center, Melbourne 17 E Hibiscus Blvd. #2901 421-327-0542 Tuesdays & Thursdays 9:00-12:00 Walk-in 1hr. before opening.	Goodwill Job Center, West Melbourne 2345 Coastal Lane #2904 421-654-0118 Walk-in Holidays 9:00-8:00
Daily Bread, Inc., Melbourne Bunche Outreach Center (Homeless outreach services) 315 S. 1st Ave. #2901 421-729-1060 Mondays 8:15-5:00	South Brevard Sharing Center, Melbourne 17 E Hibiscus Blvd. #2901 421-727-0511 Tuesdays & Thursdays 8:00-12:00 Walk-in 1hr. before opening	Gap Ministry at Peace Lutheran Church, Palm Bay (located behind the church) 3801 Port Cabana Rd. #2905 421-227-7420 Wednesdays 9:00-2:00 By appointment or walk-in	East Brevard Library, Melbourne 1521 Pineapple Ave. #2905 421-255-4306 1st & 3rd Thursdays, each month, in study room 9:00-12:00 Walk-in	Titusville Public Library 2211 S. Hopkins Ave. #2906 (421) 544-5036 Mondays 9:00-8:00, In study rooms Walk-in
Try to bring: • ID for all members of the household • Proof of <u>all</u> income covering the last 4 weeks (mail, letters, receipts, work logs) • Proof of a recent job loss, if applicable • A letter of financial support if applicable • Overdue bills, if applicable	Second Harvest FOOD BANK OF CENTRAL FLORIDA Struggling to provide for your family? WE CAN HELP	Customers are assisted on a "first come first served" basis.	We recommend you call the site the day before to confirm there has not been a cancellation	ACCESS United Way Institute of United Way

\*In accordance with Federal Law and U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, and Title II of the Americans with Disabilities Act of 1990 prohibit discrimination on the basis of race, color, national origin, sex, age, or disability. Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, Title II of the Americans with Disabilities Act of 1990, and Title III of the ADA prohibit discrimination on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, call (800) 772-1968 or email to [ADA@hrsa.hrsa.gov](mailto:ADA@hrsa.hrsa.gov), or file a Title VI, Title II, or Title III complaint with the Office for Civil Rights, Room 200, 200 Independence Avenue, SW, Washington, D.C. 20201, or call (202) 633-4900 (voice) or (202) 633-4949 (TDD) or (800) 577-5497 (TDD). Title III and HHS are equal opportunity providers and employers. Persons who require free, alternate means of communication of program information should contact DHRP at 421-388-5777. For information, Second Harvest Food Bank of Central Florida • 428 Marcy Drive • Orlando, FL 32805

Open Enrollment for 2017 health plans starts November 1, 2016. Important dates to note:

- **November 1, 2016:** Open Enrollment starts — first day you can enroll, re-enroll, or change a 2017 insurance plan through the Health Insurance Marketplace. Coverage can start as soon as January 1, 2017.
- **December 15, 2016:** Last day to enroll in or change plans for coverage to start January 1, 2017.
- **January 1, 2017:** 2017 coverage starts for those who enroll or change plans by December 15.
- **January 31, 2017:** Last day to enroll in or change a 2017 health plan. After this date, you can enroll or change plans only if you qualify for a [Special Enrollment Period](#).



Healthiest Weight Brevard  
Tuesday, Oct. 11th, 8:30am  
Suntree Office Tower  
SCHF Third Floor Conference  
6905 North Wickham Road  
Melbourne, FL 32940

Sexual Assault Victim Services



**SUPPORT GROUP FOR  
ADULT FEMALE SEXUAL ASSAULT SURVIVORS**

Tuesdays, 5:30 – 7:00 pm (beginning 10/04/16)

FREE AND CONFIDENTIAL  
Meetings held at:



The Women's Center  
1425 Aurora Road, Suite C Melbourne

Facilitator: Peggy Freeman, LMHC  
Victim's Therapist

For further information, call (321)242-1526  
Or (321) 242-3110

**The Moore Cultural Complex**

# Healthy Living Festival

Empowering Our Community to Live Well!

**Saturday, October 8<sup>th</sup>, 2016**

9AM – 1PM  
The Harry T. & Harriette V. Moore Memorial Park & Museum  
2180 Freedom Avenue Mims, FL 32754



Free  
Health  
Screenings

Event Chairwomen  
Joyce Cole  
Pat Manning, PhD  
Pamela Tronetti, MD

Chance  
Drawing  
Prizes

Health  
Information

Bring the  
entire  
family!

LIVE  
Entertainment



Contact 321-264-6595 for more information.  
Sponsorships & Health Information  
Table Space Available.



**COMING SOON!**

- Mayor's Fitness Challenge—January 2017
- Know Your Numbers Event—January 2017
- Health Literacy Classes—January 2017
- And so much more....

## Can you recognize...



### Warning Signs

### Risk Factors

### and Protective Factors



## "It's Time to Talk about It" Suicide Prevention Family Workshop

This training is a 2 hour interactive skills-based workshop that provides families with the opportunity to learn:

- How to identify suicide risk factors, warning signs and protective factors
- How to interact or communicate with youth who may be thinking about suicide
- How to build a safety net around youth in order to keep them safe

A stipend will be provided for childcare and transportation (\$30) to each family.

At the end of the training, participants will be asked to take part in a 3-month follow-up survey. USF will contact participants and will pay them for their time (\$25).

This is a free training to all members. Each member who attends the training will receive a workbook, listing of community resources, a family guide and other educational resources for them to take home.

## Learn to Save a Life!

Thursday, October 19, 2016

6:00 PM — 8:00 PM

At Brevard Family Partnership

4050 Riomer Drive, Rockledge, FL 32955

Hosted by Eckerd Kids



To RSVP for our Family Training, please email:



Florida Linking Individuals Needing Care Project  
Lindsay Brown | [Lindsay@fcmh.org](mailto:Lindsay@fcmh.org)



Living Healthy work-  
shop: Chronic Disease  
Self Management Pro-  
gram

Jan. 6-Feb. 10, 2017  
One Senior Place

For information contact:  
Paula Schroeder at  
[pschroeder@aging.mattersbrevard.org](mailto:pschroeder@aging.mattersbrevard.org)

# VICTORY

KID SPORTS

LAST CHANCE TO SIGN UP!  
50% off League Registration!

FLAG FOOTBALL  
CHEERLEADING  
SOCCER  
WACKY SPORTS

Do you have an interest in coaching?  
Sign up today on our website!

[CLICK HERE!](#)

# Job Fair



Goodwill Industries of Central Florida will be hosting its Annual Job Fair Day on Thursday, October 6th. Job Fairs will be held at all NINE of the Goodwill Job Connection Centers, in six different counties. If you are an employer and would like to participate in our FREE Job Fair Day, please contact the appropriate office below.

For a list of employers visit: <http://www.goodwillcfl.org/news.php>

Apopka: 407-720-3300 - Ask for Damaris

Clermont: 352-404-7799 - Ask for Iris

Daytona Beach: 386-258-8585 - Ask for Bonnie

East Orlando: 407-872-0770 - Ask for Fernando

Kissimmee: 407-847-0696 - Ask for Lourdes

Leesburg: 352-323-1847 - Ask for Theresa

Sanford: 407-936-0489 - Ask for Anthony

W. Melbourne: 321-953-8188 - Ask for Karen

W. Orlando: 407-745-5550 - Ask for Belinda

**October 6, 2016**  
**10:00am - 2:00pm**



## Salud Report Card: What Health Really Looks Like in YOUR Community!

Is it hard to find healthy food in your town? Places to play? Health care?

Is your community doing better or worse than others?

Find these answers in your free online *Salud America!* [Salud Report Card](#) with customized local data on:

Obesity, Food access, Physical activity, Health equity with comparisons of Latinos and non-Latinos and a map of people who are vulnerable to health issues, Research, policy solutions, and case studies.

Once you know the issues, use and share the Salud Report Card to build a case for healthy change among friends, colleagues, and local leaders. Still not sure what to do next?

Join our [free webinar](#) Oct. 5, 2016, that will explain what the new Report Card offers, and how you can use it to boost children's health.

[Go now to get your own free, customized Salud Report Card!](#)

### WEBINAR 10/5: Explore the New Salud Report Card!

Parents, teachers, and local leaders are invited to a [webinar](#) on the Salud Report Card online tool at 1 p.m. CST Oct. 5, 2016.



Health Literacy

United Way of Brevard

[Health Literacy Consortium](#)

**Tuesday, Oct. 18th, 9 AM**

**Suntree Office Tower**

**SCHF Third Floor**

**Conference Room**

**6905 North Wickham Road  
Melbourne, FL 32940**

Who Are the Remaining Uninsured and Why Haven't They Signed Up For Coverage? The Commonwealth Fund

The number of uninsured people in the United States has declined by an estimated 20 million since the Affordable Care Act went into effect in 2010.<sup>1</sup> The percentage of the population without health insurance has fallen to historic lows. Yet, three years into the rollout of the law's major coverage expansions in 2014, an estimated 24 million people still lack health insurance.

The ACA insurance reforms and expansions were thus explicitly targeted at providing access to affordable coverage for adults with low and moderate incomes, young adults, owners of small businesses and their employees, and part-time workers. Racial and ethnic minorities—particularly Latinos—comprise a large share of many of these groups.

[Download the Issue Brief](#)

CONTACTS: Lorraine Edey  
Renee' Ruffin-Price  
October 2016  
TELEPHONE: 321-288-0692



The month of October is  
**NATIONAL BULLYING PREVENTION MONTH!**  
JOIN CHILDREN, TEENS, ADULTS & SENIORS  
WHO ORGANIZE SIMPLE ACTIVITIES TO  
INCREASE KINDNESS THROUGHOUT BREVARD COUNTY!

Melbourne, FL : The Emotional Wellness Center is encouraging the community to participate in October activities which recognize National Bullying Prevention Month, a campaign founded in 2006 by PACER's National Bullying Prevention Center. <http://www.pacer.org/bullying/>

The goal is to replace unkind behaviors with more respectful behaviors. The target populations are children, teens, adults and seniors because unkind behaviors occur every day to people of all ages, and can occur any time and any place. The community is encouraged to plan simple activities which can enhance more peaceful and kinder relationships.

According to Lorraine Edey, PhD, LCSW, AFC, "When children or adults spend time talking about themes such as peace and kindness, the energy being created provides opportunities for environments to stay or to become more positive and free of unkind behaviors or words".

Here are a few examples of activities:

1. Plan a Kindness Week in which children and adults focus on talking to and treating each other with kindness; this can be organized within our homes, our neighborhoods, work places, schools, colleges, retirement communities, recreational facilities or any other locations where people work or gather. This can be expanded to when we are driving, when using social media and when using cell phones or other electronic devices.
2. Distribute "Kindness, Pass It On..." stickers, buttons, pencils, etc. to children, teens, adults and seniors who does a random act of kindness and then asking them to pass on the symbolic item to someone else that they see showing kindness.
3. In work place or other group meetings or during class time, provide time for and then ask people to share what peace and kindness means to them.
4. Remind children/students and adults of ways to try to stay calm during conflicts so they can focus on using more peaceful and productive ways to resolve conflicts.
5. Brief kindness messages (e.g. "You are awesome!") can be written on post a notes and placed on school or office desks or anywhere unsuspecting people will find them.
6. Organize a neighborhood "Kindness, Pass It On" celebration.

Wednesday, October 19th is National Unity Day; join others across the country who will wear orange to represent unity in promoting more peaceful and kinder relationships.

More activities, including kindness quotes and facts about kindness for work places, sports, communities, schools, for families and for animals, can be found on these websites [www.cityofkindness.org](http://www.cityofkindness.org) , [www.randomactsofkindness.org](http://www.randomactsofkindness.org) and <http://www.peaceoneday.org/> .

This information was brought to you by The Emotional Wellness Center, a Healing Place of Inspiration, Motivation and Transformation, Promoting Kindness Through Actions. If you would like more information, please contact Lorraine Edey at 321-288-0692 or by email at [LoriDey@aol.com](mailto:LoriDey@aol.com) or Renee' Ruffin-Price at 321-749-0060 or by email at [rruffinprice@gmail.com](mailto:rruffinprice@gmail.com) . ADDRESS: PO Box 100319 Palm Bay, FL 32910