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Brevard Navigator Project

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# Health Literacy in *Brevard*

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



## PLANT

What is a community garden and how could it benefit you? The standard definition is, “a piece of land gardened by a cooperative group of people living in the same area,” but we believe it is so much more! These gardens are public resources that provide green space in urban areas; offer opportunities for social gatherings; contribute to community beautification, education, and recreation; and offer urban food security support. In addition to these communal benefits, studies have shown that community gardeners and their children eat healthier, more nutrient rich diets than non-gardening families.

## GROW

There are always ways to contribute so join/volunteer with the Wickham Park Community garden program. From landscaping; picking; packing and weeding; to planting and harvesting; and assisting with the weekly distribution and market days, members can learn about the farming alongside UF/IFAS Extension Faculty and Master Gardeners

## EAT

All harvested produce gathered from the sponsored plots will be used/donated to support anti-hunger campaigns within Brevard County. For example, donations to sharing centers and the UF/IFAS Extension Workshare program will provide eligible participants with the opportunity to work within our garden for a required amount of time; and in exchange, they receive a box of produce.

**Become a Volunteer Today or Join Workshare Program. For More Information, Call: 321-633-1702**

**UF** | IFAS Extension  
UNIVERSITY of FLORIDA



Health Literacy  
United Way of Brevard

[Health Literacy Consortium](#)

**Tuesday, Sept. 20th, 9 AM**  
**Suntree Office Tower**  
**SCHF Third Floor**  
**Conference Room**  
**6905 North Wickham Road**  
**Melbourne, FL 32940**

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, Sept. 27, 8:30am**  
**Suntree Office Tower**  
**SCHF Third Floor Conference**  
**6905 North Wickham Road**  
**Melbourne, FL 32940**

Groups at the Women's Center  
Call 321-242-1526 for more information.

**Domestic Violence Support Group** – FREE , Every Monday (excluding holidays), 10:00am – 11:30am, A Free open support group for adult women who have experienced verbal, emotional or physical abuse by an interpersonal partner. Focus is on emotional reactions, resolution of feelings, the effects on everyday life, and on self-respect as a survivor.

**Childhood Sexual Abuse/Incest Survivors Group** – FREE open support group meets every Monday (excluding holidays), 5:30pm – 7:00 pm. For women 18-years and older who are survivors of childhood sexual abuse.

**Positive Psychology** – FREE, Every Wed. 10-11 am. and Wed. Evenings 5:30-6:30 pm. In this psychoeducation group you will learn tools to help you become more resilient and have positive experiments weekly to put the science of well-being into practice. Positive Psychology incorporates concepts such as: Resilience, Flow, Strengths and Virtues, Meaningful Life, and Gratitude and how they can impact one's life experiences.

**Self Esteem Group** – FREE , Meets every Thursday 10:00am – 11:00am. A Psycho-Educational Support Group for women. Learn tools to help build your self-esteem. Strengthening Self: From the Inside Out.

Depression Support Group - \$40 one-time fee for a 12 week group to learn tools and coping skills for people suffering from depression. Starts Aug 18.



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....**

## Brevard SHINE

Please be aware that Brevard SHINE is preparing for the Annual Enrollment Period for insurance with Medicare. This is the time that drug plans & advantage plans can be changed to begin Jan. 2017. We are having a few Brevard office sites changing, but will have a site listing shortly. In the past the list is double-sided with info on how to request a presentation to groups on the other. AEP is from Oct. 15th to Dec. 7th. Prices come down from CMS about Oct. 1st. We would like help in getting the word out. We are under the Sr. Resource Alliance, Dept. of Elder Affairs, & CMS. We are volunteers & are listed in Aging Matters Directory & the North Brevard Coalition of Human Services among other directories. In Titusville I am the lead for Parrish office, but the county-wide co-leaders are Lance Jarvis of "Ask Lance" articles in Sr. Life and Joe Schuerger who created & manages our resources on the "drive".  
Joan Threlkeld; Parrish SHINE office is 321-268-6563; [shineparish@gmail.com](mailto:shineparish@gmail.com)

## United Way of Brevard ACA Federal Marketplace Navigators



Keith Heinly 321-635-8885  
Outreach/Enrollment

Hazel McNees 317-989-9867  
Outreach/Literacy

Millie Oquendo 321-557-5430  
Enrollment

Teresa Rice 321-544-1153  
Enrollment

Need assistance with  
Federal Marketplace  
application and en-  
rollment?

Call 321-635-8885



## FLORIDA KIDCARE BUSINESS ROUNDTABLE Lunch and Learn

**What:** Florida KidCare Coalition of Brevard would like to invite business representatives to attend a roundtable discussion focusing on Florida KidCare and its benefits for employers.

**Who:** Business Representatives, Executives, and HR Professionals

**When:** Thursday, September 29, 2016  
11:30 am – 1:30 pm

**Where:** Bill Posey Conference Center  
2555 Judge Fran Jamieson Way, Viera

Please RSVP to  
[kheinly@uwbbrevard.org](mailto:kheinly@uwbbrevard.org)