



Helping Seniors Of Brevard

www.HelpingSeniorsofBrevard.org



Special Pull-Out Newsletter



If you are a SENIOR searching for assistance in finding services for Health, Household, Financial, Legal or Other Needs,

**CALL:
321-473-7770.**

HelpingSeniorsofBrevard.org



President's Message

Our mission is to improve the quality of life for SENIORS by providing information, education and access to resources.

Dear Friends,

By the time you read this our first major fundraiser will be history. As I write this message, a week before the event, I want all readers to know that many have helped make this event a success and I have every confidence that it will be the start of a major capability to raise funds

that will one day benefit many seniors who will need help in our community in the future. Five years ago the founding directors of Helping Seniors of Brevard, Inc. began a long process to develop a new nonprofit to help seniors~providing information, education and an ability to connect seniors and those who care for them to needed resources.

Building an organization to help another is a major task. It requires a dedicated Board of Directors, a staff willing to learn and work and a team of volunteers to assist in the many tasks necessary to build the funding base and cause others in the community to accept the fact that there are those who do care, who do want to help and, given some measure of support, will do the task of making good things happen.

Helping Seniors is now entering its 6th year of development. We know our services are needed, that we can make a difference in our community and most importantly, we are acquiring good people who are contributing time, talent and resources to the cause of helping others. To anchor this new network of businesses serving seniors we are in the process of building a senior assistance network. We will develop a network of basic services needed by seniors so that a call to Kay will connect you to car repair personnel, roofers, electricians, plumbers and the many blue and white collar services so necessary to live. We want these services to be cost effective, honest, and affordable. We ask you to call us and know that your call will be treated as if you are a family member. To make this happen, I ask that you call Kay at 321-473-7770 with the name and phone number of service and professional people that you have used and would recommend to be part of this new network. I have every confidence that you can help us build this program and utilize those whom you yourself trust and like. Give Kay a call.

Joe Steckler, President



Are All Dental Implants the Same?

Lee Sheldon, DMD

Let's assume that you had a heart problem and went to the cardiothoracic surgeon for evaluation. The surgeon describes what the problem is and what surgical procedure needs to be done. You then say to the surgeon, "Thank you, doctor, I'm going to go to my family physician and see if he can do it cheaper." Would you ever do that? You actually couldn't do it. Physicians are credentialed by the hospital in which they are on staff. That requires an extensive review of credentials by a board of physicians before they are allowed to practice. They can perform procedures in the hospital only that they are fully trained to do.

1. In dentistry, that credentialing is not as apparent. For example, a periodontist or an oral surgeon goes to dental school and then goes for specialty training for an additional 3-5 years. Part of that specialty training is the placement of dental implants as well as other surgical procedures in the mouth. That is 3-5 years of surgical training nearly every day under the supervision of specialists in that particular field. I am an associate clinical professor at the University of Florida college of Dentistry. When I was teaching in the periodontology department, the periodontal resident would review the patient prior to my seeing him or her. We would plan the case together. I would then closely supervise the resident during the surgical procedure. A good part of formal training goes beyond clinical. There are didactic courses, reading and testing on the dental literature, case conferences where the resident reviews cases with full time faculty, as well as clinical evaluation to be sure that the surgeon is competent before he or she can complete his or residency. Then, that periodontist or oral

surgeon can go into practice and place dental implants. Many become board certified, a further validation of that specialist's training.

General dentists have a route by which they can become certified. After extensive training and testing, a general dentist can become board certified by the American Academy of Implant Dentistry. Or a dentist can take a three day course on dental implants upon completion of that course.

So anyone in these three categories above can do dental implants. In fact, general dentists can do any specialty procedure.

So if you followed the above, you now know that any dentist can place a dental implant, but it's up to you to find out the qualifications of that dentist to know if you've selected the best surgeon for your situation.

So here are some questions to ask your dental implant surgeon:

1. Are you a specialist or a general dentist?
2. If a specialist, is the specialist in one of the two trained surgical specialties, periodontics or oral surgery?
3. If a general dentist, what is your training? How many cases? Are you certified by the American Academy of Implant Dentistry?

With just a little bit of research on your part, you can assure yourself of seeing a great surgeon for your dental implant therapy.

The Ultimate Mouth Manual 2nd Edition

Do you know what's really going on in your mouth? Is going to the dentist confusing for you? Do you have trouble deciding what dental treatment is right for you? The answers to these problems and more are available in a book, [The Ultimate Mouth Manual, 2nd edition](#), by Drs. Lee and Matt Sheldon. From basic examinations all the way to dental implants, Dr. Sheldon has covered every topic in short, easy to understand chapters. "Our goal is to make dentistry a subject that everyone can understand," Dr. Lee Sheldon says. The Manual is available at all branches of Brevard County Public Library System. Or, download at: www.Dr.LeeSheldon.com



Help for Seniors Parenting Again

Brooke Deratany Goldfarb
Peaceful Beach Mediation

Are you a senior responsible for raising grandchildren or other relative children? You are not alone.

According to the American Association for Marriage and Family therapy ("AAMFT"), in the last 30 years, there has been a significant increase in the number of custodial grandparents. The AAMFT estimates that there are approximately 2.4 million grandparents raising 4.5 million children due to such circumstances as the mental or physical illness, death, incarceration, or drug addiction of the parents.

See:

[http://www.aamft.org/imis15/AAMFT/Content/consumer Updates/Grandparents Raising Grandchildren.aspx](http://www.aamft.org/imis15/AAMFT/Content/consumer%20Updates/Grandparents%20Raising%20Grandchildren.aspx).

Worried about making ends meet on a fixed income, their own health issues and the high cost of medical care, it makes sense that many seniors find themselves feeling angry, resentful or overwhelmed with having to deal with the emotional issues and behavioral challenges that raising grandchildren can present. But there are significant resources and support available for seniors who find themselves again in the role of caregiver, especially here in Brevard County.

In 1995, Mary Ann Sterling started Grandparents Raising Grandchildren of Brevard, Inc. ("GRG"), a non-profit relative care agency in Rockledge, Florida after the untimely death of her own daughter left raising her six-year-old grandson. Ms. Sterling realized she and others in her situation needed help. She created GRG to help families impacted when a person in their family becomes unable or unwilling to care for offspring. GRG provides support and advocates for grandparents and other relative caregivers and their families. According to Ms. Sterling, there are currently over 8,500 children living in relative care families in Brevard County, which

points out is enough to fill ten Brevard County public schools. GRG has on staff lawyers to help families with these issues and facilitates several grandparent support groups throughout Brevard. Learn more by calling: (321) 631-7776 or by visiting:

<http://www.grandparentsraisinggrandchildren.org>. Statewide, Grandparents and others can call the University of South Florida of Social Work Kinship Support Center "Warmline" at 1-800-640-6444 or visit <http://www.cas.usf.edu/~krisman/> for more assistance. They might also find helpful The Kinship Care Legal handbook; A Guide for Relative Caregivers found online at: <http://www.communitypartnershipforchildren.org/aupload/user/kinshipcarelegalhandbook1.pdf>. In addition to working as a divorce, family & elder mediator at Peaceful Beach Mediation, I volunteer my time with various local organizations dedicated to the strengthening of families in our community. If I can be of service to you or a resource, please do not hesitate to contact me at (321)626-2858 or brooke@peacefulbeachmediation.com



Substitute Grandfather?

Yes I am!
Joe Steckler

My first "adopted" grandchild was 3, now 27; the second was 3, now 10 and the third was 3. Baily shown here, is now 7. I think I am good friends with all three

and the 27 year old still gives me the same hugs as she has done for 24 years. Each young lady has a beautiful smile, a warm hug and my life is richer. Grand-children, blood or "adopted" are very much a part of my life and could be in yours too.





VITAS Provides Care to Alzheimer's Patients and Their Caregivers

*By Kathleen LaPorte
VITAS Healthcare
Senior General Manager*

National Alzheimer's Disease Awareness Month and National Caregiver Month, celebrated in November, is a special time for the community to both honor and recognize loved ones who have been diagnosed with Alzheimer's Disease and additionally recognize caregivers that support the chronically or terminally ill.

VITAS Healthcare, the nation's leading provider of end-of-life care, is committed to caring for terminally ill patients and their families, including patients with beginning or end-stage Alzheimer's and has a uniquely tailored plan of care in place for each patient's specific needs.

When a patient with Alzheimer's has deteriorated to the point where the caregiver can no longer meet his or her loved one's needs and a referral to hospice occurs, hospice professionals work diligently to make sure the family members have all the information and support they need during this difficult time.

Hospice – an end-of-life care option that focuses on the patient, not the disease-aims to make life as comfortable, enjoyable and meaningful as possible. The care is provided by highly skilled teams of hospice professionals and administered wherever the patient calls home, such as private residences, nursing homes, assisted living communities, and even hospitals. This allows the patient to stay in a familiar setting surrounded by family and loved ones.

At VITAS, families and family caregivers of Alzheimer's patients are equipped with resources and information about Alzheimer's – specific Advance Directives and have access to a variety of local workshops geared toward caregivers including, understanding the final stages of Alzheimer's and easing the pressures of caring for a loved one with Alzheimer's. VITAS also offers respite care to give caregivers some time to themselves.



Guardian Regulation?

*William A. Johnson, PA
Elder Law Attorney*

Florida Senator Nancy C. Detert has introduced Florida Senate Bill 232 that would create the Office of Public and Professional Guardians to regulate and license professional guardians. The Office of Public Guardians currently regulates Public Guardians who serve indigent incapacitated persons when no one else is available to serve. This expansion of the existing agency would develop standards of practice, licensure requirements and disciplinary procedures for professional guardians. The bill seeks to address recent public concerns about the actions of professional guardians. Last year, the Florida Legislature passed House Bill 5 which changed much of Florida Statute 744 which concerns guardians to address some of the public's concerns. While there have been some very public horror stories, for the most part, professional guardians act in a professional manner and serve a vital role in caring for incapacitated individuals. The Florida State Guardianship Association has endorsed the bill.

Helping Seniors of Brevard archive all printed articles, newsletters, radio and television shows. Simply go to www.helpingseniorsofbrevard.org and click the media tab. You'll find a great deal of educational information.

You can also visit      to discover even more! Find our articles in: Senior Scene Magazine, Hometown News, Ebony News Today, and Spotlight Magazine.



**Looking for Assistance
Finding Services?**

Health • Household • Financial • Legal

321-473-7770



**The I-Stent Reduces or Eliminates
the Need for Glaucoma Medications
at the Time of Cataract
*Jason K. Darlington, M.D.***

The I-Stent represents the latest innovation in treating patients with glaucoma at the time of their cataract surgery, according to Jason K. Darlington, M.D., Cataract Surgeon and Fellowship Trained Cornea and Glaucoma Specialist at The Eye Institute for Medicine & Surgery.

"The I-Stent is highly effective, as it reduces eye pressure, 24 hours per day. By continually maintaining a healthy eye pressure, the risk of suffering a loss of vision due to glaucoma is greatly reduced," reports Dr. Darlington, who has performed thousands of ophthalmic surgical procedures. There are many benefits to reducing or eliminating the need for glaucoma eye drops, explains Dr. Darlington, who completed his cornea and glaucoma fellowship at the prestigious Phillips Eye Institute in Minneapolis.

Over a period of many years, glaucoma medications can cost thousands of dollars. Additionally there is often a burden placed on patients to place eye medications multiple times per day.

By reducing or eliminating the need for glaucoma medications many side effects such as redness, dryness, irritation, and excessive eyelash growth, may also be eliminated. In my experience, the need for fewer medications makes for happier patients.

"The vast majority of patients experience a dramatic improvement in their vision following cataract surgery overnight," states Dr. Darlington who utilizes the latest high technology lens implants and techniques when performing cataract surgery.

Dr. Darlington is available to see new patients at his offices in Rockledge, Melbourne and Palm Bay. Consultations may be arranged by calling (321)722-4443.



**Going Full Circle
*Jennifer Helen, Owner
Seniors Helping Seniors***

It's been an interesting year and more working with Helping Seniors of Brevard. Not only has it been rewarding to help "grow" my business, Seniors Helping Seniors, but along the way, I have had the pleasure of actually hiring new employees as a result of them calling Helping Seniors of Brevard looking for employment. What a "win-win" partnership!

I find the referrals given to me by Kay Keyser, the Information Specialist at Helping Seniors of Brevard, have benefitted. Each referral receives an initial assessment based upon the type of needs they require. I then go to work and do my best to give them a good "match." Some examples are: seniors may need just a little help with cooking, cleaning, transportation, shopping, yard work, or even just need "company" to enjoy living in their own home and familiar environment with dignity.

One of the first success stories I recall was receiving a call from Kay in which a daughter was looking for someone who spoke Italian to help her Mother. Amazingly, I had the perfect woman who spoke Italian fluently. Later I learned, my employee had an opportunity to express her concerns to Kay about potential financial problems as a result of supporting her daughter with medical bills. After confiding with Kay, she discovered she and her husband may be eligible for the Aid in Attendance Program as her husband served over 90 days in service and during a time of war. Kay immediately put her in touch with an individual at the VA who in a very short period of time was able to qualify them. Now, they can live knowing they can keep their condominium. Wow! How a simple call to Helping Seniors of Brevard turned into positive results for both my client and employee!

I look forward to a lasting relationship with Helping Seniors of Brevard and invite you to call them too for any resources or information.

To reach my office, call 321-722-2999.

The Talk To Me Station
AM 1060
WMEL

Yes, We Really Are
Talking To YOU!
John Harper, Owner
AM1060 WMEL



Some seniors may recall sitting in front of their radios growing up listening to their favorite programs. It's almost as if they were "watching" their radios when in fact, television was not even invented yet.

I personally have spent 51 years in radio broadcasting and have seen a number of changes throughout my years of experience. What amazes me is how many people have started in radio and have achieved National attention. I am proud to have several of these hosts on AM1060 WMEL and you can easily access when they are on by going to our website: www.1060wmel.com. You can find out more once on the website, the schedules of all shows simply by clicking the schedules tab. In addition, should you choose to listen "live," simply click the listen tab.

Talk radio in our local community has become an important aspect of our daily lives. WMEL listeners are able to stay in touch with our community, the nation, and the world!

Talk shows such as Joe Steckler's "Helping Seniors of Brevard" heard on Thursday at 1 PM, is a wonderful example of a senior listener or family member being able to learn valuable information given out each week. In fact, if you miss the "live" show, you can go to: www.helpingseniorsofbrevard.org to listen. Helping Seniors of Brevard literally archive all of their outreach media efforts.

I look forward to continued coverage of various topics on AM 1060 WMEL and certainly welcome any comments you may have. Our phone number is: (321) 241-1060 or you may email me directly at: wmelradiojohn@gmail.com

So the next time you are looking for entertainment or information on the radio, be sure to tune into 1060 WMEL Talk Radio. Remember, "The Talk To Me Station is talking to you!"

Seaside Stitchers is a local group of retired seniors in Melbourne who get together three times a month sewing for the community. We hold our meetings at St. John's Episcopal Church, 610 Young Street in Melbourne on the first Monday of the month and two Thursdays a month. At this time, we have 47 members and we always welcome newcomers.

Some of the items that we make include, lap quilts, tote bags, hygiene bags, water bags, cancer comfort hats, Christmas stockings, drawstring bags, neck pillows, adult bibs, fidget quilts, infant day gowns, lap size afghans, blessing cloths, walker bags, and so much more!

We contribute the items to VITAS Hospice, Daily Bread, Brennity Assisted Living, Veteran's in Melbourne, Community of Hope, Meals on Wheels, Holmes Regional Hospital, The Women's Center, Nana's House, plus numerous other schools, and organizations.

We are very fortunate to receive many donations of fabric and sewing supplies and we make sure that all of these donations are put to good use. If you should have any donations you would like to contribute, or join our group, please call Shirley Muzzy, Group Leader at (321) 254-2206. We'd love to have you join us.

We are very blessed to have a group of caring and dedicated women who enjoy spending time together and giving back to our community and helping people in need. As seniors ourselves, we appreciate helping those who are not as fortunate.

Note: Shirley called Helping Seniors of Brevard initially to learn more about our organization. She already has received a referral from one of our callers to join her group.





Veteran Disability Compensation

*Dennis Vannorsdall
Veteran Service Mgr.*

Do you have disabilities that are the result of a disease or injury incurred or aggravated during active military service? You may be eligible for monthly benefits no matter when or where you served.

To receive compensation, you must have the following:

- ★ A current physical or mental disability
- ★ An injury or disease in service that caused a disability or aggravated a disability that existed prior to service
- ★ A link between your current disability and the injury or disease in military service

Apply for Veteran Disability Compensation

VA recommends you appoint an accredited Veterans Service Officer to help you initiate your claim, gather the required medical records and evidence, and submit your claim. You can appoint a Veteran Service Officer to act on your behalf by submitting a VA Form 21-22 or through eBenefits to request a representative for VA Claims.

eBenefits enable you to manage your VA Benefits

You can log onto eBenefits at: <https://www.ebenefits.va.gov>. This site is the result of collaboration between the Department of Veteran Affairs (VA) and the Department of Defense (DoD), and serves Veterans, Service members, Wounded Warriors, family members, and authorized caregivers. eBenefits offers a secure environment where you can safely access your personal information and perform self-service tasks. Through eBenefits you can: file a claim, find and designate an accredited veteran service officer, update dependent information, change your permanent address, update your direct deposit information, access VA letters, and review payment history.

If you need assistance with establishing an eBenefits account, or have questions on a VA related topic, contact: 321-633-2012.



IT'S NOT ALWAYS WHAT IT APPEARS TO BE...PLEASE BE CAREFUL!

*Jacquie Esterline, Director of Marketing
Levin Home Care Nurse Registry*

More frequently than not, articles are written focusing on Senior Safety, Senior Planning, Senior Activities and Senior Fitness. Something that seems to become tucked away from being discussed is substance abuse with seniors. Substance abuse whether it is from becoming dependent on pain medications or alcohol has an impact on all of the issues we openly write about and or talk about when it pertains to seniors.

My years of experience working with seniors has opened my eyes to the issue of abuse and how it is overlooked and at times, these addictions are used to the benefit of those who prey on seniors.

Recently, I met a wonderful lovely trusting widowed senior with no family. She lived in a nice home in a nice neighborhood. However what appeared on the outside was not so nice on the inside.

I learned this senior had experienced several falls and a stroke that lead to hospitalization and rehab. But because it "appeared" things were financially stable, there were several neighbors that have jumped in and are visiting almost daily for cocktails. The day would start out with wine and finish with martinis. She hands over her credit card to buy more and they use it to pay *their* cable bills. It gets worse. They volunteer to be her trusted POA.

The sad part is her finances are quickly diminishing and probably won't last more than a year for her to stay in her home, especially if she needs finances for unexpected health issues. Even sadder is the fact that if a senior is alone and has no family, the "preys" appear. You've heard the stories and I witness them first-hand. Beware of who you trust. Levin Home Care Nurse Registry screens *all* of our employees.



Photo of the Month

My Uncle Harold was dressed to impress! He was born in 1907. Wow! Times sure have changed.

*Kay Keyser
Helping Seniors of Brevard
Information Specialist*

Who doesn't like going through old photographs? Did you keep a diary growing up? If so, we'd like to hear from you! Many of you have treasured stories to share. Maybe it could be the fact that your play ground was your street. Memories when you didn't even lock the doors as there was no fear of someone breaking in.

Some may say life was much simpler then. You looked forward to sitting down with your family at dinner and having real conversations without distractions from cell phones or iPads that we have today. Your entertainment was listening to the radio or if you were lucky enough to have a black and white television, your family enjoyed the programs *together*.

Perhaps, you may have grown up living on a farm where you could fetch a vegetable or fruit, grab a garden hose and eat it "just-picked." Was food better back then? How about the milk man who would deliver fresh milk without pasteurization? Do you remember seeing the cream rise to the top? Oh, memories...they are great and we look forward to hearing your story or seeing your special photograph. Email: kay@helpingseniorsofbrevard.org.



We Appreciate ANY Donations
Helping Seniors of Brevard is a 501(c) 3
Nonprofit Organization

Simply mail any donation to: **Helping Seniors of Brevard, Inc. ~ P.O. Box 372936 ~ Satellite Beach, FL 32937**, or visit:
www.helpingseniorsofbrevard.org



Listen every
Thursday at 1:00 PM
On 1060 WMEL



Channel 49 - Mon. 7:00 PM,
Tues. 6:30PM, Thurs. 7:30 PM

Also...Channel 499:
Mon. - Fri. 8:00 AM – 8:30 AM,
Mon. - Fri. 4:30 PM – 5:30 PM

Our underwriters are excellent resources:

Atlantic Shores Nursing & Rehabilitation Center

www.atlanticshoresrehab.com 321-953-2219

Barbara McIntyre, CSA ~ Home Equity Retirement Specialist

321- 698-4739

Canadian Meds of Melbourne [sales@canadianmeds-](mailto:sales@canadianmeds-melbourne.com)

melbourne.com 321-574-6976

Clear Channel Outdoor

www.clearchanneloutdoor.com

Courtney & Braswell Financial Group

321-735-4994

Ebony News Today

www.ebonynewstoday.com

Gentiva Home Health

www.gentiva.com 321-255-9995

Hometown News

www.hometownnewsol.com 321-242-1013

Levin Home Care Nurse Registry

www.levinhomecare.com 321-768-0958

Peaceful Beach Mediation

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Senior Scene Magazine

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Solid Bite Dental Implants Dr. Lee Sheldon

www.dr.leesheldon.com 321-369-9788

Spotlight Magazine

www.spotlightbrevard.com 321-961-3636

The Eye Institute

www.seebetterbrevard.com 321-722-4443

The Fountains of Melbourne

www.ksicoseniorliving.com 321-473-9474

VITAS Innovative Hospice Care of Brevard

www.vitas.com 321-751-6671

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WMEL AM 1060 Radio

www.1060wmel.com 321-631-1300

Wren Care Medical Monitoring

www.wrencare.com 513-267-2860

Wuesthoff Health System

www.wuesthoff.com 321-636-2211