



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.

Greetings to all,

Our newsletter is now reaching 1,000s of people through Senior Scene Magazine, email subscriptions, and all types of social media. Still, we must do more if we are to make the general public aware of our services and the need to raise money locally to underwrite the cost of all we do.

Donations for tickets for the 1951 Ford Victoria hot rod could be better but I know the event is not until February 10, 2018. Still, this is one of our fundraisers to maintain our cash flow at a steady level so none of us develop ulcers. We are doing ok but welcome your support in making your donation as well as encouraging others to join us as we work to help people. Go to the website Helpingseniorsofbrevard.org to view the schedule of where the car will be located and the events we are taking it to in order to sell tickets.

We also encourage our readers to consider becoming a volunteer either in our fundraising effort or the Advocacy Council work. We are back to conducting regular meetings of the Council and one effort will be to develop senior leadership and financial support from the County for all nonprofits assisting seniors. This is an area in which we need your help for senior programs are underfunded for the number of seniors we have in Brevard County. It is up to you to get involved so call Kay at 321-473-7770. We need you.

Warm regards,

Joe Steckler



The Helping Seniors
1951 Ford Victoria

Win the Classic! (and help Helping Seniors!)

Helping Seniors is Raffling this beautiful 1951 Ford Victoria Hot Rod - generously donated from the personal collection of AJ Hiers - to help fund our Senior Information Helpline and efforts on behalf of Brevard Seniors.

Car Raffle: 1 ticket \$25
or 5 tickets for \$100 Donation.

Call 321-473-7770 for Tickets
or go online to HelpingSeniorsofBrevard.org/classic

Support Helping Seniors
Drawing Feb 10th 2018 - Need not be present to Win.





Is it the Tooth or is it the Sinus

Dr. Lee Sheldon, DMD

A patient came into our office for his regular cleaning. He had pressure and some discomfort on the upper left side of his mouth. The discomfort was coming from two teeth, and he couldn't tell which. He had seen a dentist who had recommended that he have root canals done on both teeth and wanted our opinion on that recommendation.

We saw the patient, tapped the teeth and sprayed some air on each of the teeth. He felt sensitivity to air on both of the teeth. That is a good indicator that the nerves are vital, meaning the nerves are alive and working. We then took a CT scan and saw that there was sinus inflammation adjacent to the two teeth.

So what do we know? The teeth are vital, meaning that they are unlikely to be a cause of the infection. And we see indications of a sinusitis that could cause sensitivity in the teeth.

Our best course of treatment for the patient was to prescribe antibiotics to clear up the sinus. That way, we can see the effects of the antibiotic alone on the patient's comfort. That will reduce influence of the sinusitis on the sensations the patient is having. We'll then send the patient to an endodontist for further evaluation of the teeth.

Here are some rules however that you can bank on:

1. If you're having a problem with pain in an area, the pain almost always comes from a single tooth. There may be exceptions to that rule but they are rare.
2. A sinusitis can cause tooth pain.
3. A tooth infection can cause a sinusitis.

It is a matter of thinking through the problem, step by step, that will achieve the maximum resolution to the problem at the lowest cost.



Wherever It May Be, Home Is Where We're Happiest

*Pamela Struzinski,
VITAS Healthcare Patient
Administrator*

When she could no longer live alone in her own home, she moved to an assisted living community right here in Brevard. Her son visits her there frequently; he knows she is happy. She has a one-bedroom apartment, friends, activities she enjoys and a staff who know her.

He noticed that some residents got more attention from healthcare staff: unrushed time just to visit, or to have their hair brushed, or to sing along to music together.

He finally asked a staff member, "How do I get that kind of attention for **my** mother?" He was surprised to find that those residents were hospice patients; members of their hospice team provided extra care right in the assisted living community.

Most people who call an assisted living community home do not want to move as their need for additional care grows. It's where they are familiar with surroundings, where they have built meaningful relationships. They may grow ill or frail, but they want to do so "in place."

As a result, hospice has become part of the fabric of life in many of America's assisted living communities.

For more information on how VITAS Healthcare can help your loved one stay where they are most comfortable, even during the end of life, please visit VITAS.com or call 321-751-6671.



Help **Support** Helping Seniors of Brevard by making a secure donation on www.helpingseniorsofbrevard.org or send your check to: P.O. Box 372936 Satellite Beach, FL 32937.



The Dementia Life
Marianna Hutchinson
Executive Director
Senior Care of Brevard

Dementia knows no boundaries. It is not selective in whom it chooses.

Intelligence or lack of has no bearing. Many families see what once was a productive person in life, now has become a shell of what they once were.

Dementia from Alzheimer's is most devastating on the caregiver because they watch and see the changes. Their world is turned upside down. The quality of life for the dementia person and caregiver has changed forever. The pain the caregiver experiences is almost unbearable when their loved one no longer recognizes them. The dementia person eventually loses touch with time, place and person.

One of the senses the dementia person appears to maintain is emotion. They can sense joy, sorrow, anger, and they often will act out in a negative behavior to an unwelcoming (especially negative) emotion.

It is easy to brush Alzheimer's disease aside when the pain of the disease isn't affecting your personal life. But when it does, it takes on a whole new meaning.

Dementia is so heartbreaking especially at the beginning when the dementia person realizes a change is taking place in them. Often their pain is unspoken because they do not know what to say, but they know. Eventually, the dementia person drifts into a peaceful world of the unknown. They do not feel the pain, but the caregiver is overwhelmed with pain in the present and future.

Caregivers do not try and do this alone. You need all the support you can get. Senior Care of Brevard can offer that support through daycare.



For Skeptics Only!

Dr. Timothy Bortz, DC
Clinic Director & Chiropractic
Physician, Brevard Chiropractic &
Injury Center

Chiropractic is Different. *This difference, because it avoids drugs and surgery, has intrigued millions for over a century. And like anything different, it has produced misunderstandings and a few skeptics.*

When I introduce myself as a chiropractic physician, I get several responses:

- Oh...(insert blank stare indicating they don't know what that is)
- "I love Chiropractic! I can't imagine not getting adjusted."
- "A Chiropractor saved my life/saved me from surgery/did wonders for me."
- "I hope I never need your services!"
- "I don't believe in Chiropractic."

The last one always cracks me up. My usual response, "That's good because Chiropractic isn't a religion." There's a great quote from B.J. Palmer, considered the developer of Chiropractic: **"Have you more faith in a spoonful of medicine than in the power that animates the living world?"**

Chiropractic results are produced by adhering to scientifically confirmed facts. The nervous system controls every cell of your body. Nerve impulses flow from the brain, down the spinal cord, and to every organ and tissue. Impulses sent back to the brain confirm that the body is working as it should.

The moving bones of the spine can interfere with this exchange by irritating adjacent nerves. Chiropractic care helps restore the integrity of the nervous system by reducing interferences caused by the spine.

I'm betting you have no clue how many medicines you take work or the effect they have on your body. However, you expect that they'll work and that a simple pill or potion will take care of your symptom. Why then, do you doubt your body's ability to recover from health problems if given the opportunity to do so without interference? That's all a chiropractic adjustment is doing.



Autumn House Celebrating 20 Years of Memory Care

*Jennifer A Mollitor LPN
Administrator*

Autumn House Assisted Living Community has proudly served residents of Brevard County for 20 years. We are located at 7999 Spyglass Hill Rd., Viera, Florida 32940.

Autumn House's physical design and program of care offer comfortable homelike amenities and provides exceptional quality of life for those with Alzheimer's disease and other forms of dementia. Our Campus includes charming outdoor courtyards that are freely accessible within resident areas, as well as an expansive backyard to fully enjoy the year round benefits of Space Coast living.

Our Philosophy of care is to empower each resident to experience success and meaning in each day, while providing a sense of security and belonging. Licensed Nurses are on shift 24 hours a day coordinating and delivering specialized care, along with high ratios of dedicated, direct care partners to provide supervision and assistance with personal care needs.

Our daily Activities programming provide a diverse schedule of meaningful engagement opportunities in an environment that is nurturing and responsive. Resident life includes remaining active and involved in our Brevard Community events including outings to community concerts, theater, dining and other local cultural venues.

We are pleased to offer many specialty trained visiting healthcare practitioners of your choice.

At Autumn House we see ourselves as an extension of your family. We appreciate the value of a day, we cherish the joy of a moment, and we honor residents' experience.

Please feel free to join us for a tour or lunch.



Choices

*Lisa Hodgin, Professional Guardian
(REPS, Inc.) & Author of Praying
for Your Adult Children, a 30 Day
Devotional*

If you think back to when you were a young adult, I'm sure we can all think of times in our lives when we made poor choices. That is just what it was—your choice. We all have been given a free will. As a Professional Guardian, I daily see the results of poor choices people made in their past that in later years resulted in them needing a Professional Guardian. Whether from poor relationship skills or poor planning for their future, either way it resulted in a guardianship. When guardians get appointed by the court system it is usually because the family relationships are so poor that there is no one from the family able or willing to help the elder in need.

What are some choices you can make now to help build stronger, happier, family relationships? The first choice you can make is to show forgiveness to someone you may be harboring anger or bitterness towards. In my field, we see families hanging on to grudges for things that happened decades ago and in some cases, they can't even recall why they were mad at each other.

Is unforgiveness making you sick? Let's look at this article from John Hopkins Medicine Healthy Aging section, "Whether it's a simple spat with your spouse or long-held resentment toward a family member or friend, unresolved conflict can go deeper than you may realize—it may be affecting your physical health." The good news: Studies have found that the act of forgiveness can reap huge rewards for your health, lowering the risk of heart attack; improving cholesterol levels and sleep; and reducing pain, blood pressure, and levels of anxiety, depression and stress. Forgiveness is not just about saying the words. "It is an active process in which you make a conscious decision to let go of negative feelings whether the person deserves it or not."

What choices can you make today?



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Medicare Annual Enrollment is Coming Up...Get Ready!

Lance Jarvis
SHINE Counselor

Medicare's Annual Open Enrollment Period (AEP) is just around the corner! It begins October 15 and ends December 7. This is the one time each year when you can change Medicare Advantage Plans or stand-alone Part D Prescription Drug Plans, switch from Original Medicare to a Medicare Advantage plan and vice-versa, or add a Prescription Drug Plan to your coverage. Any changes made during this period become effective on January 1, 2018.

Except in rare circumstances, changes to plans cannot be made after AEP closes on December 7.

Getting ready for AEP:

- Carefully read the Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from your Prescription Drug Plan or Medicare Advantage Plan. It describes changes that it will make on January 1. See whether the plan will continue to meet your needs in the coming year. All plans are required to mail the ANOC or EOC in September, and you should receive it soon after that. If you do not receive one, call the plan and request it. If you do not thoroughly review the ANOC or EOC you could be in for an unpleasant surprise on January 1.
- Pay particular attention to changes in premium, benefit coverage, and copayments for medical services and medications. Will your medications be covered next year? If they will, are they on the same copayment tier that they are now? Have the copayment amounts on each tier changed?
- If you are in a Medicare Advantage Plan, ask your doctor's office if they will continue to accept the plan next year. Do not just assume that they will.
- Even if you are not satisfied with your current Medicare Advantage or Part D plan, you should check to see if there is another plan that will offer you better health and/or drug coverage at more affordable costs.



Scleral Contact Lenses – A New Therapeutic Treatment for Patients with Ocular Surface Disease or Severe Dry Eyes

Some of the most frustrating conditions a person can experience with their eyes are blurred or distorted vision, severe dryness, excessive tearing or ongoing irritation. In many cases, the cause of these symptoms is a corneal surface that is irregular or that has some form of corneal disease.

Fortunately, there is a new therapeutic treatment for such conditions known as scleral contact lenses.

"Having ocular surface disease causes people to experience blurriness and distortion of their vision, and is not correctable by traditional eyeglasses or contact lenses," according to Dr. Michael N. Mandese, O.D., F.A.A.O., Optometric Physician and Chief of Neuro Eye Services at the Eye Institute for Medicine & Surgery.

Until recently there were relatively few non-surgical treatment alternatives to help improve the quality of life for patients experiencing ocular discomfort or distorted vision due to corneal injuries or diseases.

"The scleral contact lens compensates for the absence of a smooth corneal surface by providing what is, in essence, a new, enhanced ocular surface much smoother than the one that the patient presently had," states Dr. Eric R. Straut, Optometric Physician and Low Vision Specialist at the Eye Institute for Medicine & Surgery.

"The new smooth surface created by the scleral contact lens bends light in a manner that was intended to help many people optimize their visual potential and eliminate blurriness and distortion they were previously forced to endure," add Dr. Mandese.

Treatment for dry eyes – an additional benefit of scleral contact lenses. Patients with severe dry eyes or corneal surface diseases may be excellent candidates for Scleral Contact Lenses. To learn more or schedule and consultation, call 321-722-4443.



Helping Seniors Of Brevard



The Importance of Roof Maintenance

*Tom Priami, Managing Partner
Pit Crew Roofing*

It's hurricane season! That means that you need to be aware of your roof, and all of the surroundings. There are many forces during this time that can be damaging to your roof and harmful to its longevity. Keep an eye out for branches and any debris surrounding your roof; high winds can lift debris, causing damage to your roof or gutters. Be cautious when examining any questionable areas you may see, as there may be damaged wood underneath that you may not be aware of.

For your safety, we recommend a bi-yearly roof maintenance examination from a certified roofer; providing a thorough exam of your shingles, tile, metal, gutters, and attic space to view the structure of your roof. This maintenance will provide you with a good idea of the longevity of your roof and address any needed repairs or replacements before they become an emergency. Our technicians are available for maintenance appointments. Please call to set a roof inspection appointment. (321)617-5555 or visit www.pitcrewroofing.com.



Do you have your hurricane plan in place? Make sure you are prepared ahead of time.



Long Term Care Insurance

*William A. Johnson, P.A.
Elder Law Attorney*

When I meet with seniors, I usually inquire about three things. The first is whether they have their estate planning documents such as a will or trust in place. The second is whether they have planned for incapacity with a durable power of attorney and advance directives such as designation of health care surrogate and living will. The third question is whether they have planned for long term care. The answer I get to that third question is usually "no." Current statistics show that only 1 in 20 Americans have long term care insurance. The reasons for such a low saturation rate are denial (though approximately 50% will have a long term care event), failure to qualify because of pre-existing conditions, or lack of affordability.

Long term care insurance does have its time and place. It should be bought around 55 years of age when pre-existing conditions haven't set in and when the premiums are still affordable. Long term care insurance is still the best way to insure that you can afford care in your desired setting. For example, if you want to stay home but are very ill, then your long term care bill may reach \$8-10,000 a month for home health care. Not many people can afford that level of spending for very long. And even if you went broke and applied for Medicaid, there is a waiting list in excess of 50,000 people for long term home and community services. So more than likely you would have to leave the house and go into a nursing home where there is no waiting list for services. Not many of us want to do that.





Helping Seniors Of Brevard

If you would like to become an underwriter, please feel free to call (321)473-7770 or email Kay at: kay@helpingseniorsofbrevard.org. We welcome your participation



Our Current Underwriters Include:

Affordable Glass Protection, Inc.
www.affordablesutters.com 321-722-9996

Al Dia today
www.aldiatoday.com

Allegra Design Print Mail
www.allegrarockledge.com 321-632-7272

Autumn House
www.autumnhouseflorida.com 321-242-1006

AVID Home Care Services
www.AvidHomeCareServices.com 321-392-3400

Barbara McIntyre, Reverse Mortgage Funding
www.reversefunding.com/barbara-mcintyre
321-698-4739

Barefoot Bay Tattler
www.barefoottattler.com
772-664-9381

Brevard Chiropractic & Injury Center
www.brevardchiro.com 321-631-1100

Canadian Meds of Melbourne
sales@canadianmeds-melbourne.com
321-574-6976

Care Patrol
www.carepatrol.com 321-652-6851

Courtney & Braswell Financial Group
www.courtneybraswellfg.com 321-735-4994

EarCare
www.earcare.net 321-252-4685

Ebony News Today
www.ebonynewstoday.com

Handypro of the Space Coast
www.spacecoastfl.handypro.com 321-208-7989

Hibiscus Court
www.slm.net/Senior-living/fl/Melbourne/hibiscus-court/ 321-345-9830

Hometown News
www.hometownnewsol.com 321-242-1013

In Home Personal Services
www.ihps.com 321-984-0706

Knowledge College for Aging
www.knowledgecollegeforaging.com 321-725-6799

Neuromedical Wellness Center
www.neuromedicalwellness.com 321-222-9370
321-978-0830

Pit Crew Roofing
www.pitcrewroofing.com 321-617-5555

Riverview Senior Resort
www.riverviewseniorresort.com 321-312-4555

Senior Care of Brevard
www.seniorcareofbrevard.com 321-631-9014

Senior Scene Magazine
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Seniors Helping Seniors
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www.solutionsbyrpm.com 321-720-5961

Soter LLC
www.linkedin.com/company.soter-llc 321-626-2232

Space Coast Daily
www.spacecoastdaily.com 321-615-8111

Spotlight Magazine
www.spotlightbrevard.com 321-961-3636

The Eye Institute
www.seebetterbrevard.com 321-722-4443

Trey Boyer, author
"What Are Your Waiting For?"

Veterans Realty of Brevard
www.veteransrealtybrevard.com 321-868-1833

VITAS Innovative Hospice Care of Brevard
www.vitas.com 321-751-6671

Watercrest Senior Living Group-Market Street Memory Care Residence
www.marketplaceresidence.com/viera.html
321-253-6321

William A. Johnson, P.A.
www.floridaelderlaw.net 321-253-1667

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www.1510wmel.com 321-241-1060

Zon Beachside Assisted Luxury Living
www.ZonBeachside.com 321-777-8840