



Helping Seniors of Brevard

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www.HelpingSeniorsofBrevard.org

January 2015



President's Message

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

Joe Steckler, President

Dear Friends,

As 2014 has come to a close and we welcome 2015, I want to reminisce a little. Our Board of Directors is committed to our mission, funding prospects look good, and our media programs have grown tremendously. New television shows are in production and our columns in Senior Scene Magazine and Hometown News are reaching new readers and broadening our educational outreach. The partnership we have established with the Space Coast Center for Independent Living is paying multiple dividends for the elderly and disadvantaged.

We are on the right track. Our next step now is to determine what is truly needed by seniors of Brevard County. What do we need to help us age with dignity? In my article featured this month in Senior Scene Magazine, I discuss Advocacy 2015. I ask that you read it and tell others about our intention to develop an advocacy plan that reflects what we seniors believe we need. You can help us identify senior needs by voicing your thoughts to Kay, our Information Specialist. She can be reached at [321-473-7770](tel:321-473-7770) or at Kay@helpingseniorsofbrevard.org.

In addition to drafting an advocacy plan, we will soon begin work on an endowment to assist seniors in need in Brevard County. Saying we will establish an endowment is easy, doing so not so easy. We will keep you informed as we develop our plans, for it will be a community effort. I thank you for your support and wish you every good fortune in 2015.

Happy New Year!



Are you
paying too
much?

Many people are unaware that their prescriptions don't have to be paid for at full price. In fact, Canadian Meds of Melbourne has been a blessing for numerous seniors living in Brevard County. Why? Because Canadian Meds of Melbourne offers the same prescriptions that can be found at area pharmacies, only at a much reduced price.

Now you may be thinking that if one purchases a discounted prescription, the quality may be less. However, just the opposite is true. Purchasing medications from Canadian Meds of Melbourne gives you the same exact medicine as you would buy at your area pharmacy.

We continue to hear stories each day of an elderly person completely skipping meals in order to take their medications. For some seniors on a limited income, this has become a reality. Sadly, this choice becomes their only choice to help their symptoms and conditions. Yet, on the other hand, they now become malnourished so it creates a worsened condition.

People are simply not aware where their medications are manufactured. Prescriptions are not stipulated to display their origination. For example, medications made in the United States are shipped throughout the world. The same is true if a medication was manufactured from Ireland distributed by an American drug company. The amazing fact is the enormous markup on prescriptions purchased at pharmacies for the exact same prescription obtained from Canadian Meds of Melbourne. Typically, one can save up to 75%. For seniors on a limited budget, that's a real savings! For more information on how you can save, contact Joe Ponds at 321-574-6976 or email at sales@CanadianMeds-Melbourne.com.



Nancy Deardorff, RN
Branch Director
Gentiva Home Health

In these important times when folks have questions and concerns with the future of Medicare, many people are not aware of a simple way to save this wonderful government program a good chunk of money and at the same time have a safe and comfortable rehabilitation experience in the comfort of their own home. For seniors with Medicare who qualify, home care rehabilitation has proven to be a safe and affordable way (no co-pays) for seniors to reach and maintain their independence, and improve safety and quality of life. During the post-operative period, post hospital stay and/or when there is a functional decline related to conditions such as post joint replacement surgeries, Parkinson's, MS, Strokes, Vertigo, falls and balance related disorders, limited mobility, difficulty walking, joint pain and stiffness, Osteopathic, difficulty performing activities of daily living like dressing, preparing meals, getting to and fro the bathroom, home care rehabilitation is the most cost effective health care option.

Medicare dollars are best used for home care rehabilitation as opposed to expensive rehab facility or hospital stays. It is a known fact that seniors often have the frail immunological systems making home care rehabilitation the wisest decision to protect them from exposure to institutional infections. Other benefits of rehab in the home include no need to travel, customized one on one care with therapy delivered in the patient's own environment with patient's privacy and assurance to have the treatment as frequently as indicated with minimized risk of missed sessions. Home care rehab therapists are skillful professionals who are trained in restoring and improving physical function promoting improved mobility to achieve and maintain independence. They successfully use the home environment in effective ways, substituting machines and apparatuses used in outpatient rehab centers and wellness facilities. Nowadays, home care rehabilitation is definitely the most cost effective and safe option for seniors helping to restore function, improve safety and independence and in the long run can save Medicare dollars helping to prevent expensive stays at a hospital or rehabilitation center.



JENNIFER HELIN
SENIORS Helping SENIORS

Giving and Receiving

One of our tag lines with Seniors Helping Seniors is "a way to give and receive." When we were approached by Joe Steckler to join his team of volunteers at Helping Seniors of Brevard County, (HSOBC), we saw the opportunity for our business to give back, helping even more seniors, and gladly jumped on board. HSOBC has truly lived up to our own tag line, as I feel we have received even more than we have given.

Early in our business we decided never to say we couldn't help someone. If a call was outside the scope of what we do we would happily refer them to someone that could be helpful. In the past that could have been a dizzying amount of phone numbers and suggestions. With HSOBC that has changed. We can now refer folks to one place, knowing that a friendly voice on the other end of the line will not only assist them, but walk with them and follow up to sure the person's needs were met.

The most rewarding part of working with HSOBC has been the direct relationships we have formed with our own providers. In one instance a family called HSOBC needing help for their Mom, but she only spoke Italian. We happen to have a beautiful Italian speaking provider! We were able to negotiate a suitable schedule that met the family's budget. Now our two "bellas" get together on a weekly basis for some great food and conversation. In another instance a woman called HSOBC looking for something to do. She wanted to volunteer and loved working with seniors. She was referred to us, we interviewed, and brought her on board. She has been an enthusiastic addition to our team of providers, already assisting three of our clients. She truly gives as much as she receives and we are mutually grateful HSOBC for introducing us.

We feel fortunate that Helping Seniors of Brevard has been formed and recommend any senior who is looking for resources to call them at 321-473-7770.

For more information and educational subjects, go to: www.helpingseniorsofbrevard.org. You'll find archived radio, television, and print articles.



Listen every Thursday at 1:00 PM



Watch Brighthouse Channel 199
Wed. at 8:30 AM & Fri. 8:00 AM
Watch Brighthouse Channel 49
Mon. 7:00 PM, Tues. 6:30 PM, Thurs. 7:30 PM

If you are a SENIOR or CARETAKER and need assistance, in finding services for: health, household, financial, legal or other needs, please call: **321-473-7770**

You'll also find the underwriters of Helping Seniors of Brevard can be excellent resources:
The Eye Institute – www.SeeBetterBrevard.com
321-722-4443

Gentiva Home Health – www.Gentiva.com
321-255-9995

Dr. Lee N. Sheldon – Dental Implants
www.Dr.LeeSheldon.com
321-369-9788

William A. Johnson – www.FloridaElderLaw.net
321-253-1667

WMEL AM1300 – www.1300WMEL.com
321-631-1300

Wuesthoff Medical – www.Wuesthoff.com
321-636-2211

Senior Scene Magazine – In Home Care
www.SeniorSceneMag.com 321-777-1114

Seniors Helping Seniors – In Home Care
www.seniorshelpingseniors.com/Brevard
321-722-2999

The Fountains of Melbourne –
www.kiscoseniorliving.com_living/Melbourne
321-473-9474

VALIC – www.Valic.com
321-735-4994

Dr. Michael Kenemuth, Chiropractor
www.drkenemuth.com 321-768-8005

Canadian Meds of Melbourne –
sales@CanadianMeds-Melbourne.com
321-574-6976

If you would like to become an underwriter, we look forward to hearing from you!



**COMPUTERS
ADVANCING
EDUCATION, INC.**

Recently Helping Seniors of Brevard received four computers donated by Fremont Bassett, President of Computers Advancing Education, Inc., a nonprofit organization.

Because Helping Seniors recognizes many seniors want to have access to computers and learn the basic fundamentals of using a computer, soon, Helping Seniors of Brevard will offer with the assistance of volunteers from Computers Advancing Education, classes.

Learning how to use a computer may be somewhat scary for a senior who has never had to the opportunity to use one. But on the other hand, once certain skills are achieved, it can be very rewarding.

Besides learning the basics such as Word or how to Email, games can be played on most computers. All of this contributes to keeping the mind sharp and interacting.

As more skills are developed, many seniors are able to "connect" with friends and relatives through "live" services such as Skype. Additional benefits with learning more computer skills is to have access to health care questions 24/7, independence, (being able to shop on-line without depending on someone else to drive you to shop), and certainly opening up a whole new world. Imagine no more looking up in an encyclopaedia information on a certain subject. If you are interested in learning basic computer skills for FREE, please call Helping Seniors of Brevard at **321-473-7770**.



Senior Exercise and Physical Activity

"After walking on a treadmill at the local community center, I knew I'd be happier outside. So, I got a step counter and started walking in my neighborhood. Since then, I've seen flowers bloom and watched children play throughout the year. I always come home with more energy and happy to go on with the rest of the day." Marian (age 81)

You don't have to buy special clothes or belong to a gym to become more active. Physical activity can and should be part of your everyday life. Find things you like to do. Go for brisk walks, swim, garden, or anything that keeps you moving. Look for new ways to build physical activity into your daily routine.

Four Ways to be Active

- 1) endurance, 2) strength 3) balance 4) flexibility
1. Try to build up to at least 30 minutes of activity that makes you breathe hard on most or all days of the week. That's called an endurance activity because it builds your energy or "staying power."
2. Keep using your muscles. Strength exercises build muscles. When you have strong muscles, you can get up from a chair by yourself, lift your grandchildren, and walk through a park. Keeping your muscles in shape helps prevent falls.
3. Do things to help your balance; try standing on one foot, then the other. Get up from a chair without using your hands or arms.
4. Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back the car out of your driveway.

For a FREE copy of Go4Life DVD designed for older adults, please call Sophia Tomadakis, Health Educator at the Florida Department of Health in Brevard County at 321-639-5800 Ext. 7106.



"I have been communicating with Kay at Helping Seniors of Brevard several times as either myself or Kay calls to find out how things are working out. Thank you Helping Seniors of Brevard. You are a blessing!"



"I called Helping Seniors of Brevard regarding looking for employment. I was in Rockledge the next day and stopped in. I got printed out job openings and advice on creating a resume. That in itself is not an easy task for seniors. Thank you Helping Seniors of Brevard!"

If you are a SENIOR searching for assistance in finding services for:
Health, Household, Financial, Legal or Other Needs, Call: 321-473-7770

Did you know in Brevard County, SENIORS account for 1 in 4 people? That number is growing daily and this shift makes it clearly evident how important and necessary charting the right path will be.

Helping Seniors of Brevard, a non-profit organization was created to allow SENIORS and CARETAKERS a place to call for improving the quality of life through the provision of information, education, and resources. An organization to access a full range of services. Allow us to help you.

Helping Seniors of Brevard is a non-profit organization, 501 © (3) located at: 571 W. Haverty Court, Ste. W
Rockledge, FL 32955
321-473-7770



Would you like to donate? Please go to:
www.helpingseniorsofbrevard.org and click the DONATE tab or: you may send your donation to:
Helping Seniors of Brevard
P.O. Box 37937
Satellite Beach, FL 32937