



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,

Last month I commented on the progress of the Advocacy Group's work. We are moving forward but an essential part of our work requires participation in the survey in this issue of *Senior Scene*. We are getting returns on our initial request but your support is needed to encourage others to take the survey. We are working on a template for the report we will submit to the Brevard County Commissioners and as soon as we have something more definitive, we will post it on our website at www.helpingseniorsofbrevard.org for your input and comments. To become involved, call Kay at 321-473-7770. We welcome your support and ideas.

If you have not reviewed our newly updated website at www.helpingseniorsofbrevard.org, I urge you to do so. We have added new radio and television shows, and are doing our best to make the site user-friendly. It is apparent that we are reaching out as we are receiving calls from Orange County for assistance with a recent call coming from Christmas, FL. As stated in our mission, we believe that education and information are vital to the acquisition of resources that will assist us as we do our best to age with dignity.

It is important that you know we are opening new doors in the areas of communications and identifying resources to assist all in Brevard County. Our purpose is to ensure that all serving seniors have access to established funding sources. Sometime it is necessary to change from current ways of doing business, while recognizing that change does cause new ways of doing business. I emphasize again that the role of Helping Seniors is not to compete, rather it is to complement current senior resources.



MAKING THE BATHROOM SAFE

As we age, we tend to lose dexterity and balance. It inevitably becomes more difficult to step into a bathtub to shower without the assistance of using grab bars to step over the high edge. More than one in three seniors over age 65 fall each year, and the National Institute on Aging, (NIA) says 80% of these falls are in the bathroom. Due to the multitude of unforgiving and slippery surfaces, bathrooms are very hazardous for the home. Knowing how to get in and out of tubs and showers properly and equipping homes with necessary safety precautions can reduce senior falls, keep them out of the emergency room and possibly extend their life.

I became interested in an alternative to make getting in and out of the bathtub for my Mother and discovered that I could actually cut-out a section and lower the step-in process for her. My reward came from her reaction and exclamation of gaining independence and dignity.

Some seniors tend to think by making this modification, it will reduce the value of their home. Consider this; Is your safety worth more than dollars - on a home that you, chances are, otherwise won't be able to live in after all? Besides, the cost to replace a bathtub is minor compared to medical costs.

Hence, it is my rewarding Boomer Retirement business that makes me know I am doing a service to help prevent injuries. For more information, please call: **Sensible Tub, 863-263-4904**. My name is **Mel Spencer** and I live in Brevard County and would be happy to assist you.



Would you like to donate? Look for our DONATE tab at www.HelpingSeniorsofBrevard.org or send to: Helping Seniors of Brevard
P.O. Box 372936 - Satellite Beach FL 32937

Visit us Online

Find great Senior Resources online including Florida Today articles, Bright House TV programs and WMEL Radio programs - and Joe's Blog at:

www.HelpingSeniorsofBrevard.org



Facebook

Get involved in our fast-growing Facebook and LinkedIn social media communities as we Helping Seniors of Brevard!



Video On-Demand

View the Helping Seniors of Brevard TV library, at your convenience, on our Video On-Demand channel at YouTube.



Call Us!

Give our Brevard County Senior Help Desk a call at **321-473-7770**. Our Senior Information Specialists are there to serve you!

Helping Seniors of Brevard

571 Haverty Court - Suite W - Rockledge FL 32955-3611t

Phone: 321-473-7770.

Email: Info@HelpingSeniorsofBrevard.org



Looking for Safe and Reliable Home Care?
Know The FACTS before you hire.

Jacqueline Esterline, Mktg. Dir.
Levin HomeCare

There are times when an illness, hospitalization, skilled rehabilitation or outpatient procedure creates a need for assistance in the home.

A Medicare provided service is sometimes prescribed by the physician. Services provided by Medicare are limited periods of time and set in place to help you with a specific therapy or training to help you return to a specific level of function.

The everyday needs or Independent Activities of Daily Living such as help with bathing, dressing, personal laundry, trips to the pharmacy or grocery store, reminders to take medication or to practice exercises that the therapists have recommended, are not included in those services that Medicare will pay for.

Levin HomeCare Nurse Registry refers Nursing Assistants or Home Health Aides to you in your home. Levin HomeCare is a state licensed nurse registry, meeting all of the requirements of the Agency for Healthcare Administration. Our operations meet state regulations and are in compliance with Florida State Law Chapter 400, Florida Statutes, and 59A-18 (AHCA). All of the independent caregivers that we refer have had a level 2 background screening and are approved by AHCA to work in healthcare prior to going into a home or facility. We also verify that they have met all of AHCA's requirements.

Beware of those "too good to be true" offers for help by individuals that have not been screened or do not meet the state requirements. *More times than not these are the individuals that you hear about taking advantage of people in their homes.*

Always make sure that anyone who comes into your home has been appropriately screened and meets all of the requirements of the State of Florida and AHCA, for your safety. Levin HomeCare Nurse Registry takes the worry away when looking for safe and reliable care.



Information call: 321-768-0958

Lic#NR30211374



National Volunteer Week:
Hospice Volunteers Play a Vital Role in Caring for End-of-Life Patients

*By Kathleen LaPorte, Senior
General Manager, VITAS
Healthcare*

National Volunteer Week, observed this year April 12 to 18, is a celebration that recognizes and honors volunteers across the nation that selflessly dedicate their time to serving others.

Hospice volunteers play an integral role in delivering quality care to patients facing a life limiting illness and are a vital component of hospice interdisciplinary teams, which also include skilled physicians, nurses, home health aides, social workers and chaplains. In addition to providing companionship to patients and respite care to families, volunteers pay attention to the little details that often get overlooked. For instance, taking a patient outside to get fresh air or being at a patient's bedside simply because they choose to, it's simple gestures like these that make all the difference in the world.

As a matter of fact, the role of hospice volunteers is so important, they are legally mandated by the government. In 1982, hospice care became a Medicare benefit and with that came certain requirements, one being the need for volunteers, who, by law, must provide a minimum of five percent of total patient care hours provided annually.

"This is why hospice care is so special, not only is the care provided by professional, compassionate teams of healthcare experts but also, loving and generous people who want to make a difference," said VITAS Volunteer Services Manager LuAnn Moyer.

Today, every Medicare-certified hospice, public or private, secular or faith-based, for profit or non-profit—trains volunteers to provide the essential, quality care every person is entitled to at the end of life. For more information about becoming a hospice volunteer, hospice care or VITAS Healthcare, a Medicare-approved hospice provider—visit **www.VITAS.com** or call (321)-751-6671.

Tell Your Friends ... "Helping Seniors" Radio is on AM 1300 WMEL Radio on Thursdays at 1:00pm





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:

- Atlantic Shores Nursing & Rehabilitation** - 321-953-2219 - www.AtlanticShoresRehab.com
- The Eye Institute** - 321-722-4443
www.SeeBetterBrevard.com
- Gentiva Home Health** - 321-255-9995
www.Gentiva.com
- Dr. Lee N. Sheldon** - Dental Implants
321-369-9788 - www.Dr.LeeSheldon.com
- William A. Johnson** - 321-253-1667
www.FloridaElderLaw.net
- WMEL AM 1300** - 321-631-1300
www.1300WMEL.com
- Wuesthoff Medical** - 321-636-2211
www.Wuesthoff.com
- Senior Scene Magazine** - 321-777-1114
www.SeniorSceneMag.com
- Seniors Helping Seniors** - 321-722-2999
www.SeniorsHelpingSeniors.com/Brevard
- The Fountains of Melbourne** - 321-473-9474
www.kiscoseniorliving.com_living/Melbourne
- Courtney & Braswell Financial Group** - 321-735-4994
- Dr. Michael Kenemuth** - 321-768-8005
www.DrKenemuth.com - Chiropractor
- Canadian Meds of Melbourne** - 321-574-6976
Sales@CanadianMedselbourne.com
- Levin Home Care** - Nurse Registry - 321-768-0958 - www.LevinHomeCare.com
- Wren Care** - Medical Monitoring - 513-267-2860 - www.WrenCare.com
- Wideman Malek, P.L.** - Attorneys - 321-255-2332 - www.ZWMLegal.net
- VITAS Hospice** - 321-751-6671
www.vitas.com
- Barbara McIntyre CSA** - Home Equity Retirement 321-321-698-4739
- Space Coast Center for Independent Living** 321-633-6011 - www.SpaceCoastCIL.org

Tell Your Friends ... "Helping Seniors" TV is on Bright House Networks every week!



Listen every Thursday at 1:00 PM

Please take the Senior Advocacy Survey... Your opinion counts!

Two ways to take the survey:

1. Use the survey in this issue of **SENIOR SCENE** Magazine
2. Take the survey online:
www.HelpingSeniorsOfBrevard.org/Our-Survey/



What is SHINE?

By: Lance Jarvis
Co-Area Coordinator

SHINE, short for **Serving Health Insurance Needs of Elders**, is an award-winning state-wide volunteer program of the Florida Department of Elder Affairs that provides free, unbiased, and confidential counselling and information for people on Medicare, their families and caregivers.

Among the types of free counselling (not a complete list) that **Brevard SHINE** counsellors provide to Brevard Medicare beneficiaries are:

- * Explaining to soon-to-be Medicare beneficiaries how Medicare insurance works and the different options they have to receive their Medicare benefits.
- * Helping new and existing Medicare beneficiaries to choose among the Medicare Supplement (Medigap) insurance, Prescription Drug Plan (Part D), and Medicare Advantage Plans available based on the client's needs. SHINE does not sell any insurance and volunteer counsellors are completely objective and unbiased.
- * Helping low income beneficiaries determine whether they are eligible for programs that provide financial assistance to pay for their prescriptions, Medicare premium, and health care coinsurance or co-payments. All information provided to counsellors is completely confidential.

The local **SHINE** counsellors are available to answer questions about Medicare from beneficiaries, family and caregivers. In addition, counsellors are available to do presentations about **SHINE** and Medicare to community groups.

To contact a **SHINE** counsellor for assistance, call the Elder Helpline toll-free at **1-800-96-ELDER (1-800-963-5337)** or **321-752-8080** locally. **SHINE** has twelve locations throughout Brevard County from Titusville to Palm Bay and the beaches. **SHINE** counsellors can assist by telephone or in person at one of the sites. To find a **SHINE** counselling site, visit: www.FloridaShine.org or call the telephone numbers listed above.





Helping Seniors of Brevard One by One
By Kay Keyser, Information Specialist

Hello, my name is Kay Keyser, the Information Specialist for **Helping Seniors of Brevard**. I'm the person who answers your calls and tries my best to put you in touch with trustworthy and reliable resources. Although we may not be able to help 100%, I will go to work to find the best answer for you, and believe me, my resource list continues to grow each and every day.

I am proud to report since opening our offices in August, 2014, we've experienced some fantastic testimonials. I thought I would share with you some of the requests and results.

Back in September, I received a call from a daughter looking for help for her Italian speaking Mother. I was fortunate in contacting one of my resources and low and behold, she had an Italian speaking employee. Voila! Later in December, I had the pleasure of meeting the employee where she shared with me her sadness of possibly losing their condo as a result of spending a lot of money to help her daughter with medical bills. In talking with her, I learned her husband was a Veteran and inquired if they had filed for VA Aid & Attendance. She had no idea that was even available. I put them in touch with a top person to assist and recently learned the VA has awarded them! MANY seniors are not aware of this program.

Another call was from a Veteran who lived in a mobile home. He had his leg amputated and literally had to "crawl" up his entrance to the front door. Instead of waiting weeks to get a ramp installed, I was able to get him immediate help.

In December I received a call from a woman telling me her landlord was not taking care of her rental. She had a broken door knob, pests, and a deplorable living environment. When I learned she was living on a low income, I suggested an apartment based on income. She was so excited and took a tour the same day. She now lives in a brand new and safe environment. She is so thankful she made the call to speak with me. Other successful stories include helping connect seniors with legal and insurance advice as well as sometimes, just someone who will listen. So give me a call at: **321-473-7770**. I'm here to **Help Seniors of Brevard!**



Free Computer Classes at Helping Seniors of Brevard
Call: 321-473-7770 to learn more!



Atlantic Shores Nursing and Rehabilitation Center
Ken VanDyck, Administrator

At Atlantic Shores Nursing and Rehabilitation Center, we focus our team's efforts and individualize care around your specific needs. It is our desire to endeavor to ensure your care expectations are met or exceeded.

We offer Physical, Occupational, and Speech therapies as well as skilled nursing services that will expedite your recovery and promote the quickest possible reintegration to the community. We appreciate your trust and business and our staff takes great pride in seeing you return to the best possible environment; your home.

Atlantic Shores employs state of the art therapeutic techniques featuring the cutting-edge HUR therapy equipment. HUR is recognized as an industry leader in state-of-the-art rehabilitative equipment. This ultramodern equipment is designed to ensure that your rehabilitative treatments are maximized. Atlantic Shores team's therapeutic modalities are intended to assist you in achieving your maximum desired outcomes. Our team of therapeutic professionals are dedicated to working with you and your physician to promote optimal wellness.

In addition to providing rapid inpatient recovery from ailments such as knee replacement, hip fracture, cardiac and complex medical conditions, we also offer Outpatient, Rehabilitation and Long Term Resident Centered Skilled Nursing Care.

For more information, please call and set up your personalized tour at: **321-953-2219**. It is with great pleasure that we present **Atlantic Shores Nursing and Rehabilitation to Helping Seniors of Brevard**.

For more information and educational subjects, go to: www.helpingseniorsofbrevard.org for archived radio, television, and print articles.

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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