



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](http://HelpingSeniorsofBrevard.org)



## *President's Message*

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

Contained in this newsletter is a press release highlighting the accomplishments of Helping Seniors of Brevard in its first year of full operations. The long course of my working with elders has made me even more aware of the capability of our small organization to promote senior causes, needs, and resources. I have never thought that the general population should bear the brunt of the cost of care for anyone, but I have always believed that many of us could and should do more to help others. In fact, that is a primary reason why Helping Seniors was founded. Several of us thought that more could be done to make people aware of available assistance by developing an organization that would serve as a viable information source. Just recently the Helping Seniors Advocacy Council delivered a paper to the Brevard County Board of Commissioners to raise their awareness of the needs of seniors in Brevard. The Council's recommendations were based on a seven-month effort that tabulated the results of several hundred senior surveys and the actual experiences of Council members. We will keep you posted on the results as they become known to us.

On a more personal note, I would like to share my recent experience of traveling to Virginia Beach to attend the wedding of a granddaughter. Most of you know I am approaching 82 and have difficulty walking, but I want to compliment Delta Airlines on their movement of my physical being through various airports in a wheelchair. To those of you who believe being pushed is an embarrassment, I assure you it is not. Rather it enables to you to get to gates easily and on time and, more importantly, makes it possible to share in memories. One of the most pleasant experiences was the "wheelchair pushing" service at Melbourne International Airport – they were great. So the excuses for travel are becoming shorter.

Please read the longer column in the newsletter on our Fall Benefit Auction, as we need your support to make it a winner that will help people. We are always seeking unusual donations for the auction.



# Helping Seniors Of Brevard



## More than Daily Bread

*John Farrell*  
*Executive Director*  
*Daily Bread*

Many know us as a soup kitchen, open every day of the year, and that is one of four centers we operate. Last year, ending December 31, 2014, we fed a total of 96,636 meals to 4,725 unique people, an average of 257 per day and for the first seven months of 2015 we averaged 242 per day.

We also have a Food Bank Warehouse and conduct food drives with Boy Scouts, Letter Carriers, Churches, and any others who donate. We have "food rescue" volunteers who go out into the community every day to collect food from wherever they can. Last year we collected between 800,000 and 900,000 pounds of food. We used 20% in our kitchen and the remaining 80% was given to 20 partner agencies and pantries, which in turn provide it in grocery bags to needy families.

Our Thrift Shop was built in 1994 and is on the site of our first kitchen at 412 East New Haven Avenue in Melbourne. People donate clothing, household items, accessories and furniture there. All sales go toward paying the operating costs of our entire operation.

Our Service & Outreach Center was built in 2014 providing showers, clothing, hygiene items and a myriad of services to help people out of poverty. Other services include free medical, (including dental, vision, non-narcotic prescription drug assistance) educational, (computer classes, literacy classes, tutoring, AA and NA meetings), personal services (HIV/AIDS testing, annual flu shots, haircuts, glucose and high blood pressure testing, needs assessments, housing for homeless, employment assistance, labor-pool jobs, etc. These are just some examples of what we offer. **(321) 723-1060**



NEVER MISS YOUR  
PRESCRIPTIONS AGAIN

*Ric Wren*  
*Wrencare Medical*  
*Monitoring*

Do you or someone you know and care about have trouble taking your prescribed medications on time? I think all of us can honestly answer yes to this question.

### FACTS:

55% of older adults do not follow, in some way, medication regimen. Medication non-adherence accounts for more than 10% of older adult hospital admissions.

Medication non-adherence costs the US healthcare system approximately \$290 billion a year or 13% of all spending.

Medication management is a growing and costly problem for seniors and at risk individuals in the US. Our affordable, easy to use medication management systems help seniors, at risk individuals, and persons with chronic illnesses better manage their medications helping to reduce illnesses and hospital visits associated with medication non-adherence.

Our easy-to-use pill dispenser can release pills up to 4 times per day. A client, caregiver, or medical professional can load the medications, set the clock, program the alarm, close and lock the lid. When the time comes to take your next dose, the alarm will sound and the dose will rotate into position. The alarm stops when the dose is taken out.

VRI's medication dispensers are monitored by our Care Center which means if you or your loved one misses a dose we will follow up and make sure that adherence occurs. On average clients using our medication dispensers are 90% compliant with their doctor's prescribed regimen.

Certainly \$35 per month, brings peace of mind and our 5 diamond Certified Care is there 24/7. For more information, call: **800-910-1325** or email: **ric.wren@wrencare.com**



# Helping Seniors Of Brevard

*The Talk To Me Station*  
**AM 1060**  
**WMEL**

**Change  
Your Dial**  
*John Harper*  
**Owner**



**The New & Improved  
Reverse Mortgage**  
*Barbara McIntyre*  
**HECM Specialist**  
**Serving Florida**

WMEL Talk Radio AM 920 originally went on the air on January 1, 1956. At that time it was Brevard's second oldest radio station providing music and information to the early residents of the Space Coast. I believe we were known as the Mosquito Coast back then.

The station had a long history of service to the area until the early 90's when economic hard times hit and WMEL (owned by an absentee owner from Ohio), was taken off the air.

John Harper purchased the station in late 1992 and put it back on the air in early 1993 with a News/Talk/Sports format...the first of its kind on air in the early 90's on the Space Coast.

Harper is considered one of the first in the talk radio industry coming from WKAT Talk Radio in Miami and WXYZ Talk Radio in Detroit.

Harper had been looking for many years to upgrade WMEL to the strongest signal possible. And, recently, discussions were concluded with Genesis Communications to lease with an option to buy AM 1060.

On Sunday, August 9<sup>th</sup>, the switch was pulled and WMEL Talk Radio made the move from AM 1300 to AM 1060...going from 5,000 watts to 50,000 watts of power!

WMEL Talk Radio Am 1060 and online 1060wmel.com will continue with local talk show hosts including Joe Steckler with "Helping Seniors" on Thursdays at 1 PM and national great shows. In addition, WMEL AM 1060 will continue to be home for covering all rocket launches and providing coverage of tropical storms and hurricanes that threaten our area.

Finally, WMEL Talk Radio AM 1060 will continue to be home for numerous sports programs.

It is my pleasure to offer the Space Coast of Florida, a truly fantastic talk and sports radio format. Just remember, when you want to hear the best, change you dial to AM 1060 as the tradition continues.

The "Home Equity Conversion Mortgage" nicknamed Reverse Mortgage, has been assisting seniors to stay in their homes and age in place for many years. Once called a "mortgage of last resort" when senior homeowners were running out of their retirement savings and finding it hard to make ends meet is now being called "smart" and finding a place in many peoples long term retirement plan. FHA and HUD who oversee, insure, and regulate this mortgage continue to make improvements to this program to ensure its sustainability and to guarantee consumer protections.

The "HECM" which is what you would be more likely to hear it called today, is a mortgage product which allows a homeowner, 62 and older, to tap into their home's equity. Unique to the HECM, is that the homeowner DOES NOT need to make any repayment of the loan until they no longer live in the home as their primary residence. At that time the home is the only asset required to be used to repay the debt and the homeowner/heirs keep any equity beyond what is owed.

The money available to the homeowner can be drawn many ways and used, tax free, anyway the homeowner chooses. One of the more recent changes with the HECM by FHA was the implementation of a new process which allows for homeowners /borrowers to ESCROW for their taxes and homeowners insurance costs directly from the benefit of the mortgage. For many seniors this is a wonderful feature of the mortgage. They no longer are concerned about a mortgage payment, taxes or insurance coming from their limited budget and are at no risk of being displaced from their home as these items are being handled for them by their lender. Call: (321) 259-7880.



## Providing Quality Hospice Care to ALF Residents

By

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

National Assisted Living Week, celebrated this year September 13 to 19, is a tradition established in 1995 by the National Center for Assisted Living. It's a special time for families, caregivers, assisted living staff and the community to honor and recognize loved ones who are assisted living residents.

These days, many seniors don't want to move in with their children-they prefer to "age in place" in their own homes. Assisted living facilities (ALFs) in particular have become increasingly popular in recent years among the elderly because they enable seniors to retain their feeling of independence, offering truly residential alternatives for people who choose to combine independent living with healthcare and other services they require as their needs increase. Knowing this, it's important for ALF residents to be aware of their end-of-life care choices, which includes services such as hospice.

### What is hospice?

Hospice is an end-of-life care option - a philosophy of care - that focuses on the patient, not the disease. It is tailored to the unique needs of each patient and family, and aims to make life as comfortable, enjoyable and meaningful as possible.

Covered by Medicare, Medicaid, and most private insurance plans, hospice care can be administered wherever the patient calls home. It includes expert pain management by treating physical symptoms, while providing emotional and spiritual support. The care is provided by highly skilled teams of palliative care experts whose goal is to do everything they can to improve the quality of life for patients.

The "age-in-place" option is crucial in assisted living communities. For more information about hospice care or VITAS Healthcare, visit [www.VITAS.com](http://www.VITAS.com) or call (321)751-6671.



**Presumptive Agent Orange Exposure Based on Contact With C-123 Aircraft That Sprayed Agent Orange**  
*Dennis Vannorsdall*  
*Veteran Services Mgr.*

During the Vietnam War, Agent Orange was sprayed by C-123 Provider Aircraft as part of Operation Ranch Hand. After spraying operations ended, between 1972 and 1982, these aircraft were used for routine cargo and medical evacuation missions. Approximately 1,500-2,100 Air Force Reservists trained and worked on these aircraft during this period.

C-123s that sprayed Agent Orange continued to have Agent Orange residue on their interior surfaces years after returning to the U.S.

### VA's New Rule

On June 19, 2015, VA updated its Agent Orange rules. VA determined that this exposure may have occurred during a longer period than initially identified. VA also found that some active duty Air Force personnel, in addition to Reservists, may have been exposed.

VA now presumes that a person who served in the Air Force or Air Force Reserve and "regularly and repeatedly operated, maintained, or served onboard C-123 aircraft known to have been used to spray an herbicide agent during the Vietnam era" was exposed to Agent Orange.

### Who Qualifies?

#### The individual must have:

1. Been assigned to an Air Force or Air Force Reserve squadron when the squadron was permanently assigned one of the affected aircraft, AND
2. Had an Air Force Specialty Code (AFSC) indicating duties as a flight, ground maintenance, or medical crew member on one of these aircraft.

For more information regarding VA benefits for exposure to Agent Orange, please contact my office at **(321) 633-2012**.

Dennis Vannorsdall  
 Brevard County Veteran Service Officer



# Helping Seniors Of Brevard

## Helping Seniors Benefit Auction

Many of you know me and my work with seniors since my retirement from the Navy in 1988 and subsequent move to Satellite Beach. Over the years many have helped with nonprofit efforts. I am now involved with a new nonprofit called Helping Seniors of Brevard. Let me tell you about it and how you can help us while having a good time yourself.

Helping Seniors was founded in 2011 to educate seniors and their caregivers, advocate on their behalf, and link them to available resources. One way we do this is through media outreach. Our radio show is broadcast every Thursday at 1 PM on WMEL 1060 AM; our editorial columns appear monthly in Hometown News, Senior Scene Magazine, Spotlight Magazine and Ebony News Today; and we have weekly TV shows on channel 49 and channel 499.

Last August, Helping Seniors opened its first office in space donated by the Space Coast Center for Independent Living in Rockledge. In one year we provided case management to more than 500 seniors, all at no cost to them. In many instances this would entail numerous calls back and forth, as we follow up with each caller until the problem is resolved.

Our budget is small as much of the operational costs are donated. I take no salary; just being able to help is my contribution. Our main revenue sources are media sponsors, donations and grants. We will hold our first fundraiser on Saturday, October 17 from 6-10 PM at Holy Name of Jesus Church. The Helping Seniors Benefit Auction will feature many valuable and collectible items including:

- ★ Indian arrowheads c. 8000 B.C. fashioned into jewelry
- ★ 40 handmade rugs from Russia, India, Pakistan, Iran, and China, including ten donated by Falasiri Rugs of Vero Beach. Go to [www.HelpingSeniorsofBrevard.org](http://www.HelpingSeniorsofBrevard.org) to see them.
- ★ Posters of Super Bowl XLIX signed by Heisman Trophy winner Joe Bellino, Brady, Coach Belichick, and other Patriots.

★ Dated copy of the Great White Fleet sent by Roosevelt around the world in 1907

★ Signed photo of fellow USNA grad Bruce McCandles making the first untethered space walk

★ Art by local and national artists including Frits Van Eeden, Phil Capen and Cecy Turner

We are asking for a donation of \$25 for one ticket or donation of \$100 for five tickets. Your ticket entitles you to wine and food at the event, a live and silent auction, plus entry into a drawing to win an Oriental rug donated by Falasiri Rugs.

To purchase tickets, call our office at (321) 473-7770. All proceeds will be used to help seniors. Should you simply want to donate and have a chance to win a rug, it will be much appreciated; however, this is an event you will want to attend as the offerings are unusual and you may be able to get a "good deal." I hope to see you there!

*Joe Steckler,  
President  
Helping Seniors of Brevard*





# Helping Seniors Of Brevard



**“So What Do I Do Now?”  
Why Pre-planning is SO Important!**  
*Jacquie Esterline, Director of Marketing  
Levin Home Care Nurse Registry*



**Helping Seniors – Reaching Brevard  
& Beyond Through Media**  
*Kerry Fink  
Helping Seniors Media Director*

One of the most important issues to consider is to make sure you have looked at all of the options are available to prevent a crisis situation or, what options you have looked at when you need help after a crisis or unexpected event. There is no better time than now to consider and investigate who you may want to come into your home to help you should something happen.

Most agencies will allow you to pre-register with them so that a simple phone call will enable someone to be there in the event of an emergency. In addition, in the event you are hospitalized and require a stay at a skilled rehab facility, the agency that you have chosen will follow you and communicate with the staff as to your progress. This will open up communication early to know what may be needed when you go home with regard to home care. It will also allow you to evaluate the potential cost of care and how the caregivers will be working with the therapists coming into your home. Remember, a caregiver is there to assist in facilitating your needs while encouraging your independence to live at home.

**Here are some questions to ask agencies:**

- How long have they been in business?
- What about contracts and extra fees?
- How flexible are they?
- Is it possible to start and stop care any time?
- Can I get a new caregiver?
- Are the caregivers required to have a level 2 background screen?

Check out [www.Floridahealthfinder.gov](http://www.Floridahealthfinder.gov) to see if the Registry or Agency is listed. Find out how they have been rated with surveys. Pay attention to the definitions of the different agencies and what their caregivers can and cannot do.

Making inquiries now instead of during a crisis will help prevent a catastrophe and result in a positive outcome.

A blessing of living in today's times are the great resources literally at our fingertips. Yet, our 2015 Annual Senior Needs Advocacy summed up that 1 in 5 seniors reported THE most pressing need, is finding information to connect them to the aging solutions they are seeking.

This is why Helping Seniors of Brevard's commitment to outbound media is so critical – many excellent programs are in place but, if folks don't know where to turn for a particular need, that program may as well not exist, for them.

Helping Seniors Founder and President, Joe Steckler, has led this charge for the better part of twenty years, on Radio and TV and in Print. A popular Senior Advocate, he champions getting information into the hands of those who need it so they may age with dignity.

The rapidly growing Media efforts of Helping Seniors today include:

**Helping Seniors Radio** – Thursdays 1 PM, Joe Steckler tackles the airwaves with 50,000 watts blanketing Brevard and further on 1060 AM WMEL

**Helping Seniors TV** – Mon.-Fri. 8AM & 4:30-5:30PM on Space Coast Government TV plus Brighthouse channel 49 3 x weekly.

**Helping Seniors in Print** – Joe's popular columns are widely read in Brevard – from Florida Today, Hometown News, Senior Scene Magazine, Spotlight Magazine, and Ebony News Today.

**Helping Seniors Online** – Our visited website, [HelpingSeniorsofBrevard.org](http://HelpingSeniorsofBrevard.org) is a great source of information archiving the best of our media efforts and is a gateway to our Social Media platforms on Facebook, Twitter, LinkedIn, and Google+.

Watch for **Helping Senior Digital Billboards**



**Looking for Assistance  
Finding Services?**

Health • Household • Financial • Legal

**321-473-7770**



## Companionship

*Jennifer Helen, Owner  
Seniors Helping Seniors*

There is an often overlooked benefit to the services we provide, that of friendship. Women have long understood the importance of having other women in their lives as girlfriends to talk with. Men join clubs, bowling leagues, have weekly card games or join the local softball league. This need for companionship does not diminish with age. As we grow older, friends move away, lives change, family members find jobs in other cities and people pass away. This can leave an individual alone and feeling very isolated. If a senior can no longer drive, this feeling of isolation increases dramatically. It can produce depression and increase the propensity of dementia and other health related issues. Increased socialization promotes mental acuity and decreases stress and anxiety.

Staying connected can take a little work but it is incredibly beneficial to overall health. Be willing to step out of your comfort zone and give something new a try! Brevard County has beautiful senior centers with many activities. Often I hear "They are for old people." Have you been in and tried an art class? Gone dancing? I've danced with "older" gentlemen that put this 40 something to shame and left me winded. Old? Maybe in age, certainly not in action! How about Brevard County School's Legacy Club? It's free and there are a variety of activities you can take advantage of in addition to getting into theater and sporting events free or at a reduced rate. There are a host of farmer's markets, senior expos and free events so cost is not an issue. Just take a look at the calendar at the back of this Senior Scene Magazine. You could be busy every day for the next month!

At Seniors Helping Seniors, we often provide transportation and companionship to seniors new to the area or who are no longer able to drive. Give us a call at (321) 722-2999 for companionship or helping around your home.



## Helping Your Adult Children Through Divorce

*Brooke Deratany Goldfarb  
Peaceful Beach Mediation & Collaboration, Inc.*

When we go through something stressful, it can be difficult. When our children or grandchildren go through something stressful, it can be worse. After the loss of a loved one, divorce can be the most traumatic life event and it is something that over half of married people go through at some point in their life.

As a family mediator, I have guided countless couples through the divorce process. I try to keep them focused on the positive and the future. If there are children involved, I try to help them remember to put the best interests of the children first.

Here is what you can do to help your children and grandchildren through this life transition:

Let your adult child and his or her spouse both know that you are there for them. Chances are your daughter-in-law or son-in-law developed a special bond with you during their marriage to your child. Especially if he or she was married to your son or daughter a long time, you are probably like a second mother or father to them. In addition to the loss of their marriage, they may very likely be grieving the loss of their relationship with you. Remember that they are the father or mother of your grandchildren and try to maintain the relationship as best as possible.

Although grandparents may not officially have rights in the state of Florida, grandparents do play a very important role in the lives of grandchildren. Reassure your grandchildren that you and their parents love them very much and will always be there for them even if the living situation has changed.

Unless you suspect domestic violence, severe mental illness, or criminal intent, recommend that your children consider mediation. If a couple is able to go through the divorce process with a mediator, they can save themselves from financial and psychological damage.