



# Helping Seniors Of Brevard

[www.HelpingSeniorsofBrevard.org](http://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](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.*

There are numerous changes being implemented to our care system. Helping Seniors will do our best to assemble this information in a package that can be disseminated to you and in a way which can be understood. To that end, we will work in February and March to get that information for you.

Assembling information is important but it is also important to make our readers aware of things that each of us can do to help ourselves individually as we age. You have read and heard me talk about my Fibromyalgia condition and I assure you that at times it is more than a ten on the pain scale. I have tried therapy, pain medication, acupuncture, different types of pain management but nothing works permanently.

I am now trying a combination of personal exercise, along with Swedish massage therapy. I have a massage table at home so I can do most of the exercises more easily than dropping to the floor. I have made a promise to try this combination of personal effort, along with the Swedish massage from Rolling Waters in Indialantic. In the next issue I will let you know the results.

The foregoing is my way of trying to help our elder readers. Along with the described exercise/therapy package, I want all to know that I use walking assist devices such as a cane and a rollator to ensure that I do not fall while walking. I can not imagine anyone who has poor balance or similar condition who ignores using walking assist devices. Please do all you can to improve your mobility and balance as well as protect yourself from falls by using canes and associated devices.

I will let you know the results of my personal assistance package in the next issue. Until then, Happy Easter!



Selective Laser Trabeculoplasty-A  
Safe and Effective Means of  
Controlling Glaucoma and the Cost  
of Treating Glaucoma Patients Over  
Time

*Dr. McManus, The Eye Institute*

"What makes Selective Laser Trabeculoplasty, or SLT, so beneficial to my patients is that it frequently eliminates or lessens the need for daily glaucoma eye drops, helping people to preserve their vision while saving them a great deal of time and expense," according to Dr. McManus.

"The implications for the healthcare system are significant. We examined actuarial tables of life expectancy created by the Social Security Administration and found patients and insurance companies, on average and accounting for inflation, can be expected to save over \$16,000 on glaucoma medications over each patient's lifetime, when patients are treated with SLT. Given the relatively small cost of SLT, we determined that each dollar spent on SLT subsequently leads to savings of more than twenty two dollars on typical Glaucoma medications over a typical patient's lifetime," explains Dr. McManus.

Elective Laser Trabeculoplasty or SLT, a brief in-office laser procedure, often results in lower eye pressure by increasing fluid drainage inside the eye. The lower eye pressure resulting from the treatment relieves stress on the patient's optic nerve, and thus minimizes or eliminates further optic nerve damage and vision loss.

"The bottom line is that many patients who have glaucoma require daily treatment to maintain their vision. This treatment requires the patient's constant vigilance and is often relatively expensive. SLT offers many glaucoma patients the possibility of maintaining their vision without the need for daily eye drop therapy. Based upon my study and others, we may conclude that SLT is safe, effective, and offers patients numerous potential benefits, including long term cost savings and an improved quality of life. I encourage patients with glaucoma to seek a consultation to determine if they are good candidates for SLT," states Dr. McManus, in summary.



**Mattress George**

*Jennifer Helen, Owner  
Seniors Helping Seniors*

While providing services for area seniors, we are often overwhelmed by the thankfulness of our clients and their families. It is nice to hear that we are doing a good job, providing a needed service, and giving peace of mind. As the ones actually doing the service, we are also thankful. We meet so many wonderful people, hear incredible stories and hopefully absorb some of the wisdom our clients impart. I'd like to share a story from one of our providers, now affectionately known as "Mattress George".

My favorite experience was with an elderly lady who requested someone to oversee the delivery and installation of a mattress. Before the delivery, we introduced ourselves and chatted about many things; who we were, our families, etc. The mattress arrived and the bed frame needed modification to accommodate the new mattress. I supervised the work, vacuumed under the bed, then made the bed with the new sheets. My client was ecstatic and christened me the title, "Mattress George". It was an easy assignment that led into several other assignments with her such as transportation to the doctors and to the store. We developed a really close personal relationship.

I received a phone call from SHS that my client was admitted to the hospital and was being treated for complications resulting from her battle with cancer. I was asked to go to the hospital and provide companionship and comfort my client. I was rather new to SHS and sitting in a hospital for hours didn't appeal to me, but I really cared for this lady. I spent many hours and weeks with her at the hospital. She was released and was sent home to be cared by hospice. She passed hours before my next visit but her family still calls me "Mattress George" which reminds me of the short but wonderful time I spent with that lovely lady.



## When Dental Care is Only Part of the Story

*Dr. Lee Sheldon*

In a dental practice that essentially specializes in rectifying dental failures, I have gained some insights in qualifying who those patients are and perhaps helping you remedy those failures. Let's look at those categories:

**1. The patient who never really had good dental care.** That can occur for a number of reasons: finances, seeing a dentist who couldn't address the patient's needs, a patient not following up with needed treatment are the main reasons. The statements that I often hear are something like this, "I saw the dentist, but everything started falling apart, so I just gave up." This can be remedied. See below.

**2. The patient who had bad experiences in the dental chair.** The patient was rushed. The dentist didn't believe the patient when told that he or she wasn't numb. This is so unfortunate and these days, there is no reason why dental care needs to be done in such an environment. This can be remedied. See below.

**3. The patient that never took care of him or herself.** This is the person who was on drugs, on continuous and high doses of sugar (also a devastating drug). This can sometimes be remedied. See below.

What about the patient who never really had good dental care? Part of this is the patient's responsibility. The patient should insist that all dental care be explained before it is done. The patient should know the downside risks of any procedure. The patient should also be informed of the total treatment that's necessary to bring the mouth to

health. That includes periodontal disease treatment (best performed by a periodontist), decay treatment, and restoring the teeth to not only good health and function, but also with a pretty smile. You should know everything before you start. Why? If you do only partial treatment expecting that you will finish the rest of it later on (when you can afford it), that partial treatment may not stand up over time. You may therefore want to choose a plan that you can afford rather than hope that you will catch up later.

How about the patient who had bad experiences? This is a matter of finding a dentist who will work for you, who will take the time to help you and gradually reintroduce you to the dental experience. It can be comfortable. And for the few patients who might need more, there are dentists who provide sedation for you. But for most patients, that sedation isn't necessary.

What about the patient who doesn't take care of himself? There are only so many miracles modern dentistry can perform. If a patient gets tooth decay because of too much sugar, then even with the best dentistry, those teeth will decay again if the patient doesn't reduce or eliminate the sugar habit. Otherwise, you may be eligible only for emergency care of dentures. There are many nutritional and lifestyle coaches that can help you get back to health. And good dental health leads to good overall health.

You can take the responsibility to be sure that you don't fall into these three categories. And if you do find yourself in one of those categories now, there are dentists right here in your local area who can help you.







## Would Your Power of Attorney Want the Best For You?

*Libby Kahn, Concerned Citizen*

At age 47, Mila gave her sister a Durable Power of Attorney before surgery for brain tumors. The last surgery compromised her ability to work and live independently. With the expectation from doctors that Mila might not survive, her sister isolated Mila in a lock-down Alzheimer's unit in a distant rural area away from her.

I met Mila after she had been there for three years, isolated, unable to remember how to speak English and depressed. Mila was ambulatory and strong. She could dress, feed, and care for herself. Possibly due to aphasia, Mila now could only speak Russian, her native language. She told Aida (who speaks Russian) and me that she wanted a better life. I contacted her sister. The sister told me to stop meddling in their family affairs. I then called the Ombudsman. Once I called the Ombudsman, the sister told the facility to stop any outside interactions with Mila. The nursing home did what the sister said.

I have been trying to make good on my promise to help Mila have a better life. With the passing of the Olmstead Decision by the Supreme Court, there are programs and money available to help people transition from institutionalization to assisted living with rehabilitation. There's even job training and placement with assistance, but only if the person themselves ask for the help or the power of attorney asks.

I guess I just have to raise the question...would your Power of Attorney listen to ways to help you have a better life if you were in Mila's situation?



Helping Seniors of Brevard archive all printed articles, newsletters, radio and television shows. Simply go to [www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org) and click the media tab. You'll find a great deal of valuable information.



## Class of 2016 Florida Veterans' Hall of Fame

*Dennis Vannorsdall  
Brevard County Veteran Service  
Officer*

The State of Florida has established the Florida Veterans' Hall of Fame to recognize and honor those military veterans who, through their works and lives during or after military service, have made a significant contribution to the State of Florida.

### **Nomination Criteria:**

Must be an honorably discharged veteran  
Exhibited good moral character and has no felony convictions

Posthumous nominations are accepted  
Nominations accepted January 1, 2016 to May 31, 2016

For nomination forms and further information go to

[www.FloridaVeteransHallofFame.org](http://www.FloridaVeteransHallofFame.org) or call (850) 487-1533, or email [FVHOF@FDVA.state.fl.us](mailto:FVHOF@FDVA.state.fl.us).

### **VA's proposed eligibility expansion for Veterans exposed to contaminated water at Camp Lejeune**

Based upon VA's review of current medical science and ATSDR's (Agency for Toxic Substances and Disease Registry) findings, Secretary McDonald intends to propose creation of a presumption of service connection for the following conditions: Kidney Cancer, Liver Cancer, Non-Hodgkin Lymphoma, Leukemia, Multiple Myeloma, Scleroderma, Parkinson's Disease, or Aplastic Anemia/Myelodysplastic Syndromes.

VA is working on regulations that would establish these presumptions, making it easier for affected Veterans to receive VA disability compensation for these conditions. While VA cannot grant any benefit claims based on the proposed presumption of service connection for these conditions until it issues its final regulations, **it encourages Veterans, who have a record of service at Camp Lejeune between Aug. 1, 1953, and Dec. 31, 1987**, and develop a condition that they believe is related to exposure of the drinking water to file a claim with VA.



## Do You Have Trouble Hearing On Your Telephone?

*Karen Cowan-Oberbeck  
Audiologist, EarCare P.A.*

Using the telephone is a crucial part of connecting with the world. Keeping in touch with family, friends, business associates, and others over the phone has become an everyday occurrence. For those with hearing loss, understanding speech on the phone can be very frustrating! Grandchildren that speak very quickly, relatives or friends that are soft spoken, and individuals with accents are all situations that can make it difficult to understand telephone conversations clearly. Luckily, there are telephones available that cater to helping those with hearing loss. Florida residents with a documented hearing loss can receive these telephones absolutely FREE!

A local telephone program is available through the state of Florida, providing phones that plug into your existing wall jack. There are multiple styles of these phones available providing amplification, typically skewed towards the high frequencies, which help with speech discrimination and understanding. Another phone is available through the Federal government and provides phones that caption the words the call is saying as well as providing amplification. Not only can the caller be heard (like with the amplified phone) but there are accompanying captions the listener can read for even more help understanding! Even better, some of the phones are capable of connecting via Bluetooth to cellphones, iPads, and even hearing aids!

Further questions regarding obtaining an amplified or captioned phone can be answered by calling one of Audiologist Karen Cowan-Oberbeck's EarCare P.A. office locations from 9 AM-5 PM Monday through Friday: Suntree (321) 752-4552, Merritt Island (321) 452-9131, or Indian Harbour Beach (321) 777-7113.



## VITAS Empowers Seniors to Take Charge of their Cardiac Care

*Kathleen LaPorte, VITAS Healthcare  
Senior General Manager*

When seniors are aware of the healthcare options, they have greater control over the decisions and actions they make regarding their health, including decisions affecting the care of the heart. As a leading pioneer in the national hospice movement since 1978, VITAS Healthcare recognizes the importance of empowering seniors and the community alike to take charge of their cardiac care and healthcare wishes before a crisis arises.

Heart disease is the leading cause of death for both men and women in the United States, and with more than 40 million people age 65 and older, cardiac care should be a top priority. VITAS, the nation's leading provider of end-of-life care, is committed to encouraging seniors to be proactive about their healthcare decisions, especially the care of the heart. When a patient with advanced heart disease has reached 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.

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.

VITAS provides state-of-the art cardiac care for normal and low ejection heart failure patients including those needing inotropic and circulatory support. The company has invested substantial resources to develop a cardiac program where staff completes hours of education.



## Have You Touched Someone's Life Today?

*Brooke Deratany Goldfarb  
Peaceful Beach Mediation*

It seems more and more that people are moving on, either into retirement or the next life. These aren't famous or newsworthy people, but they are people that mattered to me.

Take for example, my dentist, Dr. Gloria Flathman who saw me twice a year from the time I had teeth. She watched me grow from a child to a teen, from a college student into a young woman, then married, then with children of my own. In my file she kept for over 40 years, she saved my graduation announcements, wedding invitation and my children's birth announcements along with my dental x-rays. It has been over a year since Dr. Flathman passed away. Today I went for my regular cleaning and realized how much I miss her.

Another example is Linda, who just retired from Publix. Linda always took an interest in what I was making for dinner, what I had done with my hair, and what my children were up to. I looked forward to going through her line, catching up with her and telling her my crock-pot-pizza idea. Every time I checked out with Linda, I left with a smile. I miss her.

I hope Dr. Flathamn knew that she made me feel loved by being a constant in my life.

And Linda, if you are reading this, the pizza in the crockpot idea really did work and I'm keeping my hair red for a while longer.

Whose life are you touching just by going through your day? You may be making more of a difference than you realize.



*"Make the call! We called about finding one resource and found more resources that we were unaware of."*

**(321) 473-7770**

[www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org)



## Space Coast Honor Flight

*Jacquie Esterline  
Marketing Director  
Levin Home Care Nurse Registry*

Space Coast Honor Flight is an organization that is very dear to me. My father if he were still with us served in WWII and would be 93 years old. He never talked a lot about his experience serving in Germany and I wished I would have asked more questions. Each time we gather a group for the flight I learn a little more about what he may have experienced. Each time I wish I would have said thank you to him. It's amazing but most of the families that go along and attend the reunion know so little about what their loved ones experienced. Once they return or have attended the reunions they know so much more and at times it provides healing to the families for what they never understood.

Since its beginning in Brevard County in October 2010, Space Coast Honor Flight will have taken over 675 veterans to Washington D.C. for the day for Veterans to visit their memorials.

The search for WWII and Korean War veterans is never-ending. There are thousands of WWII and Korean veterans living in Brevard County who are eligible to travel on an Honor Flight trip to Washington D.C.

Space Coast Honor Flight provides a one day all-expense paid trip to give Vets an opportunity to visit their memorials, exchange experiences with fellow Vets, and for men and women to reflect upon their service.

Each flight depends on volunteers and donations. For more information on the flights, lunches, events, or ways to volunteer, contact me at (321) 806-6550 or visit [www.spacecoasthonorflight.org](http://www.spacecoasthonorflight.org). Also, if you would like to submit a name of a veteran, please contact me.







# Helping Seniors Of Brevard



The HECM  
A Smart Retirement Strategy  
**FREE Seminar March 24<sup>th</sup>!**  
Call (321)751-6771  
**Reserve Your Seat**  
*Barbara McIntyre, HECM Specialist*

For 11 years I have specialized in working with boomers and seniors in Brevard County and have provided information about how the HECM "Reverse" mortgage might fit into their retirement plan. A few years ago some borrowers only reached out to me when they felt that they were getting close to depleting their funds dedicated to retirement. Their largest asset was their home and now they had no choice but to find some way to be able to access that asset. To put it another way, they were house rich and cash poor. The equity in their home was the cash resource they needed, so how could they access it? The big decision they had to make was "Should I stay or should I go?"

Everyone moving into their retirement years have many decisions to make. Is the home they raised their children in too big? Does it require too much maintenance to make it feasible to continue to live there? Would it make more sense to sell it and right size into a home more suitable? If it does make sense to move, than should they spend a large amount of their cash to buy a new home? A new mortgage payment sounds scary when you are fully retired, on a fixed income, and when our economy is so uncertain.

I feel strongly that "knowledge is power." I know that the new HECM or (Reverse) mortgage can bring both boomers and senior's options they are not aware of. The possible uses of the FHA, government insured loan is a secure and safe resource to older homeowners, over 62 years old, to have a way to access equity without obligation to make a monthly payment. It gives them the protection of remaining on title, so their heirs are protected and allows them to have access to the equity they created by paying off their own mortgage or, it gives them a way to extinguish and eliminate a mortgage they have on their property now. Call (321)751-6771 to reserve your seat for the **FREE SEMINAR.**



## Still Waiting for Help

*William A. Johnson, PA  
Elder Law Attorney*

The State of Florida has four Medicaid programs that provide services to seniors: **The Medicaid Managed Long Term Care Program, Home Care for the Elderly, Community Care for the Elderly, and The Alzheimer's disease Initiative.** Currently these programs have combined waitlists with approximately 58,818 people in line to get services! These are low income and low asset seniors that desperately need help. The latest statistics from the Department of Elder Affairs indicate that during the 2014-2015 fiscal year, 6,538 people died while on the waitlists. The Department does not track those individuals who died from lack of services. Nearly 2,000 died while on the waitlist for the Medicaid Managed Long Term Care Program which provides for home and community based long term care services.

The latest proposed budget provides for an increase of \$3.95 million for these programs. This will help the situation but will not cure the problem. These waitlists will continue to grow as Florida's population keeps aging. Currently there is legislation and rule-making that is being developed to manage these waitlists. However, not much is being done to really put a dent in the numbers. The only way to get care immediately is to place your loved one in a nursing home. And that is what these programs were designed to prevent.

DONATE  
ONLINE



[www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org) Or, you may send a donation to:  
P.O. Box 372936 Satellite Beach, FL 32937



# Helping Seniors Of Brevard



The "Talk to me Station" is  
PROUD to have Joe Steckler  
on the Radio

*John Harper, Owner/President  
AM 1060 WMEL*

Often times I think about the talk show hosts that have given me a great deal of pride. Over the years, I have experienced discovering many who went on to become "big stars" such as Tim Allen. But When It comes to mind in our own local community, I can't think of anyone else who over twenty years has brought to our listening audience, a more dedicated show than Joe Steckler.

Over the years, yes, he did talk about the Brevard Alzheimer's Foundation, which he was at the helm. But, he had a BIGGER dream to form Helping Seniors of Brevard.... a nonprofit that would help **ALL seniors** needing help for much needed resources.

I am proud to have him as a regular host each Thursday at 1:00 PM on AM 1060 WMEL. Joe Steckler brings to our listening audience information and education to help our seniors in Brevard and so much more! His guests give so much valuable information for seniors!

Seniors wanting help can call Helping Seniors of Brevard at (321) 473-7770 and learn what available resources may be available to them. I also encourage supporting Helping Seniors of Brevard. Help them make a difference! Go to [www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org) or send a donation to Helping Seniors of Brevard P.O. Box 372936 Satellite Beach, FL 32937.

I along with our listeners wish for many more years of hearing Joe Steckler on the radio!



Join Program Host  
Joe Steckler  
Thursday 1pm  
on AM 1060 WMEL Radio



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