



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.

In this issue you will see the picture of the Jaguar that was generously donated by Marge Rutowski. Marge has long been a generous supporter of all efforts in which I have been involved to help seniors, especially those who needed assistance from others. Here I refer to my previous work with those suffering from Alzheimer's disease.

For many years, I knew there were people who, as they aged, needed assistance, mainly information about resources and actually getting connected to those resources. Saying people needed help is one thing, actually making it happens quite another. A major difficulty occurs when one tries to determine which organization purporting to want to help can actually provide the assistance needed. It was precisely to fill that information/connection gap that Helping Seniors was founded.

The ensuing years since founding have been ones requiring a lot of faith in people. Through the generosity of those who knew of my work in other charitable causes, and the need they themselves encountered, we began to put together the funding mechanisms needed to make Helping Seniors a viable organization. Still, it takes work, belief in a cause and trust in those that offer the help. The Jaguar you see on page 2 is the start of a funding program to give us the financial resource we need to build a staff and assist people. We went fully operational in August of 2014. Information Specialist Kay Keyser has assisted well over 800 callers, talking to them several times in follow up, documented cases and I too have been answering phones, talking to people about needs and doing whatever it took to get them the help they needed. I did not document the cases as Kay but I assure you that help was obtained.

You can now help us by making your donation for tickets but also promoting sales of these tickets so that the first raffle will be a huge success. I have always believed that by making people aware of a need and the mechanism to meet that need that great things can be accomplished. Call Kay at (321)473-7770 and work with us to make this a resounding success. Many thanks and we do need your support.



Helping Seniors Of Brevard



This Jaguar is a 1992 XJS V12 with *only* 38,000 original miles and will be raffled off!



Call Helping Seniors of Brevard at (321) 473-7770 to make a donation. Tickets are \$25 for 1 ticket or 5 tickets for \$100.

The car will be given away in December 2016 to one lucky winner with additional 2nd and 3rd winner prizes to be publicized. The location to view the Jaguar will be announced soon. This is the 1st Annual Car Raffle to benefit Helping Seniors of Brevard.

The car was generously donated by Margaret Rutkowski.



Call for your ticket today!



"We are so glad to buy tickets to help Helping Seniors of Brevard. They gave us resources we would have not known about."

Dear Friends,

Not often do I write about youth groups that do special services but I do want to tell you about the Spacecoast Titans Travel Baseball, a 501(c)3 youth non-profit group. They perform quarterly community service projects for Veterans and senior citizens.

One service they perform for seniors is the conduct of a free CPR instruction course to non-assisted living facilities in Brevard County. Consider for a moment that the performance of actual CPR has changed over the years and with the age of the average citizen in Brevard County we should welcome this well trained group to areas in which senior citizens live. The Program Director is an Emergency Room Critical care nurse so the Titans are very well trained in the administration of CPR and the required teaching techniques so necessary to learn the process.

I know about the CPR course which they conduct but am also aware that they did a beautification project for the Disabled Veterans of Brevard County and most likely would entertain the performance of any reasonable project to assist the elderly or veterans. Now that Helping Seniors is aware of this most valuable resource in our community, we intend to put these young people on our resource list.

In 2015 we conducted a county-wide survey of seniors and their perceptions of what is needed in Brevard County. We failed to recognize the value of our young people and their importance to seniors and developing elder friendly communities at a relatively low cost. We certainly will include them as a resource in the 2016 survey.

Titans Travel Baseball is a community program, funded through their efforts to assist others. It is important that such efforts be publicized in our community for with the onslaught of the Boomer population, underdevelopment of 401Ks and the in general paucity of retirement programs we seniors will come to be more dependent on youth groups, nonprofit organizations and family members. Many of us will not have the local family members so Titan Travel Baseball and other community minded groups will be

an asset to many. The Titans conduct 4 CPR Training classes in Brevard yearly, as well as perform other necessary functions to assist seniors and Veterans. To contact the Titans, call Tom Lanman at (321) 536-0587. Tom is the Director of the program and is a Critical Care Nurse for Wuesthoff Hospital. Many thanks to youth groups who do public service!

Joe Steckler, President Helping Seniors of Brevard



Spacecoast Titans Travel Baseball Team

A group calling themselves "**Brevard Helping Hands**" are volunteers who spend their time sewing, quilting, knitting, and even preparing greeting cards to seniors and Veterans in Brevard County.

Some of the volunteers create items at home or meet at the Quilting Folks Sewing Gallery located at 3300 Suntree Blvd. in Suntree the 4th Thursday of each month at 10 AM.

Here are few things they create:

- * Quilts for Veterans, various sizes & patterns
- * Fidgets, lap top activity quilts for dementia patients
- * Walker Caddys
- * Adults Cover up bibs
- * Privacy covers
- * Knitted caps to warm the head
- * Microwave fabric bowls for safe cooking
- * Greeting cards

They need more volunteers! They will even teach other volunteers! For questions or other inquiries, contact Alice. Her email is: Quiltncountry@aol.



Feature Article

What Replacing
Black, Rotten Teeth
Can Mean
for You

Dr. Lee Sheldon

For those of us that think that seeing the dentist is all about cleaning teeth and fixing cavities, I want to tell you the story about Ray.

Ray had nothing but bad experiences on the few occasions that he saw a dentist. He saw me at the age of 44. He came in desperation. He essentially had become a recluse. Why? His teeth were so bad looking that he didn't dare open his mouth in public.

Ray wasn't in particular pain when I saw him, but surely was embarrassed to open his mouth, reluctant even to talk to my staff or to me. And he couldn't chew. He also shared that he stayed away from most people because of the way his teeth looked.

When I examined Ray, I easily saw what he meant. His teeth were misshapen, broken, and brown with decay. Ray needed full extractions, but he didn't want dentures. After the examination we talked about Ray's options with him. Those options included extracting the teeth and putting in dentures, or putting in implant-supported teeth. Either way, Ray would look better.

Ray wanted implants. He wanted to be able to chew anything. Frankly, his income didn't support that desire. But that was my judgement, not Ray's. Essentially, Ray saw what he wanted and said for us to give him a few months and he would figure out how to pay for it. And a few months later, Ray was in our office, ready to have treatment done, a full upper denture and lower implant-supported teeth. The lower denture is nearly always the biggest source of frustration for both patients and dentists because of its instability.

Here's exactly what Ray did. On the day of treatment he had all teeth extracted. We placed implants on the lower and placed

temporary teeth immediately on the implants. The temporary teeth look good. Why temporary then? When teeth are extracted, the bone and soft tissue take months to remodel into their final position. We have to wait for that remodeling to nearly stop before making final impressions. The patient wears the temporary teeth until the bulk of the remodeling process is complete. I should say nearly complete, because some remodeling is always occurring. He also received an upper denture. His teeth looked so much better right away. Ray was happy, and that was before he had the permanent teeth made. The permanent teeth? Let me put it in his words. "I will forever be a patient with a beautiful forever smile."

You who are reading this know someone who has avoided the dentist. Not only are bad teeth unsightly, they contribute to many chronic diseases. Dentistry can be made comfortable. If necessary, anesthesiologists travel to some dental offices so that patients can be put to sleep for dental care. But care and caring have improved so much that many who had bad experiences years ago will have good experiences in the dental office today.

Just do what Ray did. Call and make the appointment. You smile and your health are in the balance.

For readers of Helping Seniors of Brevard's Newsletter, Dr. Sheldon has a **special offer** for you. You will receive a full dental examination including dental xrays and a CT Scan if necessary in exchange for a \$50 donation to Helping Seniors of Brevard or seven other charities. Through this program, over \$150,000 has been donated to local charities in our area. The evaluation is very thorough and usually takes 1½-2 hours. Just call the office at **(321) 259-8000** and mention **Helping Seniors of Brevard**.





When Does Medicare Cover Emergency Ambulance Services?

Lance Jarvis
SHINE

SHINE counselors frequently get inquiries from clients whose ambulance transport was denied and they cannot understand why they are being billed for the service.

Medicare will cover emergency ambulance services if:

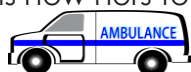
1. It is medically necessary, meaning that an ambulance is the only safe way to transport you in a medical emergency situation. A **medical emergency** is when your health is in serious danger and every second counts to prevent your health from getting worse.
2. The supplier meets Medicare ambulance requirements.

Not meeting the first condition is usually the reason given for a denial of the charges for emergency ambulance services.

According to Medicare **you can get emergency ambulance transportation when you've had a sudden medical emergency, and your health is in serious danger because you can't be safely transported by other means, like by car or taxi.** Some examples of when Medicare might cover emergency ambulance transportation:

- You are in shock, unconscious, or bleeding heavily.
- You need skilled medical treatment during transportation such as administration of oxygen, medications or monitoring of vital signs.

Of course, these are only a few examples. Please don't be like the lady who fell on her driveway and skinned her knee and called an ambulance because she feared that she fractured her leg. Medicare denied the \$600 claim for ambulance services as "not medically necessary" because her health was not in serious danger and she could have taken her car, called a neighbor to drive her, or called a taxi to transport her to a medical facility. This bill is now hers to pay.



Need A Lift?

Jennifer Helin
Seniors Helping Seniors

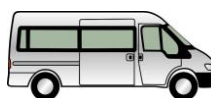
One of the biggest needs and concerns we hear from seniors in Brevard County is transportation. While there is plenty of room for improvement, there are some resources that you may not know about:

- ◆ Space Coast Center for Independent Living provides transportation for individuals with disabilities and seniors needing medical appointments. You must apply at their office.
- ◆ Senior Transerve utilizes volunteers to help seniors get to the doctors and grocery store. It is a donation based service and requires seven days advance notice. Services are limited throughout Brevard County.
- ◆ Space Coast Community Services is the little blue bus that you see around town. You must qualify for services and cannot live on a bus route; two to seven days advance notice is requested.

There are private companies that offer transportation services, ranging from taxis to medical transportation, for those bed bound. Cost varies depending on the distance and the specialty of the vehicle.

During my work day, I hear from at least one senior a day inquiring about transportation services. I also run into folks on a regular basis that have gone to all available resources only to find they do not qualify for the service or cannot meet their needs for a short notice transportation. If you or a loved one is getting to the age where you may need transportation services, it's important for you to see what, if any services are available in your specific area. Make plans ahead so you can age in place or move to a location that will enable you to continue to be independent.

Should you have any questions, please call Helping Seniors of Brevard at (321) 473-7770.





VITAS Healthcare Encourages Decision for Quality End of Life

*Kathleen LaPort
Senior General Manager*

National Healthcare Decisions Day, observed this year on April 16, is an opportunity to remind the community about the importance of advance care planning. As the nation's leading provider of end-of-life services, VITAS Healthcare recognizes the importance of healthcare decisions, including end-of-life discussions and advanced directives because they are the first steps to identifying and documenting a person's goals of care *before* a healthcare crisis arises.

Almost half of Americans say they would rely on family or friends to carry out their wishes about end-of-life care, but most have never expressed their wishes.

Five Wishes (www.agingwithdignity.org) helps people express how they want to be treated if they are seriously ill and unable to speak for themselves. It addresses all aspects of people's needs, including: medical, personal, emotional and spiritual.

Five Wishes lets your family and doctors know:

- * Who you want to make health care decisions for you when you can't make them.
- * The kind of medical treatment you want or don't want.
- * How comfortable you want to be.
- * How you want people to treat you.
- * What you want your loved ones to know.

There are two types advance directives, a health care power of attorney, where a person designates someone to make medical decisions on their behalf if they are unable to do so, and a living will which outlines a person's end-of-life wishes, including the type of medical treatment they want or don't want.

For more information about advance directives or VITAS Healthcare-a Medicare approved hospice provider-call (321) 751-6671 or visit www.VITAS.com.



Fiduciary Access to Digital Assets

*William A. Johnson
Elder Law Attorney*

The Florida Legislature has passed legislation that provides procedures for Fiduciaries to access digital assets of an individual. "Digital assets" are defined as an "electronic record in which an individual has a right or interest." This would include things like email, social media and web pages. Fiduciaries refer to agents under powers of attorney, Personal Representatives of an estate, trustees of trusts, or guardians of a minor or incapacitated person. The new law currently awaits the Governor's signature and is expected to be enacted. Before you jump up and scream about governmental invasion of privacy, be advised that the new law would not override any arrangements that you have made with the custodian of those digital assets. The new law does let you specify in your legal documents whether or not you want a fiduciary to access these assets. However, if you are silent, it provides a procedure for each type of fiduciary to follow to gain access.

Unless access is granted through your legal documents, the new law would establish a new procedure whereby a fiduciary could petition the court for access. Different fiduciaries would have to follow different procedures based on type of fiduciary. Upon meeting the evidentiary criteria, the court could enter an order granting them access. Again, none of these procedures would override any existing restrictions or denotations that you have made with the custodian of the digital assets.

If you care to help Helping Seniors of Brevard you can donate online at

www.helpingseniorsofbrevard.org
Or, you can send a check to:
P.O. Box 372936
Satellite Beach, FL 32937





How Professional Organizing Can Help Seniors

*Carla Pickerill, Owner
Organized Creative Designs*

Are you having trouble reaching for items that a few years ago you could reach? Are you in too much pain or too tired to keep on top of your housecleaning? Are you having trouble finding that certain bill that you need to pay today?

These are just a few issues that face our seniors that a professional organizer can help solve. Over my thirty years of experience as a registered nurse in home health care and case management, I have heard these questions countless times.

As time goes by, the body becomes less agile, the memory less sharp, and mobility can instantly change from being independent to wheelchair bound in a blink of any eye. At these times, systems that worked in the past no longer work, thus, the ability to continue to live independently diminishes. Living in an unorganized and chaotic environment inevitably leads to an unorganized and chaotic life. The professional organizer can remove the obstacles that prevent personal success in continued independent living.

A professional organizer can assess your current home situation and assist in creating a safer, more organized environment. Actions plans can include furniture configuration to enable an individual to move about easily with an ambulatory device such as a walker or wheelchair. Reorganize items in the kitchen or bathroom that can be reached easily. Provide storage solutions that can be easily opened or reached.

If the decision is made to downsize and move from a large home into a smaller home, the task of purging the clutter accumulated over the years can be overwhelming for both the senior and their family. Each individual item can have a memory, a feeling, and the sense of disposing it can be agonizing. You would be amazed to learn how being organized can change your life! Please contact me to learn how I can help you at: (321) 431-9664.



Getting Through Allergy Season Without Spending a Fortune

*Joe Ponds
Canadian Meds of Melbourne*

You've seen the culprit. It's on all the cars. There is a fine layer on the window sill. Yes, that's right, it's pollen, and for those of us particularly susceptible, the symptoms have already started! Any one or more the usual suspects: the itchy, watery eyes, runny nose, scratchy throat, sinus congestion, not to mention the endless coughing and sneezing. The question is: How do we get through these next few heavy allergen weeks without spending lots of money on medicine? Let's look at some options...

First, let's reduce our overall exposure to the pollen both inside and out. If you have to go out, try a pair of sunglasses to help keep the wind from blowing the irritants into your eyes, especially if you have such sensitivities. Prior to parking your car in the garage, rinse it off. Vacuum and dust weekly to remove the pollen indoors, and use dust covers for your pillows. This brings up a good point...prior to going to bed, take a shower to remove the day's pollen will keep your bed free of allergens and allow a more pollen free environment.

Next, there are simple dietary and physical ways of helping to reduce symptoms using foods from your pantry and cupboard. Universally, vitamin C has shown to reduce allergic effects due to its natural properties of being an antihistamine. Likewise, the green tea you already enjoy, has similar properties and has been used in the same manner. Other foods include onions, cayenne pepper, and liquorice root. Finally, there is the sterile nasal rinse. The premise is simple: remove the offending material from the passages and keep the symptoms low or occurring infrequently.

Here's to getting through allergy season together and for other ways to save money, especially on prescription medicines. I welcome any calls by calling: (321) 574-6976.
"Make it a great day!"



Treatment for pterygia, offers new hope for ophthalmology patients

*Jason K. Darlington, MD
The Eye Institute*

A pterygium, also known as surfer's eye, is a growth that invades the cornea, causing significant foreign body sensation that frequently interferes with vision. Pterygia are a frustrating condition for people who suffer from them.

"People ages twenty to fifty, who spend a good deal of time in the sun, who do not wear sunglasses or brimmed hats on a regular basis, who have light complexions and light colored eyes, tend to develop pterygia more frequently than others," according to ophthalmologist and fellowship trained cornea and glaucoma specialist, Jason K. Darlington, MD.

In the past, pterygia were surgically removed from the cornea, and the affected areas were surgically closed with sutures often times with donor corneal graft tissue placed over the surgical site.

"With a traditional surgical approach, the pterygium would recur approximately seventy percent of the time," explains Dr. Darlington.

"My approach involves utilizing the latest techniques in cornea surgery, whereby I use autologous stem cell transfer—using actual stem cells gathered from my patient's eye—to help the cornea heal safely and quickly following removal of the pterygium," reports Dr. Darlington, who completed his fellowship under Dr. Thomas Samuelson and Dr. Richard Lindstrom at the prestigious Phillips Eye Institute in Minneapolis, Minn.

"One of the most noteworthy benefits of this approach to pterygium management is that the associated rate of recurrence declines markedly to only approximately four percent," explains Dr. Darlington, chief of the cornea service at the Eye Institute for Medicine & Surgery.

To schedule an appointment with Jason K. Darlington, MD, or one of the other eye specialists of the Eye Institute for Medicine & Surgery, please call (321) 722-4443. Appointments can be arranged in Rockledge, Melbourne, or in Palm Bay.



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