

VIEWPOINT

FRIDAY, MAY 20, 2016 • MELBOURNE • WWW.HOMETOWNNEWSOL.COM • PAGE 6

Community Part II: Education

In part one of our three-part series on elder friendly communities, we talked about information and its importance to seniors.

We determined that there are many elder care programs in Brevard County, but they are not well advertised.

Therefore, the first step in becoming elder-friendly is telling people what is available.

Now, we will discuss the second step in becoming elder friendly – education.

To begin this task, we must become better informed about the pieces already in place. We can then develop any elements that are missing from the care equation. Once we put all this together, seniors can enjoy better quality of life while aging with dignity. So, what types of companies and individuals are necessary to an aging plan?

Two key ingredients are financial and estate planning. Many Floridians are in a second marriage, so tremendous assets are often involved in settling estates. Advanced documents such as a Durable Power of Attorney are a tremendous help, as is the advice of professionals such as Courtney & Braswell Financial Group and William Johnson, P.A.

With the recent changes in health insurance, more seniors need help finding an affordable plan that meets their needs.

The Florida nonprofit SHINE,



**PRESIDENT,
HELPING SENIORS
OF BREVARD**
JOE STECKLER

Serving the Health Insurance Needs of Elders, provides free counseling and information on Medicare and Medicaid. Insurance changes also have affected pharmaceuticals, causing many people to seek resources such as Canadian Meds of Melbourne for individual savings of 20-80 percent on prescription drugs produced in the U.S. but purchased through Canada.

As we age, we collect things.

Making the decision to downsize is difficult for seniors.

One company, Organized Creative Designs, can help you prioritize those prized possessions that will fit into a small living area.

HandyPro of the Space Coast, owned by a former engineer in the space industry, can help modify your home so it is safe for you to age in place.

Finally, Barbara McIntyre, a licensed Loan Officer with Reverse Mortgage Funding, can help leverage your existing equity so you can live more comfortably and with fewer financial constraints.

Should you need assistance in selling or buying a home, you can call on Wendy Handy of Dale Sorenson Real Estate.

There are many wonderful 55-plus retirement communities in Brevard, including The Waters in Melbourne Beach.

If it is time for you to move into assisted living, The Fountains of Melbourne, Riverview Senior Resort, Hibiscus Court and Zon Beachside are all wonderful assets to meet your new living needs.

Fortunately, for those who need eye, ear, and dental care, there are excellent local resources available including The Eye Institute, EarCare P.A. and Dr. Lee Sheldon, a periodontist and dental implant surgeon.

All of these providers have informative TV shows archived on our website www.helpingseniorsofbrevard.org.

For major medical services, my

See **SENIORS**, page 7

We did it!



Alex Schierholtz/staff photographer

Justine Benavides of Rockledge and Denise Fares of Melbourne show off the diplomas they received from Eastern Florida State College during spring commencement Thursday, May 12 at the Maxwell C. King Center in Melbourne.

Rants & Raves

Got something to say?

Email the Hometown Rants & Raves at brevnews@hometownnewsol.com or call (321) 242-1276.

Please limit your submissions to 250 words, so that we can include more entries.

Readers are asked to refrain from making slanderous or libelous statements.

Response to 'This is for the ladies'

I enjoy the Rants & Raves section very much, and I believe we all have the freedom of speech.

In this week's issue, I would like to comment on the one, "This is for the ladies."

I, too, am a 79-year-old lady, and had right knee surgery last year, so one can't always sit and turn as she suggested. I have to get in like a man. Ha! Ha! – Right

leg first, then after that, the rest of my body.

There are sometimes when one can't seem to please all.

Oh, by the way, I can't kneel in church either.

Thank you.

Using the handicapped parking places response

See **RANTS**, page 7

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MELBOURNE

Seniors

From page 6

hospital of choice has always been Wuesthoff. My doctors all have privileges there. One final stop is hospice care. VITAS hospice has a long record of friendly service in Brevard County.

These are all parts of an elder-friendly community. Once we are educated about available services, we will better meet individual care needs.

In part three of our series on elder-friendly communities, we will address connecting with these resources and how radio, television and print media contribute to an elder-friendly community. Knowledge is power.

Joe Steckler is the president of Helping Seniors of Brevard, a non-profit organization designed to advocate, educate, and fundraise on behalf of Brevard's senior citizens. Feel free to contact us at info@helping-seniorsofbrevard.org or calling (321) 473-7770.

Rants

From page 6

I'm responding to the rant about using the handicapped parking places.

The wheelchair symbol is for all handicapped persons, regardless if they can walk.

I have a handicapped tag, not asked (for), but recommended by my doctors.

Thank God I can walk. It may be slow and labored due to multiple back and neck surgeries. I also have epilepsy.

You can't just look at people not in wheelchairs and know whether they are having health problems that make it very helpful to take one of the spots. Maybe a person is undergoing chemotherapy and weak.

To just say that people aren't disabled because of a mental condition or a condition that makes you fall or many other reasons – some heart-related.

Referring to people as fat or old is not playing fair.

I salute you sir for your service to our country and your sacrifice.

Many times I don't use that handicapped space. On good days, I can walk and feel someone else would need that space more; but for me and others who aren't in a wheelchair or a walker, please don't make assumptions.

Thank you.

Election thoughts

I will soon be leaving your beautiful Melbourne area for home. Thank you for great service and no wet papers.

- Election thoughts for readers to ponder: You should vote for (Hillary) Clinton if you approve the following:

- It is OK to murder live, aborted babies and sell their body parts.

See RANTS, page 10

Adoptable Pet of the Week

NICK
is a 1 year old mixed breed

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South Animal Care Center
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321-253-6608

www.BrevardSheriff.com

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