



# 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.*

Greetings to all,

By the time you read this message, you may have received tickets for the Jaguar we are advertising on page 2. Many of you have been on my personal mailing list since I started as Director of the Alzheimer's Association East Central Florida Chapter in 1994. I have kept you on my list because you seem to care about the same causes I do. Since we

are all a little older, you may also support causes that assist the elderly. Most importantly, it is because of you and others who care that we have been able to help people over the years.

Throughout my military and civilian careers I have met many selfless and giving people. For example, a fine supporting cast is behind most military medals awarded to individuals. The same is true in the world of nonprofit fundraising. Although I led the effort to build three state-of-the-art dementia care centers in Brevard County, it took many fine staff to operate them and many donors to fund them. The same is true for Helping Seniors. We have come a long way since 2011, with a lot of help.

We can publicize the Jaguar, we can mail raffle tickets for you to buy, and we can tell you all about what we will do with the funds. Notice the many uses of the pronouns WE and YOU. It is like the chicken/egg syndrome, which comes first? Cutting through all the fine distinctions, know that if you donate money for car raffle tickets, Helping Seniors will do its best to share what you give us to help people.

The car raffle is significantly important to us for it will start our senior endowment. The endowment is badly needed if we are to make a real difference in the care of elders who need help they cannot provide themselves. Soon we will publish a schedule showing the location of the Jaguar over the next several months. If you know an event we can showcase the car, please call Kay at (321)473-7770. If you want tickets or want to help us conduct this event please call Kay too.

This fundraiser can be a huge success but we need your help. Help us to continue to help seniors in Brevard County. There is such a huge demand to help people in need!



# Helping Seniors Of Brevard

## WIN THE JAGUAR

To Benefit Helping Seniors of Brevard, Inc.  
A 501(c)(3) Nonprofit



A beautiful ruby red, lovingly cared for, very low mileage 1992 Jaguar XJS

## Support Helping Seniors

**Car Raffle: 1 ticket \$25 or  
5 tickets for \$100 Donation**

***See the Jaguar and  
purchase tickets at all six***



Visit: [HelpingSeniorsofBrevard.org/Gattos](http://HelpingSeniorsofBrevard.org/Gattos)  
for times and locations

**Or Call (321) 473-7770 For Tickets**

Drawing will be held December 3, 2016 at GATTO'S Tires &  
Auto Service located at 15 West Hibiscus Blvd. in Melbourne.

***Enjoy refreshments at 6 PM...Drawing at 7 PM***

*Need not be present to win*



## A Nutrition Counselor in a Dental Office?

*Dr. Lee Sheldon, DMD*

Charlotte came to our office a couple of months ago. Her teeth were rotting, she had periodontal disease, and her doctor said that her blood tests weren't right. She was overweight and wanted to do something about it.

I gave Charlotte a test to determine the acid level of her saliva. She tested high, too much acid. Acid comes from a lot of things, not just sugar. Of lot of meat will cause saliva to be acidic too. And medications? Over 500 of them cause dry mouth. A dry mouth is an acidic mouth.

But there's more to bad health than even that. We have misconceptions on what is good for us because of what we see and read in advertising. Diet sodas not only have no nutritional value, there is evidence that they make us ingest more calories. Low fat foods? Many of them substitute refined carbs for making them worse than the fat. Sugarless anything? Sugar is not good for you, but sugarless foods are just as bad.

The patient saw our certified nutritional counselor, Lisa. There she went over her lifestyle, what she eats and why. The counseling does just tell you what is bad for you. It goes over your desires, your habits, and tailors what you want to a nutritional lifestyle that you can live with. The results? Her doctor is reducing her medication. She has lost 25 pounds. She feels better. And I guarantee you, her teeth will last longer as well.



**The Dental Experience**  
Guest: Dr. Lee Sheldon



## A Healthier Diet May Preserve Your Hearing

*Dr. Cowan-Oberbeck  
Audiologist  
EarCare P.A.*

It's well known that healthy eating habits can promote better overall health within the body, as well as alleviate a number of diet-related illnesses and diseases. According to a new examination of the eating habits of 2,366 National Health and Nutrition Examination Survey participants, those who eat more fruits and vegetables might also have better hearing – even if they're exposed to more noise.

"It's very rare to reverse or heal hearing damage, but there are many correlations between a healthy diet and healthier overall hearing," says Dr. Cowan-Oberbeck. "Diets high in folic acid and leafy green vegetables, which offer a number of vitamins and minerals, certainly seem to have a positive effect on hearing health."

The study, which was performed by University of Florida Health researchers, found that those who scored higher on the USDA's Healthy Eating index but also had higher levels of noise exposure actually had hearing comparable to that of people with lower noise exposure but poorer diets. This suggests that a better diet may have protective effects on the delicate inner ear structures that, when damaged by loud noise, can suffer permanent hearing loss.

"Hearing loss is usually permanent, so it's to do things that protect the hearing you have," says Dr. Cowan-Oberbeck. "Hearing loss can ultimately lead to a faster mental decline, so making positive dietary changes will probably be good for more than your hearing – it'll be good for your body and brain health as well."

Further questions regarding hearing health and to schedule your hearing exam call one of Audiologist Karen Cowan-Oberbeck's EarCare P.A. office locations. Hours are 9 AM-5PM Monday-Friday: Suntree (321) 752-4552, Merritt Island (321) 452-9131, or Indian Harbour Beach (321) 777-7113.



## Feature Article

### Can I Get Help With My Part D Prescription Drug Costs?

Lance Jarvis



Medicare beneficiaries who meet certain income and financial asset limits may qualify for a program run by Social Security that helps pay for prescription drug costs. This program is called **Extra Help** or the Low Income Subsidy (LIS). Medicare says that about 1 in 3 beneficiaries are eligible for this benefit.

If your income and assets are limited most of those who qualify will pay no more than \$2.95 for generic and \$7.40 for brand name prescriptions that are on their plan's list of covered drugs and purchase them at a pharmacy in the plan's network.

Individuals in the **Extra Help** program do not have a drug coverage gap (donut hole). Most will also qualify for a Part D prescription drug plan with no monthly premium cost to them. **Extra Help** benefits are based on the level of financial need and also work with Medicare Advantage Plans.

#### Who Qualifies for Extra Help?

In 2016 a single person with less than \$1,485 in monthly income (\$2,003 for a married couple) and up to \$13,640 in financial resources (\$27,250 for a married couple) is eligible for **Extra Help**. These limits can change manually. How Do I Apply for Extra Help?

There are several ways to submit an application which can be submitted at any time:

- ★ Go to [www.ssa.gov](http://www.ssa.gov) and apply on-line or call them at 1-800-772-1213
- ★ Call Brevard SHINE at (321)752-8080 and a SHINE counselor will send you an application
- ★ Go to a Social Security Office and request a SSA-1020B form.

## About SHINE

SHINE is an award-winning statewide volunteer program that provides free, unbiased, and confidential counseling and information for people on Medicare, their families, and caregivers. SHINE is a program of the Florida Department of Elder Affairs and is administered in partnership with the state's 11 Aging and Disability Resource Centers (ADRCs). In Brevard County, our ADRC is the Senior Resource Alliance located in Orlando. To contact a SHINE counselor for unbiased assistance, call the Elder Helpline toll-free at 1-800-963-5337 or locally call 321-752-8080.



**Brevard SHINE**  
Guest: Lance Jarvis



Lance Jarvis has done numerous radio and television shows with Joe Steckler. He also has contributed excellent articles in Helping Seniors of Brevard's newsletter.

All of all of our articles and radio and television shows are archived on our website [www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org). You can also follow us on



**Make the call!**  
You may be surprised how many resources may be available to you!

**If you are a SENIOR searching for assistance in finding services for: Health, Household, Financial, Legal or Other Needs CALL:**  
**(321) 473-7770**



## Therapy Dogs

*Elaine Deremer Cook*  
*HandyPro of the*  
*SpaceCoast*

Our community is made up of people going through stressful changes and transitions. There is an organization that can provide a calming factor as each of us proceeds through these transitions. This is the job of the Therapy Dog organization which is well represented by the HandyPro Hounds Therapy Dog Club founded and sponsored by HandyPro of the SpaceCoast.

Therapy Dogs provide a nurturing and calming influence on people and provide support to those that need that helping hound. What specifically does a therapy dog do? They are there to help calm the nerves so that thought and language can once again come through.

There was a family that was contemplating the possibility of having their parents move into an assisted living facility. The mother Joyce, was diagnosed with dementia and was unable to drive to social interactions resulting in depression. We were invited in and brought Therapy Dog Novi. Joyce started massaging her coat and after a few seconds was able to form words and express how she wanted to have a social life again.

Next came Karl's turn to speak and he poured out his frustrations. Novi was at his side too. He wanted to be able to play more golf, but his responsibilities were becoming too much.

Though the children found this discourse very hard, they did note that with Novi's help they felt better and could reason with their parents. Today the parents are living in an assisted living facility and enjoying life.

Therapy Dogs are a necessity when people have hard choices to make and the emotions and frustrations are overwhelming. With a Therapy Dog by their sides, people can calm down and see above those frustrations to find the next path in their life adventure. Contact Elaine at (321)208-7989 or email:

[ecook@handypro.com](mailto:ecook@handypro.com) for more information.



## When is it time to consider hospice?

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

Many terminally ill patients struggle with the question, "When is the appropriate time to consider hospice? VITAS Healthcare, the nation's leading provider of end-of-life care, recognizes the importance of preserving quality of life when a person has been diagnosed with a terminal illness.

Often times, many families wait until the final days before enrolling their loved on in hospice. Many of us hesitate to talk about death, but having the discussion makes our end-of-life wishes known to the people who care about us the most. Hospice has a special way of caring for patients and VITAS believes it is beneficial for patients and families to have early access to the comfort hospice providers.

When determining whether or not it's time for hospice, consider the following questions:

- \* Have you been diagnosed with a terminal condition?
- \* Despite having good medical care, have your condition(s) and symptoms progressed to the point that they cannot be adequately controlled?
- \* Have you experienced multiple hospitalizations, emergency department visits or repeated use of other healthcare services?
- \* Has the attending physician or specialist said there is nothing more that can be done to slow or cure the condition?
- \* Do the side effects of medical treatments hinder your quality of life?

Hospice care is available to anyone who has been determined by their physician to have six months or less to live. VITAS cares for patients of all ages with a wide range of life-limiting illnesses like cancer, heart disease, stroke, lung, liver and kidney disease, multiple sclerosis, Amyotrophic lateral sclerosis, or ALS, and Alzheimer's among others. For more information call VITAS Healthcare at (321)751-6671.



## New Glaucoma Surgery

*Jason K. Darlington, M.D.  
The Eye Institute for  
Medicine & Surgery*

A new surgery for glaucoma is now available at The Eye Institute for Medicine & Surgery. Using a device called the **Kahook Dual Blade**, glaucoma specialist Jason K. Darlington MD, is able to improve fluid drainage inside the eye to lower intraocular pressure and preserve the health of the optic nerve. The outpatient procedure is minimally invasive and takes less than 15 minutes.

"I can easily perform the surgery through a micro-incision, which is what makes it minimally invasive," assures Dr. Darlington.

"This is a very good procedure for patients who have a diagnosis of glaucoma and are undergoing cataract surgery. It can be done at the same time," he adds. "Afterward they are likely to need less glaucoma medication or be off their medication entirely."

The Kahook procedure is also an alternative for glaucoma patients who have developed allergies to eye drops for glaucoma or aren't responding adequately to medications.

"If someone has tried all the medicated drops available and they haven't responded, instead of having a more invasive surgery, this minimally invasive procedure can be done first," says Dr. Darlington. "It can be a safe, alternative way to control glaucoma."

To schedule an appointment with Dr. Darlington for consultation at The Eye Institute for Medicine & Surgery, please call (321)722-4443 or visit [www.SeeBetterBrevard.com](http://www.SeeBetterBrevard.com).

Appointments are available in his Rockledge, Melbourne and Palm Bay offices.



## JUNE is National Safety Month & The Start of Hurricane Season

*Jennifer Helin  
Seniors Helping Seniors*

Did you know that June is National Safety Month? Coincidentally, here in Florida, June is the official start of hurricane season as well. It's a great time to make a plan and be prepared. Are you ready for a hurricane? Water, generator, batteries, flashlight, oh my. For a senior, a generator might be a little more than they care to handle. An evacuation plan would be your best bet. Do you know where you are going and how you are getting there? What will you take with you? Beyond your toiletries and clothes, you should make sure you have at least a week's worth of medication and any necessary medical equipment. Also take a brief medical history and important paperwork like insurance and identification. If you have dietary restrictions be sure to take at least three days of food, some snacks and water to make sure that you are getting proper nutrition while you are away from home.

Unsure of where to go or how you will get there? You may want to plan on a local emergency shelter. Primary shelters do not provide cots so be sure to bring your own bedding. There are special needs shelters in the area and transportation can be provided but make arrangements in advance through Brevard County Emergency Management's Special Needs Shelter and Transportation Services.

If you live near a senior, please check in on them to make sure they have an evacuation plan. Please don't assume. We have many seniors in the area whose family live far away and can't help in the case of a hurricane. Let's hope for an uneventful hurricane season, but let's be prepared just in case. **Brevard County Emergency Management Services** call (321)637-6670 or <http://www.brevardcounty.us/EmergencyMangement/Preparedness>





**Nursing Home  
Regulation Update**  
*William A. Johnson, PA*  
*Elder Law Attorney*

It is expected that sometime this fall, the Federal Government will issue a major re-write of the rules governing nursing homes. This will be the first major overhaul of the existing rules since 1991. A proposed rule was published last year and after the comment and rule-making period, the final rule will be issued. The proposed rule consists of 403 pages and governs everything from the use of antipsychotic medications to food selection and eating times to the selection of roommates by patients. This massive rewrite will modernize nursing homes.

Back in 1991 when the original rules were written, electronic communication wasn't even considered! The new rules will focus primarily on assuring quality and safety, improving performance, stopping infection and readmissions and clarifying ethics. Some parts of the rule have been challenged. For example, the requirement that a physician see a patient before a discharge occurs has been viewed as too onerous by the nursing home lobby. Also, some rules governing how payment for services works might become unwieldy. For those of you who are interested, the proposed rule can be downloaded at <https://s3amazonaws.com/public-inspection.federalregister.gov/2015-17207.pdf>. Nursing home administration and staff will be very busy over the next several years implementing all of these changes once the rule is finalized.



**Hospital Patient / Caregiver  
Experience**  
*Jacqueline Esterline*  
*Levin Home Care Nurse Registry*

Hopefully as you read this, you will not have had a hospital experience where your outcome path was being facilitated by a "this is the next step" attitude before questions are asked to determine home environment and or financial environment.

Hospitals (case managers/discharge planners) are tasked with controlling the movement of the hospital. If you have ever been in the ER and told you are being admitted only to wait hours to be placed in a room you know what I am talking about. A room must become available in the area that you need to go putting pressure on the case managers to discharge at times as quickly as possible.

Most recently my own experience with this situation occurred when a family member was in a situation where they had a very serious painful injury requiring quite a bit of pain relieving medication which had a significant effect on his ability to make good decisions about the safest next step.

I walked onto the floor after the surgery had been done expecting to have a conversation with the surgeon and case manager about the next step only to find that the wheels were already in motion for discharge to home being planned. The surgeon had walked in and discussed everything with a person so medicated they could hardly stay awake and appropriately focus on how safe this would be.

The surgeon and case manager did not ask if there would be anyone home to help – they did not ask if a wheelchair would work, they did not ask – they did not ask.

Bottom line...you should always have an advocate, trusted friend, second set of eyes and ears, caregiver or family member listening to the plan and asking questions. Don't be afraid to question the plan. By questioning you are helping everyone.



# Helping Seniors Of Brevard



**AM 1060 WMEL**  
**Salutes Joe Steckler**  
*John Harper*  
*Owner/President*

Joe Steckler has been the host of **"Helping Seniors of Brevard"** heard weekly on WMEL Talk Radio AM 1060 and worldwide at [www.1060wmel.com](http://www.1060wmel.com). The program airs at 1:00 PM to 2:00 PM every Thursday.

Joe's program has become one of our most popular talk shows based on listener comments and our ratings as well.

Joe Steckler's show reaches more than ten thousand listeners each week with the demographic breakdown of men and women 45+ to 65+.

In our ongoing research regarding trends in talk radio, Joe Steckler's show is the only one of its kind in Florida and through the country as well.

WMEL Talk Radio is proud of our involvement with Joe Steckler as we know his show is touching and helping the lives of seniors and caregivers alike.

In the truest sense of helping, Joe Steckler and his weekly talk show helps to make a difference in the lives of our senior population and caregivers alike.

I can't begin to express how proud I am of Joe Steckler and his show **Helping Seniors of Brevard** each week on WMEL Talk Radio and always online. Be sure to set your radio dial to AM1060 WMEL each Thursday at 1:00 PM for a most informative radio show you won't want to miss!



**Helping Seniors of Brevard, a nonprofit 501 (c)(3) was created to allow SENIORS and CARETAKERS a place to call for improving the quality of life through the provision of information, education, and resources.**

*It is especially important to know that Helping Seniors of Brevard was designed to "complete" the care equation, not to "compete" with existing care organizations. **Call: (321) 473-7770***

## *Our Underwriters:*

Al Dia today

[www.aldiatoday.com](http://www.aldiatoday.com)

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Clear Channel Outdoor

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Courtney & Braswell Financial Group

[www.courtneybraswellfg.com](http://www.courtneybraswellfg.com) 321-735-4994

Ebony News Today

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Ear Care

[www.earcare.net](http://www.earcare.net) 321-252-4685

Handypro of the Space Coast

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Hometown News

[www.hometownnewsol.com](http://www.hometownnewsol.com) 321-242-1013

Kindred At Home

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Levin Home Care Nurse Registry

[www.levinhomecare.com](http://www.levinhomecare.com) 321-768-0958

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Senior Scene Magazine

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Seniors Helping Seniors

[www.seniorcarebrevard.com](http://www.seniorcarebrevard.com) 321-722-2999

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Spotlight Magazine

[www.spotlightbrevard.com](http://www.spotlightbrevard.com) 321-961-3636

The Eye Institute

[www.seebetterbrevard.com](http://www.seebetterbrevard.com) 321-722-4443

The Fountains of Melbourne

[www.kiscoseniorliving.com](http://www.kiscoseniorliving.com) 321-473-9494

VITAS Innovative Hospice Care of Brevard

[www.vitas.com](http://www.vitas.com) 321-751-6671

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Wuesthoff Health System

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Zon Beachside Assisted Luxury Living

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