



# 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,

Most nonprofits, at some point in their existence, must ask their donors, their readers, and just about anyone they can think of for help. We are at that point in our existence. On June 13 we learned that the Brevard County Community Block Development Grant program turned down our request for \$25,000 to help fund an expansion of the Information

Specialist program. Building new programs to help people is never easy, but when these programs serve some of the frailest, it is beyond my ken why help is denied. Such action only strengthens my resolve to appeal to you and those who serve the elderly for financial support.

Asking for donations is never easy, but it is necessary. Our raffle of a 1992 XJS V 12 Jaguar is one way we are attempting to build a financial reserve so we can hire an Executive Director. I can then serve as President of the Board of Directors while we hire and train the person who will take my place. Serving as the Director of Helping Seniors is a full time task – I assure you – and needs a person of lesser years than me. I will continue to help, but want you to know that we are seeking a person and at the same time doing all we can to promote ticket sales for the Jaguar.

See page 2 for details of the raffle and become involved, as this is also your organization. One board member asked what we have to do to make everyone aware of the fact that seniors have unmet needs just like the homeless and the hungry do. For years I have been involved in television, radio and printed media. However, word of mouth is equally important. At the same meeting where we were denied county funding, the director of another program asked me if what I said was true: that widows of WWII, Korean, and Vietnam veterans who had not remarried were eligible for a Veterans Aid and Attendance benefit. I said yes, and she was amazed but quite pleased to acquire such knowledge. She had missed out on about \$80,000 because she was not aware of the benefit.

Knowledge is power, and the information and education provided through our newsletter and resources are so important to all seniors and those who care for seniors. Help up become independent of funding resources that simply do not seem to want to help us. We will appreciate your help and you might be amazed at what a combined effort can do to make us a leader in the county to promote better senior care. Together we can accomplish this goal.

## 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*



## Are Dental Implants Always the Answer?

*Dr. Lee Sheldon, DMD*

What a strange question coming from someone who has been doing implants for thirty years. But I am so concerned that I need to write this column.

When I was I practice early in my career, we had the denture mills. What were the denture mills? They were larges offices where people could go to have their teeth extracted and have dentures made all in the same day. Some denture practices such as that still exist today. These are a necessary adjunct for those people who have no options to save their teeth.

I can't tell you how many patients come into our office every year stating that they want their teeth out. And I can't tell you how many times that we come up with solutions that are more comfortable and less costly than the full extraction route.

Fast forward to today. Now there are dental implant centers that do only one thing, take your teeth out and put in implant supported teeth. They are the new denture mills. The ads look nice, and frankly that service is a great service for someone who needs it. We've been providing the same service for years, and the patients who need it are very happy.

But if you go to a denture mill you are likely to be given one choice, dentures. And when you go to a dental implant center, you're also likely to get only one choice, dental implants. And that's a shame. Because if your teeth can be predictably saved, that is often a better, and more predictable long-term option than dental implants. And as good as the advertising is, dental implants have problems too. They have to be maintained and cleaned just like teeth need to be cleaned. And dental implants can fail as well. So from one who is known for dental implants, don't assume that dental implants are the only answer.



## Local Audiologist Combats Hearing Loss Stigma Head On

*Dr. Cowan-Oberbeck*

*Audiologist  
EarCare P.A.*

A study released September 17, 2015 by the Centers for Disease Control (CDC) and Prevention's National Center for Health Statistics (NCHS) breaks down the prevalence of hearing loss in people of different sexes and ages, as well as whether they are choosing to do anything about it. In response, Dr. Catherine Cowan-Oberbeck of EarCare, PA is focusing her efforts on increasing the community's awareness around protection from, prevention of, and treatment for hearing loss.

"We're looking to change the stigmas around hearing loss by educating people on the latest in hearing protection and technology, the different ways hearing loss can happen, and how it affects their overall well-being. Right now it's seen as something only the elderly experience, but everyone is at risk for hearing damage. From teens who listen to their headphones at a certain volume to those who work with loud machinery – wherever loud noise happens, hearing loss can too," says Dr. Cowan-Oberbeck.

"Studies continue to show that hearing loss is connected with a person's physical, emotional, and mental well-being due to difficulties like socializing at work, with friends, and loved ones," says Dr. Cowan-Oberbeck. "Typically, we don't see the people who are experiencing this until they have no choice but to do something about it, which, along with this study, proves the need for community education around hearing protection and prevention options."

"We want to help everyone hear better, which will in turn help them enjoy the things they love for longer. From listening to their favorite musician live to hearing in class and never missing a moment at the dinner table: Hearing is so important for our overall health and happiness," says Dr. Cowan-Oberbeck.



## Feature Article

**There Is An Effective Solution for Neuropathy!**  
*Timothy Bortz, DC*  
*Executive Medical Director*  
*Neurogenx NerveCenter of Rockledge*

Neuropathy is the tingling, burning, pain and numbness in feet and hands caused by nerve damage due to illnesses such as diabetes; chronic nerve conditions such as fibromyalgia and carpal tunnel syndrome; chemotherapy and trauma, among many other things. It affects nearly 30% of Americans over the age of 40 and can make it hard for people to do every day things such as brush their hair or take a walk.

Traditionally difficult to treat, patients often go without relief for the painful symptoms or must cope with the side effects of serious prescription medication in order to make the condition tolerable. Neuropathy often causes chronic pain, changes in sensitivity to hot and cold, reduced strength and dexterity, loss of reflexes, sleeplessness, loss of balance, falls and injuries that don't heal. In addition, neuropathy is usually progressive-it gets continually worse over time. Sadly, it's common for patients to go from one doctor to another in search of an answer.

The Neurogenx Treatment changes all that. It provides excellent long-term results, eliminating or significantly reducing neuropathy symptoms in more than four out of five patients. Regardless of your age or how long you've struggled with neuropathy. Neurogenx has the ability to improve your condition.

The treatment is non-surgical and non-narcotic. Neurogenx uses cutting-edge Electronic Signal Technology to safely transmit electronic signals to the body's deep tissues. The electronic signals eliminate pain and promote healing by creating change at the cellular level. Treatment:

- ★ Increases cellular metabolism
- ★ Promotes cell membrane repair

- ★ Normalizes cellular pH balance
- ★ Removes excess fluids and waste products
- ★ Reduces swelling and pain
- ★ Encourages cellular healing
- ★ Encourages cell function

There is growing scientific evidence that the Neurogenx technique does more than manage neuropathy symptoms-it enables the nerve cells to regenerate, providing healing and the restoration of nerve function. The Neurogenx technology is patented and FDA-cleared as the only device of its kind.

Neurogenx has been used by hundreds of physicians nationwide with dramatic results: in some cases, patients who have used wheelchairs or canes for years due to pain are able to walk unaided; others report being able to feel sand, waves and grass under their feet for the first time in years. The results can truly be remarkable.

Sometimes people are skeptical that electro-medical therapy can have such a profound impact on the body. However, remember that the body is a bio-electric organism—and nerves are special cells that transmit electrical impulses between the brain and our muscles. With that in mind, it's easier to understand that supplying the right kind of additional energy can help malfunctioning nerve cells get back online. Finally, new scientific evidence says malfunctioning nerves are not always "dead"—but can be "hibernating," waiting for help to heal. Neurogenx delivers the help that's needed.

If you would like to learn more about how we can help you find relief and recover your life, free from neuropathy symptoms, without pain or dependency on medication, please contact us at (321) 222-9370 to arrange a free consultation.

**NEUROGENX**  
**NERVECENTER**  
*Rockledge*

*Neuropathy & Chronic Nerve Treatment*



## Downsizing Your Home? Professional Organizer to the Rescue!

*Carla Pickerill  
Organized Creative Designs*

When the difficult decision is made to downsize your home, the job can be daunting.

### Where do I start?

Whether moving to a smaller home to live independently, or to an assisted living facility, the questions regarding what to keep, offer to family, sell, donate, or recycle need to be carefully considered.

- Which furniture should I take?
- Which "Treasures" should I take?
- How am I going to fit all this stuff?
- How am I going to get through this?

A Professional Organizer (P.O.) can take the stress out of the situation by asking specific questions, incorporating unique storage solutions to maximize space, and develop a plan to ensure the senior is comfortable in their new smaller home.

Which furniture pieces do you love and must have? The P.O. can develop a detailed floor plan of the new home to ensure that the furniture can be accommodated.

Which treasures are must haves? Each individual item can have a memory and the disposing of it can be agonizing. The P.O. can ask specific questions that can make the decision easier, such as: "Do you absolutely need this specific item? Have you considered giving this item to a family member or favorite charity? Would you like to make a shadow box with items that remind you of special times?"

Over the years, a home tends to get filled with items that are old, never used, or even forgotten. Sorting and purging through these items need not be tedious. Lastly, you know you are moving into your new home. Allow the P.O. to assist in decorating and organizing to make your new home manageable.



**Questions?  
Call me at:  
(321) 431-9664 or visit:  
[www.oed-organizer.com](http://www.oed-organizer.com)**



## Prepare Before a Healthcare Crisis Arises

*Kathleen LaPorte  
VITAS Healthcare  
Senior General Manager*

For many people, one of the most difficult conversations they'll have is discussing their end-of-life care wishes. As the nation's leading provider of end-of-life care since 1978, VITAS Healthcare recognizes the importance of planning ahead and letting your wishes be known before a healthcare crisis arises. Consider the following tips as you explore your end-of-life care options.

**1. Start the conversation.** At VITAS, we believe the best way to get others to discuss their end-of-life care wishes is to do so yourself. A good resource to get started is by visiting Five Wishes at

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

**2. Know your options.** Hospice is about choice-giving people the ability to decide where they want to die, and to do so with dignity and comfort. Hospice focuses on the patient, not the disease, and is tailored to the needs of each patient and family. It includes expert pain management by treating physical symptoms, while providing emotional and spiritual support.

**3. Document your wishes.** It's best to document your desires and care goals-including funeral and burial preferences-into advance directives by establishing a living will or appointing a healthcare power of attorney to ensure your end-of-life care wishes are honored. The benefit of early documentation is that it prevents questions later about whether you were of sound mind to make the decision in the first place. It's also important to keep in mind these directives cannot be made after you become incapacitated.

**4. Organize your finances.** Gather your financial information and identify a responsible person to take over in the event of an emergency.

**5. Identify key people.** Make a list of key people who should be notified.



## Thinking About Selling or Purchasing?

*Debi and Joe Roth  
Veterans Realty of Brevard*

Brevard County natives, Debi and Joe Roth, with over 35 years of real estate experience in both Florida and New York, opened Veterans Realty of Brevard to offer discounts to Veterans, Seniors, and Neighborhood Heroes (Police, Fire, Medical and School Teachers).

If you are buying, we can purchase your home inspection or a home warranty for you. If you are selling, we can rebate 5% of the office commission back to you or donate as much as 10% of the office commission to the church or charity of your choice.

Computer savvy or not, we are willing to help seniors who may need extra assistance. Often, when people are given or left a property, they either don't want it or it becomes a burden to manage. We have buyers who are ready, willing, and able to buy now. We sell properties quickly for more money and less hassle. We also have lenders wanting to lend on all types of properties.

Are you not sure how to get a property ready to sell? We can help. Some ask if they need an attorney to buy or sell a property. In Florida because we use title companies and their attorneys to transact properties, generally you don't need attorneys however, if you have assets of or close to one million, we suggest you have an attorney review the transaction.

Please feel free to call (321) 868-1833 for any questions you would like answered.



Did you know all Helping Seniors of Brevard's radio & tv shows, plus printed materials are **archived** on [www.helpingseniorsofbrevard.org?](http://www.helpingseniorsofbrevard.org?)

*Also:*



## Under-Known Our Volunteers

*Joe Steckler, President  
Helping Seniors of Brevard  
(Mrs. Terry Steckler, seen left)*

Many of us forget that we have a partner in all we do. A partner we most often take for granted, but whose wisdom and support ensure that our endeavors will be successful. We truly are not the super persons we think we are or would like to be without their encouragement. This column then is about the other half of my team that is quite under mentioned, in this case, my wife Terry.

After 38 years of military service and 28 years of a civilian career, I am now more aware of the part she has played in my "successes." Too often before, I failed to remember that my ideas were not really mine alone, that Terry was my silent and at times, my vocal partner. So I will venture to say that I, like many others both male and female, did not truly appreciate the major part my partner played in almost all I accomplished.

It is easier to write about the second half of my life, in particular the aging part. No one likes to admit they are aging, but I am most fortunate to have a partner who has assisted and complimented my own aging process. A great fun part of this stage of life is that we have done it together. Many of the titles for my radio broadcasts, television shows, and articles have come from a discussion we have had or a project in which we have been involved.

Not all have had the benefit of a wise and insightful partner. However, it has been my privilege to have a person who has supported me in all my causes, even when it has been a challenge to move forward. Most males like to think they are the "he man" in the marriage, but I have to say I have a partner equal to most any challenge. Aging is difficult at best, but in my case, I have been privileged and blessed to have a wonderful partner. Take a moment and think about yours!



## Estate Planning for Your Pets

*William A. Johnson, PA  
Elder Law Attorney*

Americans love their pets! There are 71.1 million households in the United States with at least one pet. Pet ownership comprises some 74.8 million dogs, 88.3 million cats, 13.8 million horses and millions of other birds, reptiles, and fish. But what happens to these beloved pets when their owners pass away? Hopefully, they are placed in another loving household. However, many times they end up in shelters, or, worse yet, are euthanized.

Most Floridians are unaware that under Florida Statute 736.0408, you can create a trust that can be used to take care of your pets in the event that you pass away. You can nominate a trustee to manage the care and allocate the resources for the benefit of your pet. If the trustee isn't taking care of your pets, then they can be removed and another trustee appointed. This is a much better arrangement than just leaving your pet or pets to an individual and hoping they take care of them. Furthermore, this arrangement makes them accountable for how the money is spent. Otherwise, if you just leave someone a lump sum of money, Who is to say they spend it on your pet?

We all love our pets dearly. Please make a plan for their future if something should happen to you.

Please Don't  
Forget About Us!



## Are You a Member of the Sandwich Generation?

*Beth Courtney  
Courtney & Braswell Financial Group*

So, you have senior parents whom you're helping to provide care for—and maybe you still have kids at home, or you're assisting your grown children. Ever feel like you're in the middle? If so, it's probably because you are! You're officially a member of the "Sandwich Generation!" Welcome aboard!

Who commonly finds themselves "stuck" in the middle of the Sandwich Generation:

- \* 46-57 years old
- \* Female (3 out of 5 caregivers)
- \* Married
- \* Employed, or an entrepreneur—they spend 20+ hours of their week caregiving
- \* Some college education—but it also affects people who don't fit those statistics

And, here are a few stats from [longtermcare.gov](http://longtermcare.gov) about the people they're caring for:

- \* Someone turning age 65 today has almost a 70% chance of needing some type of long term care services and support in their remaining years
- \* Women need care longer (3.7 years) than men (2.2 years)

Here are a few things to keep in mind:

1. Explore local resources
2. Engage a professional who can help you avoid missteps: Estate planning attorneys, accountants, professional guardians, bankers, and financial advisors.
3. Remember that this is tough on your loved ones too.
4. Be intentional about being grateful
5. Try to collaborate with your family members and keep the lines of communication open.
6. You don't have to do this alone!
7. Take care of YOU! Many caregivers feel guilty about taking time out for themselves but this is critical



# Helping Seniors Of Brevard



**Veterans With Multiple Sclerosis**  
*Dennis Vannorsdall*  
*Brevard County Veteran Service Officer*

The VA provides health care services to Veterans with MS from the time of diagnosis throughout their life, whether or not they have a service connected status.

If an individual had symptoms of MS in the military, or within seven years after honorable discharge, he or she may be eligible for service-connected disability. If this is the case, the Veteran should complete the Veterans Application for VA Compensation.

Nonservice-connected status refers to Veterans who have a disability or health issue that is not related to their military service. Veterans diagnosed with MS after the presumptive period of seven years could be eligible for VA benefits under the nonservice-connected status. Medical care for eligible Veterans with MS includes disease modifying therapies, other medications, physical and occupational therapy, and health care services and medical equipment.

The VA offers a variety of medical and support services and programs for people with MS. It is important to contact your local VA medical center social work department and review your eligibility. The VA provides Patient Advocates to help with this process and you can always contact your County Veteran Service Officer or one of the Veterans Service Organizations like Paralyzed Veterans of America, United Spinal and Disabled American Veterans for additional support. For more information, please call the VA at 1-877-222-VETS (8387), or you can contact my office at (321) 210-2012.



## Our current underwriters include:

Al Dia today

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

Barbara McIntyre, CSA-Home Equity Retirement Specialist  
321-698-4739

Brevard Chiropractic & Injury Center & Neurogenx  
NerveCenter of Rockledge

[www.neurogenx.com/rockledge](http://www.neurogenx.com/rockledge) 321-586-2240

Canadian Meds of Melbourne

[sales@canadianmeds-melbourne.com](mailto:sales@canadianmeds-melbourne.com)

321-574-6976

Cobblestone Real Estate (The Waters)

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Courtney & Braswell Financial Group

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