



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.

Dear Friends,

We now have talked about our need to sell Jaguar tickets in three issues of Senior Scene and other media resources. It is one thing to talk and another to cause the rubber to meet the road. The return from the initial mail out, were it equaled by the promotion through other resources, would have enabled us to be off to a better start. To be

Successful to the degree needed will require an effort from all. We are selling tickets but need to do better and to do that will require more of us to step up to the plate and swing a big bat. It is not difficult to sell the tickets but it does take your willingness to be actively involved. To either purchase or sell tickets all you need to do is call Kay at 321-473-7770. To build an operating and endowment fund will require a major effort from all. We can do it if we pull together, and I ask all to help.

The original mission of Helping Seniors to inform, educate, and connect seniors and those who care for them remains the same five years later. We have been incorporated since July 2011 and fully operational since August 2014. More people are learning that we are designed to complete the care equation, not compete with others. We equally believe that local, state, and federal dollars should be used for the purpose intended. To ensure that happens we have an active Advocacy Council that in its first year of existence submitted a paper to the Brevard County Board of commissioners supporting development of an Aging Plan. The current effort of the Council is to address the alignment of Brevard County as an elder friendly community.

Regardless of whether it be developing an Aging Plan, identifying the true meaning of an elder friendly community, or advocating for better treatment of elders in recognition of their financial support to the county, all are important. The success of the Jaguar raffle is equally important to funding this organization so that the work we have started will continue. I look forward to a community effort in our work. Thank you.



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
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



The Fundamentals of Beauty

Dr. Lee Sheldon, DMD

You look at someone. You say, "She's beautiful." "He's handsome." Is this beauty just in the eyes of the beholder? Well, to some degree, the answer may be yes, but there are defined proportions that we can use to predict and determine beauty. Yes, beauty can be measured and yes, that is physical beauty. Inner beauty is something else.



I'll leave the entire face to the plastic surgeon. Let's talk about dental beauty, the smile.

Here are the areas that the dentist uses to help establish, or reestablish, the beautiful smile.



1. The "Golden Proportion" The smile can be measured by relative tooth size. When we look at our patients, or when you look at someone else, the width of one tooth

to the next is critical. As you look at this picture, notice the relative widths from central incisor, to lateral incisor, to canine. Note that these widths are not the actual widths. They are the visual widths, the width that another sees when looking at you directly.



2. The smile line. The smile line of the upper teeth should correlate and be relatively parallel with the lower lip line when smiling.



3. The Buccal Corridor— Buccal means "cheek." The corridor is the area between the back teeth and the corner of the lip. We want the buccal

corridor to be filled with teeth rather than having a black space in that area.

Allow us to help you achieve a beautiful smile. Call: 321-369-9788 or visit us online at: www.drleesheldon.com



The Heat is On!

*Jennifer Helin, Owner
Seniors Helping Seniors*

Dehydration is a common and serious condition that affects our seniors. Dehydration can promote urinary tract infections, mental confusion, and a risk factor in infectious diseases, kidney stones, and stroke, as well as other health related issues.

As people get older kidney function declines and they no longer feel thirsty. Typical signs of dehydration are often not present so we need to be observant. According to the Cleveland Clinic, watch for: fatigue, loss of appetite, flushed skin, heat intolerance, light-headedness, dark colored urine, and a dry cough.

We should all be drinking more water and encouraging our seniors to do the same. It's not always as easy as it sounds, so here are a few ways to sneak some liquids in:

- ▶ Drink water together. People drink more when it's social. Pour yourself a tall glass and hand your receiver one as well.
 - ▶ Don't ask if they are thirsty, just hand them the glass. "Here's a refreshing glass of water for you."
 - ▶ Try using a special glass for water, slice fresh fruit or try a splash of juice for a little extra flavor, put a container in the fridge as the daily "goal."
 - ▶ Serve fluids in the form of watermelon, strawberries, cucumbers, celery, lettuce or soups.
 - ▶ Try alternatives to water like skim milk, coconut water, or a smoothie.
 - ▶ Stay away from caffeinated beverages!
- Educating seniors and their families is also important. Sometimes a personal story is helpful. Here's to hydration, a free, non-prescription easy way to better health!



Feature Article

Laser Procedure Can Eliminate or Reduce the Need for Costly Medication

*James McManus, MD
The Eye Institute for
Medicine & Surgery*



When computer programmer Kevin Gray needed a new pair of glasses, he got more than an updated prescription when he visited an optometrist. A routine exam revealed elevated pressure within his eyes. It was the first clue that he might have glaucoma, an eye disease that can cause irreversible vision loss if left untreated.

Kevin no longer needs expensive eye drops for glaucoma. The optometrist referred Kevin to glaucoma specialist James McManus, MD, at The Eye Institute for Medicine & Surgery. After more testing, Dr. McManus confirmed Kevin had developed glaucoma and needed treatment to preserve his sight.

"I wasn't having any other symptoms," Kevin recalls. "My grandmother had glaucoma, so I guess I've got the precursor for it."

A symptom of glaucoma is increased intraocular pressure that damages the optic nerve over time. It is caused by poor drainage of the fluid that nourishes the eye's lens and cornea. The back-up fluid increases pressure within the eye. Only in rare cases can patients feel this buildup of pressure.

Kevin was prescribed eye drops that control glaucoma by reducing eye pressure. His instructions were to place a single drop daily in each eye, a regimen he faithfully followed for seven years. The eye drop therapy kept his glaucoma in check but became increasingly expensive. He was paying about \$100 every month for his prescription when he decided to look for another answer. "The eye drops were cost prohibitive," says Kevin.

Recently, he underwent an in-office procedure at The Eye Institute for Medicine & Surgery that made it possible to throw away the eye drops. The treatment is selective laser trabeculoplasty, or SLT, a brief laser procedure

designed to increase fluid drainage inside the eye. SLT gently applies laser energy to the eye's drainage tissue, a tiny, spongy area called the trabecular meshwork. The result is better fluid drainage and therefore less pressure on the optic nerve. "I didn't feel any discomfort at all. It seemed similar to one of my routine eye exams," notes Kevin about having the procedure. "First, they applied some fluid to numb the eye. In all, it took less than five minutes. I had the first eye done, and the other eye was treated a week later."

Impressive results—A recent chart study at The Eye Institute indicates that SLT can be an effective alternative to glaucoma medications and eye drops. For the retrospective study, Dr. McManus reviewed more than 100 charts of his patients who have undergone SLT. "Results were very impressive," he reports. "75% of the 100 patients in the study either eliminated the need for their glaucoma medications or reduced the number of medications they needed to take on a daily basis." 62% of those patients were able to stop their glaucoma medications entirely.

That is good news for many reasons, adds Dr. McManus. When SLT eliminates or reduces the need for daily eye drop therapy, patients who previously weren't taking glaucoma medications as directed or skipping doses because of cost will no longer be risking vision loss. The latest generation of glaucoma medications is highly effective but requires the patient to be vigilant about compliance, notes Dr. McManus. Ignoring directions can, over time, lead to vision loss, even when a physician is following the patient.

Busy lifestyles can interfere with daily eye therapy too. "Many patients simply have numerous responsibilities and are always on the go. This is often why they forget to use their glaucoma medications every day," says Dr. McManus. The high cost of glaucoma medications is another obstacle for many patients, he adds. On average, when a patient no longer needs typical glaucoma medications, expected savings can be in excess of \$16,000 over his or her lifetime after being treated with SLT.



Helping Seniors Of Brevard



Make A Plan & Set A Goal
Joe Roth
Veterans Realty of Brevard

Turning the page to a new chapter in our lives we still need to have goals. With a goal, a plan, work and determination, we can have success.

You wouldn't ask just anyone about important matters like taxes or wills or plumbing or electrical issues around the home, no, you'd seek out a professional. Real estate is often the biggest investment an individual or couple will make in their lifetime. Though your neighbor or friend has bought or sold a property, you should seek out a professional Realtor who is up on current real estate laws and has access to the latest information regarding active and sold listings on the market.

A professional Realtor can help you sell for the most money, in the least amount of time and with the least amount of hassle. Buying, a Realtor will have area knowledge and can point out and look out for things you may not have thought about, meaning the difference between a happy home buyer or having buyer's remorse.

There are many questions that need to be asked. Not just by you but of you. Your needs, wants and desires are unique to you. You should interview several area Realtors before hiring one. Make a list of questions to ask potential candidates-about their background, experience, qualifications noting their enthusiasm and personality. Not just how much can I get for my home? Or is this a good neighborhood? A good Realtor will put you first and ask you questions to work out a plan of action to make your real estate investment buying or selling a positive experience.

If considering selling, make any needed repairs even if they seem insignificant and lose the clutter. Cleanliness sells. If buying and needing a mortgage, speak to a lender about getting prequalified for a mortgage. Buyers should have a letter of prequalification or bank letter of proof of funds before asking to see a seller's home



Hospice Volunteers Provide Joy at the End of Life
Kathleen LaPorte
VITAS Healthcare
Senior General Manager

Hospice volunteers play an integral role in delivering quality care to patients facing a life limiting illness and are a vital component of hospice interdisciplinary teams, which also include skilled physicians, nurses, home health aides, social workers and chaplains. They bring a high level of energy, warmth and compassion that complement the services provided by the rest of the team by providing companionship to patients and offering respite care to families.

Hospice volunteers are as diverse as the patients they serve, representing all ages, ethnic backgrounds and lifestyles, and ranging from students to retirees. Some volunteers are moving through their own grief processes after having lost loved ones. Some are military veterans who now support other veterans facing the end of life.

VITAS Healthcare, the nation's leading provider of end-of-life care, provides care to all hospice-appropriate patients including terminally ill patients with complex symptoms. The VITAS team in Brevard County welcomes volunteers year-round who can complete office tasks and who can visit patients in their homes, nursing homes or assisted living. Additionally, volunteers can offer companionship, run errands, support staff with community events and help in other meaningful ways. Specialized volunteers are also welcomed to serve, including those with experience in sewing.

LuAnn Moyer, VITAS volunteer services manager said, "The care received while in hospice is unique. Hospice care is tailored to the patient not the disease and is not only administered by professional, compassionate teams of health care experts but also, loving and generous people who want to make a difference."

In Florida, VITAS has been serving Brevard County since 2002. To learn more, call LuAnn at 321-752-2530 .



Helping Seniors Of Brevard



Are You a Senior and Need Home Modifications?

*Elaine Deremer Cook
HandyPro of the SpaceCoast*

HandyPro of the SpaceCoast located in Brevard County specializes in independent living solutions as home modifications for senior citizens and those with disabilities so they can continue to live in their homes safely, comfortably and with increased independence.

Our company prides itself on being client-centric meaning we always take the time to listen to our clients first and foremost. We endeavor to find out what is really important to them before giving any advice on home modifications. Each client is an individual with specific wants and needs that we feel HandyPro of the SpaceCoast needs to fulfill with each solution.

Our Project Specialists are trained in assessing situations for accessibility, identifying adequate solutions and discussing the details of the solutions with our clients, their families and their caregiving team. We strive to continue to listen as we build each solution.

Our certifications that cover what we do include:

- CEAC-Certified Environment Access Consultant administered by the Accessible Home Improvement of America
- CAPS-Certified Aging-in-Place Specialist administered by the National Association of Home Builders and recognized by AARP
- ECHM-Executive Certificate in Home Modifications from the University of Southern California Gerontology School

We are always available to listen and meet your needs. For a one-room assessment we provide free in-home estimates. However, some of our clients would like us to assess their whole home and we are available to do that for a small fee that would be put towards the purchase of services.

We at HandyPro of the SpaceCoast are here to create your individual solutions. Call us at **(321) 637-8500**.



The Diabetes—Neuropathy Connection

*Timothy Bortz, DC
Executive Medical Director
Neurogenx NerveCenter of Rockledge*

Diabetes is the single greatest cause of neuropathy. Nearly 1 in 20 Americans struggle with diabetic neuropathy.

Research suggests that diabetes causes neuropathy by physically damaging blood vessels. Specifically, diabetes can create repeated spikes in blood sugar levels, abnormal blood fat levels and low levels of insulin, all of which cause blood vessel damage that in turn starves and poisons the nerves until they malfunction.

There are four main types of neuropathy - peripheral neuropathy is the most common complication of diabetes. It most often begins as tingling, burning, pain and numbness in the feet and legs and can grow to affect the hands and arms as well.

In addition, neuropathy often causes chronic pain, changes in skin sensitivity, muscle weakness, loss of reflexes, sleeplessness, loss of balance and injuries that don't heal. Neuropathy is also progressive – it gets worse over time.

Sadly, neuropathy develops gradually and you may not notice problems until considerable nerve damage has already occurred. Many patients incorrectly dismiss the early symptoms as part of aging or arthritis – it's important to check with your doctor as soon as you notice symptoms.

A revolutionary medical treatment called Neurogenx finally makes diabetic neuropathy treatable without surgery or narcotics. For more than four out of five patients, Neurogenx helps reduce or eliminate neuropathy.

If you'd like to learn more about Neurogenx Treatment and find out if it's the right treatment for your diabetic neuropathy, please contact us at **(321)-222-9370** to arrange a free consultation.



**Need Help Finding Resources?
Call: (321) 473-7770**



Helping Seniors Of Brevard



The Costs of Long Term Care

*William A. Johnson, PA
Elder Law Attorney*

Most seniors who have not had a long term care event (over 100 days), have no idea of the costs of long term care. Here in Brevard County, Florida nursing homes cost roughly \$7,500 to \$10,000 per month. Assisted living facilities start at roughly \$3,600 per month and then tack on anywhere from \$0 to \$2,000 per month for assistance. Home health care costs differ greatly depending on the type and amount of care required. For example, if someone with Alzheimer's Disease needed homemaker/companion services 24-hours a day for seven days per week, the cost would be roughly \$13,000 a month, ($\$18/\text{hour} \times 24 \text{ hours/day} \times 30 \text{ days} = \$12,960$).

Few among us can keep up payments like the ones mentioned above. And when it comes to long term care, Medicare pays nothing. There are basically three ways to pay for long term care. First, you can simply pay out of your own pocket if you have the resources. Second, if you are fortunate enough to have long term care insurance, you can have them pay all or some of the bill. Third, you may be able to qualify for Medicaid to pay the bill. That's it. If you are a veteran, you may be eligible for the VA program called "Aid & Attendance" which could pay you a pension to help with the costs. Both the Medicaid and VA Aid & Attendance are means tested so you may need the assistance of a specialist in these areas to qualify for benefits.

Follow all of our out-reach media on our website www.helpingseniorsofbrevard.org
Also, check out our social media on:



Tune your radio to AM 1060 WMEL every Thursday at 1:00 PM for the Helping Seniors of Brevard Show



The Next Generation in Caring

*Greg Kennedy
Executive Director
Zon Beachside Assisted Luxury Living*

After considerable planning and development, I am excited that Zon Beachside is now opening for the area residents of the beachside and Greater Melbourne area. One driving principle in our development was the incorporation of technology to improve the lives of our residents through our Zon360 program. While we have incorporated many facets of technology, one of the most exciting is Passive Health Monitoring which is just coming to the US market and we are excited to be one of the first in the country to employ this technology.

Passive Health Monitoring allows non-invasive oversight of our resident's health patterns through the use of proprietary sensors combined with analytics software. The significant advantage is it is truly passive in nature so residents are not required to wear anything and it does not interrupt their daily routine. The technology allows the nursing team at Zon Beachside to receive care alerts related to many potential health outcome triggers including vital changes, toileting patterns, fall prevention and detection as well as a number of other areas. This technology begins to change the healthcare landscape from a reactive system to a proactive system which ultimately leads to better resident care.

Please visit us at www.ZonBeachside.com to learn more about our Zon 360 program and the many amenities that makes Zon Beachside Assisted Living unique or call us at (321) 777-8840 to schedule your tour today.





Helping Seniors Of Brevard



Get the Funds You Need and
Maintain Your Lifestyle
Barbara McIntyre
HECM Specialist

As a retiree you may be examining your financial plan heading into your golden years. You may think that selling your home and moving might release home equity and give you access to much needed funds. As a result you might be considering "renting" vs. "right sizing" and wondering if adding any additional debt in the form of a mortgage is a good idea as your income becomes more fixed.

If you're like many older Americans; 91% according to recent surveys, you would prefer to continue living in your home. A "Reverse Mortgage Line of Credit" can give you the funds you need while you continue to live in your own home. The Reverse Line of Credit is similar to what your local bank may offer, a HELOC, with the following exceptions:

- A HELOC requires a monthly payment. The Reverse LOC allows you to make any payment you wish but you are never required to make any interest or principle payment. Unlike your bank, your reverse lender will never reduce the benefit or call the credit line due as long as you pay your homeowners insurance, taxes, HOA dues and live on the property.
- Totally unique to the Reverse LOC is that the unused portion of the credit line grows over time, providing more available funds in the future. This means that the less you take out up front, the more you'll be able to borrow later. This feature can prove to be a great addition to anyone's long term financial strategy.

Please don't hesitate to call me or my associate Susan Blesch at (321)259-7880 and allow us to answer all of your questions.



"We are SO glad we called Helping Seniors of Brevard. You will be too!"

Our current underwriters include:

Al Dia today

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 321-586-2240

Canadian Meds of Melbourne

sales@canadianmeds-melbourne.com

321-574-6976

Cobblestone Real Estate (The Waters)

www.livecobblestone.com 321-802-6847

Courtney & Braswell Financial Group

www.courtneybraswellfg.com 321-735-4994

Ebony News Today

www.ebonynewstoday.com

Ear Care

www.earcare.net 321-252-4685

Handypro of the Space Coast

www.spacecoastfl.handypro.com 321-208-7989

Hometown News

www.hometownnewsol.com 321-242-1013

Kindred At Home

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Levin Home Care Nurse Registry

www.levinhomecare.com 321-768-0958

Organized Creative Designs

www.oed-organizer.com 321-431-9664

Riverview Senior Resort

www.riverviewseniorresort.com 321-312-4555

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www.seniorscenemag.com 321-777-1114

Seniors Helping Seniors

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Dr. Lee Sheldon, DMD

www.dr.leesheldon.com 321-369-9788

Spotlight Magazine

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The Eye Institute

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The Fountains of Melbourne

www.kiscoseniorliving.com 321-473-9494

Veterans Realty of Brevard

www.veteransrealtybrevard.com 321-868-1833

VITAS Innovative Hospice Care of Brevard

www.vitas.com 321-751-6671

Watercrest Senior Living Group-Market Street Memory
Care Residence

www.marketplaceresidence.com/viera.html

321-253-6321

William A. Johnson, P.A.

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