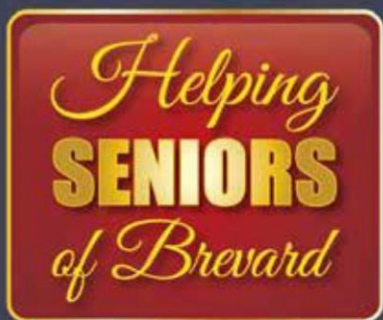




Helping Seniors Of Brevard

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,

As President and Founder of Helping Seniors of Brevard, part of my charge is to meet people and establish sources of information, education and financial assistance to ensure viability of our work. We are now seeing increased interest in what we do and how we are able to assist many in the community. The work of the Advocacy Council will

help promote the necessity to start uniting all senior care resources in Brevard County. We have excellent sources of care assistance for those in need and one day we hope to be able to have better capabilities to help those in need of financial assistance.

During my 23 years of working with seniors in Brevard County, I am very aware that all information sources are not what they are purported to be. Just because someone establishes oneself as an information source does not necessarily mean that the information they disseminate is what you need to meet your need. While I am not a dentist, I still know the value of keeping canals between my teeth clear of food. This means flossing and every dentist I have talked to over the period of my life has always stressed the need to floss. Information that negates this action might be something for you to investigate.

So how does one distinguish between good, bad or mediocre information? In my own case, I am doing a better job of surfing the web. Does this mean that I will always get the correct, best or most valuable information? Not at all, but it will give me several reference points on which to make an informed decision. If you still have a question, you can call Kay at (321) 473-7770 and seek her advice on where you might best conduct your own search for information. Regardless of your course of action, you need to be proactive and not reactive for there are many information sources that will not serve in the best way you may need.

Each month we approach the date for the raffle of the 1992 Jaguar. We are a non profit and must develop our own funding sources. The Jag raffle is one of our main sources for operational funds and your support will be much appreciated. You may order tickets by going to www.helpingseniorsofbrevard.org, or feel free to call our office at (321) 473-7770. We really appreciate your help.

Joe Steckler, President and Founder, Helping Seniors of Brevard, Inc.



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



Periodontitis Increases Your Chance of Death *Dr. Lee Sheldon, DMD*

I wish that this was a catchy title. But the data is increasingly clear that adverse cardiovascular outcomes and periodontitis are becoming more and more intimately related.

Let's look at the problem and then go into the detail of a study that was just released. The problem is chronic inflammation, which we've discussed in this column in the past. Chronic inflammation is at the root of many of the diseases that seniors face. Any disease with -itis at the end of the word is an inflammatory disease. Chronic inflammation is related to some cancers as well. But the disease that we'll discuss today is cardiovascular disease.

Here are the chronic inflammatory diseases associated with cardiovascular disease: myocardial infarction, ischemic stroke, cardiovascular death, major adverse cardiovascular events, and to add another catch-all term, all cause mortality. These are the factors that were looked at by Danish investigators in a 15 year study published in May in the American Journal of Cardiology.

The findings were clear. Risk of death from the above factors increased significantly if the patient had periodontal disease.

So what can we learn from this? First, you need to see a dentist, and if you have periodontal disease, you need to see a periodontist. Second, if you have a diagnosis of periodontal disease, it cannot be ignored. Third, if you do have a diagnosis of periodontal disease, that means not only do you have a gum problem, but that problem may very well be an indicator of problems in your heart as well. Fourth, not only must the periodontal disease be brought under control, but all of the factors that cause chronic inflammatory disease in the first place need to be brought under control as well. Simple things include *(continued on page 8)*



Why IHPS? In Home Personal Services

*Steve and
Dr. Christina Paff PT*

Great care and great prices are great reasons to choose IHPS...but the best reason to choose us, is our ability to "see" you. That may sound strange at first but it's fundamentally important. You see, we believe that:

- * All people are unique
- * All people are beautiful
- * All people are contributors
- * All people have a story to tell
- * All people are valuable
- * And most important...all people are individuals

It is this concept that allows us to fully "see" you as you are – a wonderfully amazing and inspiring individual. You are not weak, you are not helpless – in fact, you are the opposite. You are the definition of strength and power, of wisdom and knowledge; you are the legacy that each one of us hopes to achieve someday. You are an individual.

This is our vision. This is what we "see" when we see you. To us, you are not invisible. You are our clients, our friends, our neighbors, our teachers, our co-workers, our family, our mothers, fathers, daughters, sons...but most importantly, you are valued individuals. What make IHPS different?

* **CLINICIAN OWNED:** By being owned by a Dr. of Physical Therapy allows us to be able to provide a different perspective to your plan of care, and give more insightful suggestions during your assessment.

* **FAMILY OWNED:** We believe that each of our clients is a part of our family, and treat them as such.

* **NO HOURLY OR DAILY MINIMUMS:** Whether you're looking for care for one hour a day, one hour a week, or one hour a month, we've got you covered.

* **FAMILY FLEXIBILITY:** If your schedule changes, we can too.

* **NO LONG TERM CONTRACTS**

Call: (321) 984-0706 to learn more!



Feature Article

"Introducing the Market Street Management Team"

Left to right: Jaimi, Mariola, Stephanie

Watercrest Senior Living Group's Market Street Viera, a Memory Care Residence inspired by thousands of residents and family members' life experiences, is making a difference, not only with their innovative memory care community, but also with the introduction of an exceptional management team including Staphanie Walsh (Executive Director), Maiola Rodriguez (Memory Care Director), and Jaimi Capriotti (Community Relations Director).

Stephanie's experience in assisted living operations, combined with her geriatric nursing expertise brings a unique skillset, which reinforces the standards the standards of quality and care celebrated at Market Street. She excels in relationship building and creating a truly home-like and trusting environment. Stephanie's integrity and experience ensures residents and family members will experience Watercrest's commitment to developing servant leaders who honor seniors and deliver platinum standards.

Mariola holds a Bachelor of Science and a Bachelor of Fine Arts and a Masters in Gerontology specializing in Physical Therapy in the Aging Process. Her passion for guiding families through the disease process drove her to become a Support Group Facilitator through the National Alzheimer's Association as well as a Certified Alzheimer's Disease and Dementia Care Trainer through the National Council of Certified Dementia Practitioners.

Jami brings over nine years of assisted living experience to Market Street. She has found her passion in memory care and enjoys sharing her support with families dealing with Alzheimer's and other forms of dementia. Jaimi acts as a trusted advisor to caregivers guiding them through the sensitive process of

independence and purposeful living.

Through a **LifeBUILT** design and this team's experienced approach to memory care, Market Street connects the hearts and minds of residents by stimulating their senses with the goal of re-experiencing memories and igniting the human spirit by identifying personal connections to specific sights, sounds, tastes and smells.

Market Street Viera is now accepting reservations at their sales office located inside One Senior Place at 8085 Spyglass Hill Road, Viera, FL 32940. Their telephone number is: (321) 243-6321. You may also want to visit www.marketstreetresidence.com.



MARKET STREET

A MEMORY CARE RESIDENCE

Follow Helping Seniors of Brevard on:



All of Helping Seniors of Brevard "out-reach" media efforts are archived on www.helpingseniorsofbrevard.org



Meet Helping Seniors of Brevard's Information Specialist Kay Keyser

After answering over 1100 calls in 2 years, which I speak to at least three times or *more (and I mean more)!* I thought you would like to see a face behind the telephone. It is my pleasure to help SO many seniors and their caretakers in Brevard County. So many callers have no clue where to turn for resources. Call (321)473-7770. Every call is answered. We're here to help!



Helping Seniors Of Brevard



Get Ready for Medicare Annual Open Enrollment, October 15-December 7

Lance Jarvis, SHINE Counselor

Medicare's Annual Open Enrollment Period (AEP) is just around the corner! It begins on October 15 and ends on December 7. This is the one time each year when Medicare beneficiaries can change Medicare Advantage Plan or stand-alone Part D Prescription Drug Plans, switch from Original Medicare to a Medicare Advantage plan and vice-versa, or add a Prescription Drug Plan to their coverage. Any changes made during this period are effective on January 1, 2017.

Except in rare circumstances, changes to plans cannot be made after AEP closes on December 7.

Getting Ready for AEP

- Carefully read the Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from your prescription Drug Plan or Medicare Advantage Plan. It describes changes that it will make on January 1. This is your opportunity to see whether the plan will continue to meet your needs in the coming year. All plans are required to mail the ANOC or EOC in September, and you should receive it soon after that. If you do not receive one, call the plan and request it.

- Pay particular attention to changes in premiums, benefit coverage, and copayments for medical services and medications. Check to see whether your medications will be covered next year. If they will be covered, are they on the same copayment tier that they are now?

- If you are in a Medicare Advantage Plan, ask your doctor's office if they will continue to accept the plan next year. Do not just assume that they will.

- Even if you are not dissatisfied with your current Medicare Advantage or Part D plan, you should check to see if there is another plan that will offer you better health and/or drug coverage at more affordable costs. Call (321)752-8080 to reach a SHINE counselor.



Providing Quality Hospice Care to ALF Residents

*Pamela Struzinski
VITAS Healthcare Patient Care
Administrator*

National Assisted Living Week, celebrated this year September 11 to 17, is a tradition established in 1995 by the National Center for Assisted Living. It's a special time for families, caregivers, assisted living staff and the community to recognize loves ones who are assisted living residents.

These days, seniors prefer to "age in place" in their own homes. Assisted living facilities (ALFs) in particular have become increasingly popular among the elderly because they enable seniors to retain their feeling of independence, offering residential alternatives for people who choose to combine independent living with healthcare services. It's important for ALF residents to know their end-of-life care choices, including hospice care.

Hospice – an end-of-life care option that focuses on the patient, not the disease-aims to make life as comfortable, enjoyable and meaningful as possible. The care is provided by highly skilled teams of hospice professionals and administered wherever the patient calls home. Covered by Medicare, Medicaid, and most private insurance plans, it includes expert pain management and emotional and spiritual support.

In Brevard County, VITAS Healthcare offers quality hospice care to terminally ill residents at Autumn House, and ALF that specializes in Alzheimer's and dementia related disorders in Melbourne, Florida.

Autumn House Administrator Jennifer Mollitor, LPN, says "A resident's experience in the ALF is enhanced in many ways when hospice joins our care team. The compassion and expertise that hospice services contribute extends our abilities as a hospice patient's condition progresses." She continues, "together with hospice, we are able to build strong proactive care plans in familiar surroundings." For more information, call (321) 751-6671 or www.VITAS.com



Helping Seniors Of Brevard



Senior Health Tips

Joe Ponds
Canadian Meds of Melbourne

It's been hot in Florida and will continue to be for some time yet. Before we run into the beautiful Florida sun there are a few things to keep in mind, particularly as we grow older. Most of these tips are great for Floridians of any age, but a little reminder every now and then helps especially when it comes to maintaining good health.

Remain hydrated by drinking plenty of fluids, and by "fluids" we mean water or low-sugar, water-based liquids such as iced tea, flavored waters and just plain H₂O, (water). Avoid caffeinated beverages and those loaded with sugar, or alcoholic drinks. Certainly these drinks are not completely off limits, but during hot weather, moderation is the key.

During hours and days of extreme heat, it's best to stay inside where it is cool, however, when venturing out, the use of sunblock is essential (at least SPF 30). Also, wear appropriate clothing, loose and light in color, sunglasses, and hats when in the direct sun.

Our friends of advanced age are usually thought of as a high risk, but other lifestyle and health conditions can affect susceptibility to heat-related illness. High blood pressure, poor circulation, being excessively over/underweight, and the use of certain medications may increase your risks. Medications? Yes, drugs like diuretics, sedatives, heart and blood pressure medicines can cause an inability (or lessened ability) to perspire!

Remember, if you want to save on your prescriptions, I am here to help. Simply call me at: **(321) 574-6976**. And, as I always say: "Don't have just a good day, MAKE it a good day!"



Canadian Meds



My Aching Back!

Timothy Bortz, DC
Clinic Owner & Chiropractic
Physician, Brevard Chiropractic &
Injury Center

80% of people suffer from back pain at some point in their lives. Back pain is the second most common reason for visits to the doctor's office, outnumbered only by upper-respiratory infections. In fact, it is estimated that low back pain affects more than half of the adult population each year and more than 10% of all people experience frequent bouts of low back pain.

The susceptibility of the low back to injury and pain is due to the fact that the low back, like the neck, is a very unstable part of the spine. Unlike the thoracic spine, which is supported and stabilized by the rib cage. This instability allows us to have a great deal of mobility to touch our toes, tie our shoes or pick something up from the ground, but at the cost of increased risk of injury. If the low back is out of adjustment or has weakened supporting muscles, something as simple as taking a bag of groceries out of the trunk of their car, picking something up off the floor, or even simply bending down to pet the cat can cause a low back injury.

Until recently, researchers believed that back pain would heal on its own. We have learned, however, that this is not true. Recent studies showed that when back pain is not treated, it may go away temporarily, but will most likely return. It is important to take low back pain seriously and seek professional chiropractic care.

If you'd like to learn more about how we can help you, without the use of pain medication, please contact us at **(321) 631-1100**.



Ouch! My
Aching Back!



Helping Seniors Of Brevard



Durable Powers of Attorney in Florida

*William A. Johnson, PA
Elder Law Attorney*

Any Durable Power of Attorney executed after October 1, 2011 must have the person making it sign off in the body of the document next to paragraphs authorizing any powers that create a living trust: amend, modify, revoke or terminate a trust; make a gift; create or change rights of survivorship; create or change a beneficiary designation; waive the principal's right to be a beneficiary; or disclaim property (paraphrased). If the maker has not signed or initialed next to these enumerated powers, the agent does not have the authority.

Why is this important? Well, if your loved one is experiencing a long term care event and you do not have long term care insurance that can pay the bill, it may be necessary to qualify them for Medicaid. In the process of making a patient eligible for Medicaid, it may be necessary to utilize some of those provisions that need to be initialed. For example, if the single patient's income is over \$2199, it might be necessary to create a qualified income trust to artificially reduce the patient's income to make them eligible. If that clause has not been initialed or signed, the agent may not have that power.

Furthermore, Florida requires that Durable Powers of Attorney be specific. So you cannot rely on vague grants of authority like "to do all acts necessary." If your Durable Power of Attorney is a one page form, rest assured that will not be sufficient. Don't get stuck with a document that does not work when you need it!

Feel free to call our office for your legal needs at: (321) 253-1667.

WILLIAM A. JOHNSON, P.A.
ATTORNEY AT LAW
ELDER LAW, MEDICAID & ESTATE PLANNING



Here's Looking at You

*Jennifer Helin
Seniors Helping Seniors*

According to the CDC, adults "40 years and older are at the greatest risk for eye diseases...the major eye diseases are cataracts, diabetic retinopathy, glaucoma, and age-related macular degeneration." We have many clients who have lost their ability to drive due to vision loss, but daily routines and independence can also be affected.

Glaucoma and macular degeneration can cause serious vision loss making it difficult to drive, shop, and make meals. Cleaning can be affected as small spots are no longer noticeable. Socializing may feel strained as visual cues are missed. It is very important that seniors have regular checkups to avoid or delay vision loss. It is also important to learn new ways to attack old routines so independence can be maintained as much as possible.

If you or a loved one is dealing with vision loss, did you know classes are available through The Center for the Visually Impaired? While the main office is in Daytona, they have an office in West Melbourne as well. Classes and services include: Independent Living, Assistive Technology, Orientation and Mobility, and support groups. We recently attended classes along with a client who has no family in the area. From what we observed, he got so much more out of the class than just the lessons learned. He thoroughly enjoyed himself and made new friends dealing with some of the same situations he faces. It gave him a new lease on life. For more information about The Center for the Visually Impaired, please call: 1-800-227-1284.





Helping Seniors Of Brevard

(Continued from page 3)

removing sugar from the diet, getting exercise, and increasing the numbers of fresh fruits and vegetables that you eat every day. Fifth, stop believing the commercials that tell you that a drug will get your risk factors under control. It is your lifestyle changes, how you take care of yourself that will make the true difference in your health.

Please get to a periodontist early. Get a full periodontal exam, and if you have disease, get it under control. You'll be healthier!



Join Program Host
Joe Steckler
Thursday 1pm
on AM 1060 WMEL Radio



Help Helping Seniors of Brevard continue to help seniors in Brevard County. Visit:
www.helpingseniorsofbrevard.org or, send a donation to: Helping Seniors of Brevard County, Inc. P.O. Box 372936 – Satellite Beach, FL 32937



Our current underwriters include:

Al Dia today

www.aldiatoday.com

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

Barefoot Bay Tattler

www.barefoottattler.com

772-664-9381

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

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www.vitas.com 321-751-6671

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Care Residence

www.marketplaceresidence.com/viera.html

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