

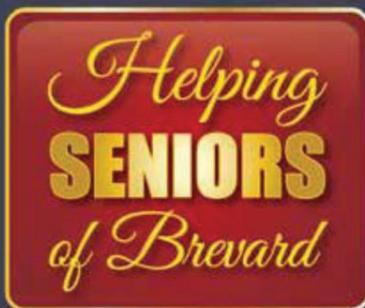


Helping Seniors Of Brevard

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,

Hurricane Matthew has raised the awareness level of many who previously did not appreciate the power of water and wind, especially the explosive power of their combined forces. The majority of my sea time in the Navy was spent in the Pacific and I am well aware of the destructive power of typhoons, especially when the seas are 40 feet or

more. Since I served primarily in submarines, I have often been asked about the effect of water action while submerged. In deep water with the submarine at 200 feet or deeper, there is little effect. Having said that, take the submarine into shallow water, say a depth of 120 feet, and the sea effect tends to give you an elevator ride which is not pleasant. However, such situations are rare so we were seldom bothered by wave action while submerged.

A comment I will make is that I personally think some who remained in their homes on the barrier islands were most fortunate that the storm remained as far off the shore as it did. Had the coast separation been 20 miles to the West, it could have been disastrous for many who remained in their homes. I realize that there are reasons why some elected to remain but I advise that water is not a force with which one should take unnecessary chances, so in the future think twice about remaining behind and putting yourself and your family in harms way.

The Jaguar raffle will soon be upon us. I have asked many times for your help in making a donation for tickets and encouraging your friends to do the same. To obtain tickets, all you need to do is call (321) 473-7770 and they will be mailed to you. We do need the support of all who read this and ask you to remember that we are a non profit, do not charge for our services and need your support to continue our work. We have now helped over 1200 people, some multiple times.

WIN THE JAGUAR!



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



Support Helping Seniors

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

See the Jaguar and purchase tickets

at all six



Or call: (321) 473-7770

Drawing held on Dec.3, 2016 at Gatto's Tires & Auto
Service located at 15 West Hibiscus in Melbourne. *Need
not be present to win.* **Refreshments at 6 M
Drawing at 7 PM**



A Simple Method for Improving Someone Else's Life

Lee Sheldon, DMD

I marvel at my office manager, Danyel. There's something about her that everyone notices. It is her tone level. It is even-keeled, always positive, always happy. And having worked with Danyel for almost 13 years, she is no pushover. When she wants something done, she gets it done. And she has a staff that is always willing to help her.

So why, in a dental column, am I talking about behavior and tone level? It's very simple. We have a practice that sees patients that need lots of dental work. They are dental cripples and need a lot of help. Part of the reason that they have gotten this way is that they had fear of the dental office.

So what happens when a fearful patient walks into the dental office? They relive that fear all over again until it is shown to them that there is a difference. While we may have the fanciest technology and expert doctors, that makes no difference to them at all. They are looking for a difference from what they may have been afraid of before. And that starts with Tone Level. Danyel sets the example of high tone in the office. The staff follows her lead, and our patients notice the difference immediately.

A higher toned person can reduce another's fears. A high toned person gets things done. A high toned person leads by example rather than by threats. A high toned person is likely healthier. A high toned person is less likely to complain and finds solutions rather than problems.

Some people may be naturally higher toned than others. But that doesn't mean that we can't all make up our minds to be high-toned. Imagine a world without gossip, and with creative solutions working in harmony. Danyel has done that in our office. You can do it too.



Replacement Parts: What You Need to Know

Timothy Bortz, DC

*Clinic Owner & Chiropractic Physician
Brevard Chiropractic & Injury Center*

If you've ever been involved in a car accident, you're probably familiar with the term "replacement parts." Your auto insurance company will usually offer to repair your car using after-market bumpers, door panels, wheel assemblies, and other parts. Or, you may prefer to have the repair done with parts from the original manufacturer. Regardless of the source of the parts, your car will not be the same as it was in its original condition. It's important to bear the auto analogy in mind if a surgeon has recommended a hip, knee, or shoulder replacement as a solution to a problem of chronic pain. Manufactured joints are never as good as your actual physiological structures, no matter the quality of the replacement components.

There are circumstances in which joint replacement is indicated and provides great benefits. However, such procedures should probably be a last resort and never considered standard of care. A best practice would be to reserve joint replacement for situations in which pain is unrelenting and the person has failed several forms of conservative care.

Regular exercise, a healthy diet, maintaining spinal health, and sufficient rest will assist all our physiologic systems to achieve peak levels of performance. By making such lifestyle choices, we help diminish the likelihood of chronic pain and loss of function. As a result, we help avoid the need for replacement parts.

We are Medicare providers and accept most health insurance plans. Senior and veteran discounts are available. For your complimentary consultation, call 321-631-1100 and visit www.BrevardChiro.com





Feature Article

End-of-Life Care: Become Familiar with Your Options

*Pamela Struzinski,
VITAS Healthcare Patient
Care Administrator*

Many families get understandably overwhelmed when a loved one is diagnosed by a physician to have six months or less to live. Oftentimes, a physician may use the terms "palliative care" or "hospice care," which often raises questions about the details regarding these services. With November being National Hospice and Palliative Care Month, we aim to answer these and other questions in this article.

The annual healthcare observance increases awareness about the advantages of choosing hospice and palliative care. Both hospice and palliative care are patient-and family-centered healthcare options that address physical, emotional and spiritual pain.

• **Hospice care** is limited to terminally ill patients who meet Medicare's eligibility requirements and focuses on enhancing comfort and quality of life during the final months of life – without curative intent.

• **Palliative care** is available regardless of the diagnosis and may or may not include curative options along with relief from the symptoms, pain and stress of a serious illness.

Hospice patients who have a prognosis of six months or less and elect their care to focus on quality of life – receive palliative care wherever they call home, such as private residences, nursing homes, assisted living communities and even hospitals.

A growing number of Americans are choosing hospice as an end-of-life care option. The National Hospice and Palliative Care Organization reports nearly 2 million Americans receive hospice care every year. When people are in control of where and how they face the end of life, they can focus more time on experiencing meaningful moments with loved ones.

"VITAS is committed to educating the community about end-of-life care options," says VITAS Brevard Senior General Manager, Kathy LaPorte. "Our care teams recognize the importance of empowering patients – and the community alike – to take charge of their healthcare plans. When a patient is informed about the care they will receive, they are able to spend their final moments of life more comfortably."

VITAS Healthcare has made changes to improve the types of services millions of people receive in their final moments of life. Since 1978, VITAS has developed and shared key practices to make sure those facing incurable illnesses, as well as their families and loved ones, are fully informed and receive compassionate, quality care.

For more information about hospice care or your end-of-life care options, call VITAS Healthcare at (321) 751-6671 or visit www.VITAS.com/Florida.



Help **Helping Seniors of Brevard** continue to



and provide valuable resources to seniors and their caretakers. Please consider a donation.

It will make a difference! Please send to
P.O. Box 372936 Satellite Beach, FL 32937



Helping Seniors Of Brevard



Florida State Veteran's Homes

*Dennis Vannorsdall
Brevard County Veteran
Service Officer*



The I-Stent Reduces or Eliminates the Need for Glaucoma Medications at the Time of Cataract Surgery

*Dr. Darlington, M.D.
The Eye Institute*

The Florida Department of Veteran Affairs operates six skilled nursing facilities and one assisted living facility, and two new facilities to be built. All facilities are licensed by the Agency for Health Care Administration and inspected annually by AHCA and the U.S. Department of Veteran Affairs. The homes are supervised 24 hours daily by registered and licensed nurses. Under the IRS tax code, monetary donations to specific state veterans' homes are tax deductible. Per Florida Statutes, all such donations are to be used for the benefit of the home and its residents.

Basic admission requirements for all state veterans' homes include an honorable discharge, Florida residency, and certification of need of assisted living or skilled nursing care as determined by a VA physician. For more information, call (727) 518-3203, Ext. 5562.

You can support resident veterans through the purchase of the Florida Salutes Veterans or one of the state's Army, Navy, Air Force or Coast Guard license plates directly helps veterans. The \$15 surcharge goes into a trust fund for the operation and maintenance of Florida's veterans' homes. A portion of the Marine Corps and Support Our Troops license plates also supports the State Veterans' homes Program. Anyone can purchase these plates. You may also support the State Homes for Veterans Trust Fund by making a \$1 contribution when renewing your driver license. Let the clerk know you're a veteran.

For more information on State Veteran Homes or any other veteran related issue, please call my office at (321) 210-2012.



The I-Stent represents the latest innovation in treating patients with glaucoma at the time of their cataract surgery, according to Jason K. Darlington, M.D., Cataract Surgeon and Fellowship Trained Cornea and Glaucoma Specialist at The Eye Institute for Medicine & surgery.

"The I-Stent is highly effective, as it reduces eye pressure, 24 hours per day. By continually maintaining a healthy eye pressure, the risk of suffering a loss of vision due to glaucoma is greatly reduced," reports Dr. Darlington, who has performed thousands of ophthalmic surgical procedures. There are many benefits to reducing or eliminating the need for glaucoma eye drops, explains Dr. Darlington, who completed his cornea and glaucoma fellowship at the prestigious Phillips Eye Institute in Minneapolis.

Over a period of many years, glaucoma medications can cost thousands of dollars. Additionally there is often a burden placed on patients to place eye medications multiple times per day.

By reducing or eliminating the need for glaucoma medications many side effects such as redness, dryness, irritation, and excessive eyelash growth may also be eliminated. "In my experience, the need for fewer medications makes for happier patients," states Dr. Darlington.

"The vast majority of patients experience a dramatic improvement in their vision following cataract surgery overnight," states Dr. Darlington, who utilizes the latest high technology lens implants and techniques when performing cataract surgery.

Dr. Darlington is available to see new patients in his offices in Rockledge, Melbourne and Palm Bay. Consultations may be arranged by calling (321) 722-4443.



Helping Seniors Of Brevard



The New & Improved Reverse Mortgage

*Barbara McIntyre
HECM Specialist*

The "Home Equity Conversion Mortgage" nicknamed Reverse Mortgage, has been assisting seniors to stay in their homes and age in place for many years. Once called a "mortgage of last resort" when senior homeowners were running out of their retirement savings and finding it hard to make ends meet is now being called "smart" and finding a place in many peoples long term retirement plan. FHA and HUD who oversee, insure, and regulate this mortgage continue to make improvements to this program to ensure its sustainability and to guarantee consumer protections.

The "HECM" which is what you would be more likely to hear it called today, is a mortgage product which allows a homeowner, 62 and older, to tap into their home's equity. Unique to the HECM, is that the homeowner DOES NOT need to make any repayment of the loan until they no longer live in the home as their primary residence. At that time the home is the only asset required to be used to repay the debt and the homeowner/heirs keep any equity beyond what is owed.

The money available to the homeowner can be drawn many ways and used, tax free, anyway the homeowner chooses. One of the more recent changes with the HECM by FHA was the implementation of a new process which allows for homeowners/borrowers to ESCROW for their taxes and homeowners insurance costs directly from the benefit of the mortgage. For many seniors this is a wonderful feature of the mortgage. They no longer are concerned about a mortgage payment, taxes or insurance coming from their limited budget and are at no risk of being displaced from their home as these items are being handled for them by their lender. For more information, call (321) 698-4739.



Helping Seniors of Brevard - The Outbound Information Resource

*Kerry Fink
Media Director, Helping Seniors*

Helping Seniors of Brevard, provides a much needed "go-to" resource to the 215,000+ and age 50 *plus* senior population in Brevard County. Through our Helping Seniors Information Hotline; (321)473-7770, we've assisted over 1250 cases. On the other side of our mission, are our excellent Outbound Information Resources, providing a comprehensive media outreach with information and education to promote the quality of life for seniors.

You may be familiar with many of our information products in the area. For example, Helping Seniors produces our Helping Seniors Television programs hosted by Helping Seniors' President/Founder, Joe Steckler and our Information Specialist, Kay Keyser, airing 8AM, 4:30PM, and 5PM each weekday on the Space Coast Government TV channel 499. You can also view the Helping Seniors program on Youtube.com. For our radio enthusiasts, listen each Thursday at 1PM on the 50,000 watt AM 1060 WMEL. Print articles are printed bi-monthly in Hometown News, monthly articles in Senior Scene, Ebony News Today, Al Dia Today, Spotlight Magazine and the Barefoot Tattler.

If you missed any of our out-reach media efforts, you can review on our website www.helpingseniorsofbrevard.org as everything is archived. But there's more...Helping Seniors of Brevard utilizes a complete social media information network found on Facebook, Twitter, LinkedIn, and Google+.

Be sure to spread the word on our efforts to continue to educate and inform our seniors and their caretakers. We would love to hear your feedback and suggestions regarding how we can help you further.

Most of all, don't hesitate to call should you need to find a resource. The number to call is: (321) 473-7770.



Lessons from Hurricane Matthew

*William A. Johnson, PA
Elder Law Attorney*

Hurricane Matthew has rolled through Brevard County and has now dissipated out in the North Atlantic Ocean. What lessons did Hurricane Matthew teach us? The first lesson we should have learned was to take our important legal documents with us when we evacuate. Or if we stayed put, those same documents should be kept in a place free from wind, water or fire. Most people do not even think about their important papers only to have them destroyed or damaged by the catastrophe. This might be the moment when we need them most!

Second, you must have a plan. Know where you will evacuate to ahead of time. If you are hunkering down and have physical limitations, make sure that you have someone dependable to help out.

Third, we should make sure our loved ones have evacuated or have proper shelter. This is especially true if our loved ones are unable to care for themselves and reside at either an assisted living facility or a nursing home. One unnamed assisted living facility moved all their residents to an emergency shelter. While this is a good start, it was not perfect. The shelter was not equipped to deal with special needs patients and the residents had to be moved all over again to a shelter that could accommodate their needs.

And lastly, if you do evacuate, then make sure you have a plan for the other end of the journey. Store your documents in a safe place upon arrival. Make sure you have medications and supplies for your stay.

William A. Johnson, P.A. can be reached at: 321-253-1667.

Be sure to go to:

www.helpingseniorsofbrevard.org to find all of our printed articles, radio and television shows! You can also find Helping Seniors of Brevard on



Market Street, a Memory Care Residence...Making a Difference!

*Stephanie Walsh,
Executive Director*

Watercrest Senior Living Group's Market Street, a Memory Care Residence is making a difference, not only with their innovative memory care community, but also with the introduction of an exceptional leadership team including Stephanie Walsh (Executive Director), Mariola Rodriguez (Memory Care Director), Bridget McNally (Community Relations Director), Christine Loa (Resident Wellness Director), Brandon Basista (Executive Chef), Vincent Glusto (Environmental Services Director), and Renee Radar (Business Office Coordinator).

Nestled into the fabric of Viera, Market Street offers world-class care, multi-sensory programming, extraordinary culinary experiences, and unparalleled associate training honoring seniors and their families. Through their unique approach to Memory Care, residents continue to enjoy diverse lifestyle choices including cultural arts, musical performances and maintaining faith and spiritual connections locally.

Market Street residents benefit from a variety of sensory stimulating programs designed to enhance their life experience. Referred to as their LifeBuilt design, residents enjoy purposeful features such as, the calming curves of clouds against a blue sky. The timeless charm of Market Plaza complete with fresh flowers, soothing sounds of nature, trees, and an enticing streetscape including a gelato cart, newsstand and post office. Step inside the bakery and indulge your senses with amazing tastes and smells of freshly ground coffee, warm bread, cinnamon rolls, and other pastries made daily.

Experience the fresh aromas of Market Street Herb Gardens, harvested by residents and then transformed into fresh flavor throughout the culinary demonstrations. Residents benefit not only physically but emotionally.



Helping Seniors Of Brevard

SENIOR SCENE[®] Magazine

When Do We Become a Senior?

*John Frederiksen,
Publisher, Senior
Scene Magazine*

For more than 16 years that I have been publishing Senior Scene Magazine, I have been asked the question: When do we really become a senior? I have asked TV, radio and newspaper reporters, and advertisers numerous times. It seems like there are a lot of opinions out there!

There's AARP that starts recruiting at age 50, then there are many senior residential communities that start at age 55. A lot of retailers and entertainment businesses call a senior a senior at age 65. How about Uncle Sam himself, who can't decide if it's 55, 60, 65, or even 67? So, how do we know if we are truly a senior?

First of all, do you really mind being called a senior? Hollywood tells us that no one wants to be called a senior, but we disagree. Before we decided to name our publication Senior Scene, we did an informal survey to find out just that. It turned out, most of us are proud to be seniors, recognizing the wisdom, maturity and acknowledging the perspective on life we have achieved.

We frequently object to the misperception of our generation as one of walkers and oxygen bottles. Our readers are active outdoors, volunteering and traveling the world. All of this conflicting information clouds the basic definition of a senior.

All this in reality, makes the answer to the question... What is a senior? It's easy to answer if you think about it. I always say in response when someone asks, It's a state of mind! You decide what a senior is and if you are there. Enjoy whatever YOU decide and don't let anyone else tell you different.

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

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

In Home Personal Services

www.ihps.com 321-984-0706

Kindred At Home

www.kindredathome.com 321-725-4799

Levin Home Care Nurse Registry

www.levinhomecare.com 321-768-0958

Organized Creative Designs

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

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Senior Scene Magazine

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Seniors Helping Seniors

www.seniorcarebrevard.com 321-722-2999

Dr. Lee Sheldon, DMD

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

Spotlight Magazine

www.spotlightbrevard.com 321-961-3636

The Eye Institute

www.seebetterbrevard.com 321-722-4443

The Fountains of Melbourne

www.kiscoseniorkiving.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.

www.floridaelderlaw.net 321-253-1667

WMEL AM 1060 Radio

www.1060wmel.com 321-241-1060

Wuesthoff Health System

www.wuesthoff.com 321-636-2211

Zon Beachside Assisted Luxury Living

www.ZonBeachside.com 321-777-8840