



Helping Seniors Of Brevard

www.HelpingSeniorsof Brevard.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,

The development of meaningful dialogue about senior needs and programs is becoming increasingly more important, especially the funding of nonprofit agencies that serve seniors in Brevard. As we have reported, county funding to support senior services is declining, even as our senior population grows. Helping Seniors works to inform, educate

connect seniors to the many resources available in our community. To make our local elected officials aware of these needs, we must do a better job of advocating for seniors.

One way to make senior needs known is by expressing our opinion at town hall meetings. Commissioner Isnardi has stated her desire to be better informed about senior needs and programs. She and Commissioner Tobia will conduct a town hall meeting on April 4th at the Palm Bay City Hall. Put that on your "to do" list and join me in advocating for the 245,000 senior citizens in Brevard. You may not have a personal need for services, but I assure you that many who do will not be able to attend. You can speak for them by your attendance.

Our staff estimates that Helping Seniors media will make 5.1 million impressions over the next year. This is quite a statement but reflects on our capability to make senior services known to those who need them. Our outreach includes television, radio, printed resources, and all social media. If Brevard County receives federal, state, and local money to provide services, people need to know of their availability. This is what we do through our media programs and helpline at 321-473-7770.

I promised to keep you aware of the status of the \$100 a year club. We have eleven members and need 1,000, so any assistance appreciated. To join the club you commit to a \$100 pledge with my assurance that your assistance will be greatly appreciated. I know Rome was not built in a day, but we can do better.

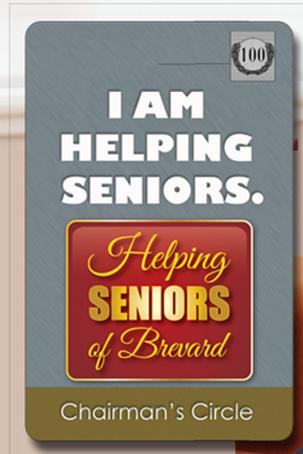
Sincerely,
Joe Steckler

We are HELPING SENIORS.

Will you help us?

Join the
Helping Seniors
\$100 Club
today.

Call
321-473-7770



How we help:

We operate Brevard County's
Helping Seniors Information Line at 321-473-7770

Your donation WILL make a difference in allowing us to continue to offer
NO CHARGE assistance in finding resources to our callers.

-  Affordable housing.
-  "Hands-on" assistance with personal care.
-  Financial planning
-  Housekeeping, cleaning and companion services
-  Assistance with utility bills
-  Legal Help
-  Transportation
-  VA Benefits
-  Medicare & Medicaid Help
-  Resources to organize or downsize
-  Prescriptions and Medication savings

50% of those who call Brevard County home are 50+.
So, by AARP definition, 50% are Seniors.
(25% of Brevard is 65+)

50%



Join today. \$100 one time donation. Your donation WILL make a difference.
Call us today at 321-473-7770 or visit www.HelpingSeniorsofBrevard.org



Traveling Tips for Seniors

*Steve & Dr. Christina Paff, PT
In Home Personal Services*



Tips To Make The Transition Easier And Less Stressful When The Time Comes To Sell Your Home

*Debi and Joe Roth
Veteran's Realty of Brevard*

Being older shouldn't stop you from traveling, it just means you need to be prepared in different ways. Whether that is taking a cruise, flying to another country, or road-tripping to visit your family here are some tips on traveling to help you feel equipped and ready!

Make Sure it is Doctor Approved – Your health is a priority, and your doctor may have suggestions for you to follow so that you stay your healthiest. This is also a great time to get any vaccines and prescriptions/refills that you will need for your trip.

Plan Ahead – If you require the use of a wheelchair, oxygen, handicap accessible hotel rooms, special assistance or seating it is important to call and make arrangements ahead of time with that specific vendor. Not only does this ease anxiety, but some places require up to six weeks of advance notice.

Take Your Medication – It can be easy to get caught up in your vacation, but not taking your medication can make your body have undesirable side effects.

Wear Appropriate Footwear – Depending on where you are going, there may be walking involved. Wearing comfortable shoes will help your feet stay balanced and can prevent falls.

Don't Over Do It! – Remember that you don't have to do absolutely everything! If you're exhausted the entire time it's not going to be enjoyable, and it may affect your health. See the sights but also take time to rest. That will help make your trip one that is memorable and fun!

For questions about your travel plans, or to schedule a FREE in home assessment, please contact In Home Personal Services at 321-984-0706.

 Start de cluttering as soon as possible so that it is not up to family and friends to go through your treasures.

 Sort what to keep, sell, donate, or to throw away. Many organizations will come and pick up donations.

 Discuss with family whether someone wants to keep your home in the family or to sell it.

 Fix any items that may be an inspection issue.

 Clean sells. A fresh coat of paint goes a long way. A manicured or spruced up yard to increase curb appeal are always a plus – you never get a second chance to make a first impression.

 Ask your Realtor where your money for repairs and updates will get the most back for you. Generally neutral colors are best.

 Make sure all odors are eliminated.

If anyone asks why you are selling, your only answer should be that, you are moving; otherwise a buyer might glean information that would give them an upper hand in negotiations.

 Interview several Realtors before signing anything with anyone. Ask them questions and they should be asking you questions. Know that, if you are aware of any major issues with the home that are not readily discern-able, you must disclose them. Remember the Golden Rule – do unto others as you would have them do unto you.

 Veterans Realty of Brevard 321-868-1833 is available for a free consultation or a free comparative market analysis to find out what your home is worth in today's market.



Local Audiologist Has a
Fresh Take on World Health
Day
Dr. Karen Cowan-Oberbeck
EarCare, P.A.

It's easy to see the connection between your whole body health and your food, but its relation to hearing health isn't yet common knowledge. EarCare, P.A. is looking to change that by using World Health Day (April 7th) as a platform to educate their community about the relationship between hearing and total body health.

"Education is close to our hearts because it's essential to preserving your hearing at any age. We are hoping to inspire our community to not only want to learn more about this topic but to act on it. We're working to help our patients, their neighbors, and their families to not only understand that hearing health is whole body health but why," says Dr. Karen Cowan-Oberbeck of EarCare.

Many of the same unhealthy patterns of behavior that affect the heart – poor nutrition, lack of exercise, and smoking, to name a few - are related to loss of hearing. Research suggests there's a correlation between hearing health with heart disease, diabetes, stress, and the pancreas.

"When we help them reconnect with their lives we focus on lifestyle choices, not just hearing. We are dedicated to improving our patient's lives through better hearing and that includes better health," says Dr. Cowan-Oberbeck.

World Health Organization (WHO) celebrates their founding in 1948 by focusing on a priority area of public health. Each year the anniversary has a new theme. This year's theme is focused around the importance of being informed to ensure that the food on your plate is safe to eat.

With easy-to-digest resources available online, in their office, and doctors eager to answer questions, the practice is primed to help everyone understand and utilize the message. Contact EarCare with questions regarding your better hearing diet or your hearing health.



Jumping the Gun
Jacquie Esterline
Care Patrol

So often we find ourselves in situations where an event has happened and we feel we are being pushed for quick decisions. We hear people say things like "you have," "we have no time to think," or "listen to what I am telling you." Although these are most times well intentioned and these comments/statements are being made to remedy an immediate disaster, clear minded, rational decisions are the best. Jumping the Gun on important sometimes life changing events is usually not good.

Make sure the people that are helping you have options for you and that what they are presenting as a solution is affordable, meets your immediate need and can accommodate your future needs. Make sure that you understand what the decision you make or don't make will mean to you.

Don't be afraid to ask questions! Ask why the recommendation is being made. Ask if you agree to the recommended plan is something that can be changed. What are the other alternatives? There is always another choice. Keeping in mind that the other choices may be more complicated to facilitate and the expectations of a positive outcome are not as simple. Rely on people that you trust their opinion. Have them ask the same questions and discuss the answers.

Ultimately Hospitals, Rehab centers, Assisted Living and your physician want good outcomes for you even more so than ever before with Medicare watching more closely and asking for explanations when you have reoccurring hospital stays.

Care Patrol can offer you a wide variety of solutions to help you make the right decision. We are able to consult with you about what services are available to stay in your home safely, trying out an assisted living temporarily or making a permanent move. We can help you with all aspects of making a sound plan so you don't Jump the Gun.



Helping Seniors Of Brevard



Hospice Volunteers Bring Joy at the End of Life

*Pamela Struzinski, VITAS
Healthcare Patient Care
Administrator*

Volunteering teaches people of all ages and backgrounds compassion and understanding, and it's those two traits that make hospice volunteers so special. National Volunteer Week, observed this year April 23 to 29, is a celebration that recognizes and honors volunteers across the nation that selflessly dedicate their time to serving others.

Hospice volunteers are as diverse as the terminally-ill 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. However, one aspect is certain; each volunteer brings a high level of energy, warmth and kindness that complements the services provided by the rest of the interdisciplinary team.

VITAS Healthcare, the nation's leading provider of end-of-life care, welcomes volunteers year-round who can complete office tasks and who can visit patients in their homes, nursing homes or assisted living facilities to offer companionship, run errands and help in other meaningful ways. Specialized volunteers are also welcomed to serve, including those with experience or interest in music therapy and pet therapy.

VITAS equips volunteers with the necessary training they need to provide support to patients at the end of life. Orientation training classes, assignments and scheduling are made according to the volunteer's preferences and availability. To become a hospice volunteer, call LuAnn Moyer at 321-752-2530 or you may email her at LuAnn.Moyer@vitas.com. For more information about hospice care, visit www.VITAS.com



Spring into Spring: Better Mental Health with Video Games

*Joe Ponds,
Canadian Meds of Melbourne*

Video games? For seniors? Yes, that is right! Studies now show playing video games (particularly above the age of 65), can increase mental health by increasing memory skills, and possibly delaying the effects of dementia. While these effects are great, scientists are also finding physical and emotional benefits, so read on!

The common misconception that video games are just for "the younger set" has been shown to be false, but the current number of gamers fifty and older (27%) is increasing. With the powerful dollar of senior spending numbers in entertainment growing at almost double digits each year, there are more people spending their time playing video games and phone applications all of the time. A specially designed 3D video game called *NeuroRacer* has proven seniors (ages 60 to 85) could not only improve multitasking brain function and hand-eye coordination, but with enough practice could beat kids in their 20's at the same game! Since *NeuroRacer* has many of the same elements of conventional video games, the correlation to adults playing is exciting news.

Since the advent of the modern console and their various controllers, a certain level of physical dexterity is required to play (and get better) at games on these systems. Regular and continued use has shown to help not only those of us with limited coordination, but get us up and moving, as in the cases of the Nintendo Wii and Xbox Kinect. Seniors have gone as far as pioneering bowling leagues using the Wii Bowling game!

For more information on this, and other senior health topics, including how to save up to 60-90% on your prescription medications, give me a call at (321-574-6976, and ask for "Little" Joe. Remember, don't HAVE a great day, MAKE it a great day!



Protecting Yourself in Dental Care

Dr. Lee Sheldon

In my lectures, which I'm happy to say now span the U.S., I'm often called upon to speak about the current state of affairs in dentistry. If you follow my column, you see a consistent theme, that of responsibility for your own health care. The same holds true for your own dental care.

We are fortunate in the United States to have what I think is the best dental care in the world. The innovations that have occurred in my practice lifetime are truly amazing, from dental implants, bone grafting techniques, improved cosmetic materials, and diagnostic technology that allows us to "do the surgery" on the computer before we do it on that patient, are truly remarkable. Those innovations will continue.

But just because we have those innovations does not mean that everyone takes advantage of those innovations. Moreover, it does not mean that there also isn't an underbelly of dishonest practitioners that call themselves doctors. Yes, it is in every profession including mine. There are dishonest people who make decisions about your health based upon the dollar rather than upon your welfare. And despite the regulations that are put forth in the health professions, there is a delay, sometimes a long delay, between discovery of an unethical practitioner and discipline of that practitioner. That's a problem for you as well as for the profession.

What is a consumer to do? Personal recommendations are by far the most predictable resource. If you know someone with a similar problem to yours, ask that person for a referral. Another great source is a doctor referral. Doctors know who the good doctors are. Personally, I would concentrate on these two sources of referrals. Other resources include online reviews and social media. While I personally market my practice, such advertising is the least predictable source of referral. Even if you do respond to an ad, mine or anyone else's, do some cross checking, looking in particular for personal references.

In dental care, once one touches a tooth, it is a non-reversible procedure. You'll do far better to research who is touching that tooth before treatment rather than pick up the pieces after treatment.



The Value of Pet Therapy

Live a more fulfilled life
Ashleigh Caswell, MBA
 Director Community Engagement
 Hibiscus Court Assisted Living and Memory
 Care Community

Pet therapy comes in all shapes and sizes. Chances are that you have been self-dosing yourself with pet therapy for many years. There's nothing quite like sitting and enjoying the sunset with an old dog, or curling up with your beloved cat.

Unfortunately, as we age pets become more challenging to care for and people are less likely to have a pet at a time when they could use the positive interactions the most. At Hibiscus Court, and many assisted living communities, residents can have their pets with them. Pets provide a richer, more fulfilling life. It's been proven many times over that pets reduce anxiety, lower blood pressure, and help people live longer, healthier lives. Turns out; this applies to spending time with official Pet Therapy animals as well.

There are many volunteer groups that bring their service animals to visit seniors who are homebound, or who live in assisted living communities. Our residents absolutely adore our pet therapy visitors and look forward to their visits. There is a very lovable Shih Tzu Pekinese mix, Lily that can be found many days lounging on our lobby couches with 2 residents rubbing her belly. Her sister Abby entertains and loves a good scratch. We are often graced with the presence of big and small, fluffy and sleek, young and old animal companions.

Take the time to spend some time with a nice, furry companion today. It'll do both of you good.





Helping Seniors Of Brevard



Who's Got Your Roof Covered?

*Brittany Cherup
Pit Crew Roofing*

Pit Crew Roofing was established in Melbourne by local UCG graduate, Brittany Cherup in 2009. Servicing Brevard's roofing needs has become somewhat of a family affair. Her husband, Adam, a former marine, runs the production like a tight ship while their daughter Alicia intends on joining the ranks this summer as well.

With a clear focus on long term care, the company has grown rapidly and now includes both a full replacement and repair division. "A roof is a lot like a car" explains Brittany, "even a good roof will not last its design life without ongoing maintenance." By having a roofing professional service your roof annually, you can find matters when they are small and before they have caused thousands in damage.

At 40 employees strong and servicing all of Brevard County, Pit Crew Roofing has become a welcomed veteran owned business to Brevard's scenery. Stop by the showroom at 2774 N. Harbor City Blvd, Melbourne to simply say hello, get an estimate, or just check things out! Also, don't hesitate to give us a call at 321-617-5555.

Semper Fi

The Pit Crew Family

(The friendly smiling face shown above is Tom Priami, Production Manager)



ROOFING & REPAIR LLC



Helping Seniors of Brevard archives all television and radio programs **PLUS** printed articles on www.helpingseniorsofbrevard.org



From the Executive Director...

Kerry Fink

The Helping Seniors Advocacy Council, now entering its 3rd year of service, is an all-volunteer, community based and minded group of people who assist our Helping Seniors organization in its efforts to establish the best support for Seniors in our area.

The group just completed its first meeting in 2017 and established this year's focus on three key areas:

1. **Seniors Needs Survey** – Helping Seniors conducts annual surveys too ascertain what needs are best self-reported by area Seniors and, the group has just launched its 2017 Senior Needs Survey – copy of which is found in this month's Senior Scene magazine, as well as online at HelpingSeniorsofBrevard.org.
2. **County Wide Aging Plan** – Brevard County, which markets itself as "Elder Friendly," does not actually yet have such a plan. Our Advocacy team has committed to developing such a plan to submit to County Commissioners in an effort to fulfill our county's "Elder Friendly" promise more fully.
3. **Senior Advocacy & Volunteers** – Helping Seniors is more active – lobbying, on behalf of Senior issues, at all key governmental levels and connecting with Seniors directly, both via our free Senior Info Help line as well at presentations at various Senior Expos and related events. To that end, the Senior Advisory Council is building a team of volunteers who assist us in these efforts.

Your help and assistance in our efforts is welcome! We need you! Please call our Information line at 321-473-7770 for more information on how you can get involved in HELPING SENIORS.



Your opinion counts!



Helping Seniors Of Brevard



An Underwriter's Testimonial

In 2015 I became aware of a wonderful initiative headed by Mr. Joe Steckler. I was already familiar with Mr. Steckler and his proven track record of success with his "Joe's Clubs" which continues to be a huge resource for families dealing with Alzheimer's.

When I looked into "Helping Seniors of Brevard" there was no doubt that I wanted to be involved. Not only to take advantage of the marketing and advertising opportunities available to me as a sponsor but to help support an organization whose mission is to build a solid network of quality businesses and professionals who will provide honest and affordable services to the Senior community of Brevard County.

Over the past few years I have increased my support of this terrific organization and as a result I participate in recorded television broadcasts which later are viewed all over the United States on YouTube. I participate in live radio broadcasts on 1510 WMEL AM and am able to be a contributing author providing articles for publication in the "Helping Seniors of Brevard" newsletter published in Senior Scene, a monthly magazine free to anyone.

I will continue to support "Helping Seniors of Brevard" as the benefit to my business and been tremendous and all while supporting my local community.

Barbara McIntyre, Reverse Mortgage Funding

Our Current Underwriters Include:

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