



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.

Greetings,

In my message this month it gives me great pleasure to tell you that the 1951 Ford Victoria hot rod you see on page 2 was donated by A.J. Hiers of Boniface Hiers Automotive Group from his personal collection. The trunk and under the hood are close to original, while the interior and exterior are completely restored. It is a beauty with glass mufflers,

similar to the car driven by Robert Mitchum in the 1951 movie Thunder Road. To view 57 pictures of the care, go to www.Helpingseniorsofbreard.org and click on the car.

You should also know that I called A.J. about purchasing a car for the raffle. He showed me the 1951 Ford Victoria, but I said we could not afford it. His reply was, "Yes you can, because I am giving it to you. It is from my personal collection, and all I ask is that you sell as many tickets as you can to help people." I assured A.J. that we would do tht, so it is my hope that you will make a donation for tickets and tell others about the raffle, which will be at the American Muscle Car Museum on February 10, 2018.

An added incentive to participate is that you will be able to view the \$32 million worth of muscle cars that are contained in the American Muscle Car Museum. Since the museum is not open to the public, this is a way for you to see the cars. Having seen them for myself, I assure you that they are well worth a donation of \$25 for one ticket or \$100 for five tickets. We will have wine and hors d'oeuvres at the drawing. To get your tickets, please call Kay at 321-473-7770 or visit our website.

Helping Seniors continues to expand its information sources. We now have helped over 1,900 people. There is more to do, but to do our work we need your financial support. The car is one way to help a good cause, and we will appreciate any donations.

Thank you,

Joe Steckler

1951 Ford Victoria Hot Rod

(Fully restored & donated from the Private Collection of AJ Hiers)

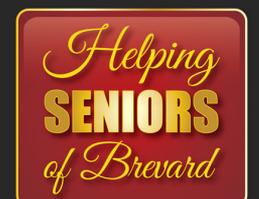


Win the
Classic Ford.



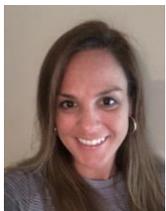
Call 321-473-7770 for Tickets
or go online to HelpingSeniorsofBrevard.org/classic

Support Helping Seniors
Car Raffle: 1 ticket \$25 or 5 tickets for \$100 Donation.





Helping Seniors Of Brevard



What is Senior Care of Brevard?

*Marianna Hutchinson
Executive Director*

Senior Care of Brevard is a premier Adult Day Care Center licensed with the state as a Specialized Alzheimer's Center. We care for adults 18 years and up with disabilities with brain disorders such as Alzheimer's or dementia. We offer a safe, happy, nurturing and stimulating environment to all that come here.

We try to discourage placement in an assisted living facility or nursing home. We want your loved one to maintain a sense of freedom and dignity while keeping the family intact.

We have an active program here that includes games, chair exercises, crafts, entertainment, and therapies such as music and pet. Not all our clients have dementia. Many are very cognizant and use our center as a social outlet. Many times we will use these client's as "volunteers" to help the lower functioning client with activities such as crafts. The high functioning client is given the sense of purpose and feels needed when they feel they can help.

So what makes Senior Care of Brevard a premier Adult Day Care Center? We have dedicated staff that not only includes longevity but certifications in their areas of expertise. We take pride in our facility and the program that we provide. We are not a babysitting service, and we take clients that many other daycares turn away of because of liability issues or the advanced stage of their disease.

We are located in Cocoa Village and can be reached at 321-631-9014.



We're Here to Help. Make the Call to Helping Seniors of Brevard 321-473-7770

*Kay Keyser
Information Specialist*

I often think living as a senior in earlier days may have been much simpler. Doors were left unlocked, the sound of children playing in the streets and neighbors reaching out to each other.

In today's world, things are much different. People lock their doors or have security systems to alert them of any unusual activity. But for seniors living alone, it's often scary. With so many scammers, contractors or telemarketers taking advantage of senior ladies in particular, it's sad.

Unfortunately, too many seniors wait too long to seek out help. Many senior callers do not have computers to "search" for resources, nor do they subscribe to their local newspapers. It's disheartening when a caller calls on a very limited income to find affordable housing only to learn there exists long waiting lists to even get in. Even worse, to discover they substitute taking their proper medications in order to simply eat.

Some seniors end up moving in with their children or taking care of their children's children. Not a great way to live with dignity...but a necessity in order to survive.

Most of the callers I receive do NOT have long term care insurance. Where do they go if they need assisted living or skilled nursing? They simply cannot afford the high costs.

Of course another major request is transportation. Most seniors cannot afford to pay someone, but still need to get to the grocery and doctor. Space Coast Center for Independent Living requires one to "register" in their Rockledge office and one must plan ahead of time. But what if a senior cannot afford to pay someone to get there in the first place? Yes, there are other resources, but many volunteers who drive may not be available in their specific area.

The need to connect senior callers or their caretakers is HUGE but we are here to help!



Helping Seniors Of Brevard



Know the Difference Between a Living Will and DNR

*William A. Johnson, P.A.
Elder Law Attorney*

There seems to be some confusion as to the difference between a “Do Not Resuscitate” Order (DNR) and a Living Will. Many of my clients think that a DNR will prevent the insertion of a feeding tube or that a Living Will prevents the Emergency Medical Technicians (EMT) from using “paddles.” These assumptions are wrong!

A DNR is a document that specifies that the patient does not want to be resuscitated. The patient and the patient's physician must sign a DNR. Thus, you must obtain a DNR from your physician's office. The original must be presented to the EMT's in order to stop them from resuscitating the patient. A DNR covers the situation where the patient is dead and stops the EMTs from reviving the patient.

A Living Will is a legal document wherein the patient designates if they want life support continued if they are incapacitated and in a “terminal condition,” and “end state condition,” or in a “persistent vegetative state.” The patient also indicates whether they want the artificial administration of food and water (feeding tube). The Living Will covers the situation where the patient is alive but only with the assistance of artificial means. In other words, the Living Will indicates whether the patient wants the medical providers to “pull” the proverbial “plug.”



Look for Helping Seniors at W.E.A.D.D.

Kerry Fink, Executive Director

W.E.A.D.D. – if you don't already know that acronym, it's a good one to learn. It stands for World Elder Abuse Awareness Day.

Helping Seniors will be onsite, with our friends from DCF Adult Services, the Brevard Alzheimer's Foundation, and the Brevard Commission on Aging, for the 8th Annual WEAAD Community Information Fair June 16th from 10AM-1PM at the Melbourne Auditorium.

Theresa Russell was working as the Operations Management Consultant for DCF when she learned about WEAAD. She organized the first WEAAD event in Brevard County in 2010 and by 2012, the event grew enough to relocate to the Melbourne Auditorium.

WEAAD's focus is on teaching how to assist seniors and disabled adults to live happy and healthy in their own homes. It also spotlights community providers that can assist in that goal. Examples include housekeeping services, prepped meal delivery, ramps, bubble packed medications and learning about fall prevention. The main objective is to keep area citizens independent with supported services.

DCF Adult Protective Services is a reactive agency. They take calls to go out and investigate ABUSE, NEGLECT, and/or EXPLOITATION after it has occurred. As Theresa notes: “We make plans for the birth of a child, the first day of school, and so similarly, we should be making plans for our final days to be as happy and healthy as all the other phases of our life. With some pre-planning, people can live independently longer.”

Florida is #2 in the nation regarding population 65+, 10,000 people a day, across the US turn 65 years old. Brevard County is 9th in the state for 65+ residents – so it makes all the sense in the world to make plans to attend the 8th Annual WEAAD Community Information Fair.



Helping Seniors Of Brevard



A Day Without Dad: Coping Loss on Father's Day

*Pamela Struzinski
VITAS Healthcare Patient Care
Administrator*

Father's Day is a time to celebrate and recognize our dads and father figures, however, it can be an emotionally painful holiday if your father has passed away. If the loss of your father is making you dread Father's Day, VITAS Healthcare, the leaders of end-of-life care and experts in bereavement services, offers some suggestions to help manage your loss while at the same time, honoring him:

Memorialize him

The desire to memorialize those who have passed is part of human nature. While we may feel that the way to remember our deceased loved ones is to create a tangible memorial such as a monument or plaque, there are other ways to celebrate their lives. From donating to a charity in his name, planting a tree, designing a special gravestone to making a memory book, the options are many.

Acknowledge the holiday

It is almost impossible to avoid the in-store displays promoting Father's Day, from the advertisements on TV to the chatter on social media about people's plans for celebration. By acknowledging the holiday, you can emotionally prepare for it, which in turn can help promote healthy healing.

Seek support

Although you may want to be alone, isolating yourself on Father's Day may make you feel worse. Try to spend the day with someone who cares about you. Have dinner with friends, go see a movie with family members, or attend a bereavement group meeting.

VITAS Healthcare has more than 35 years of experience providing grief counseling. For more information about our bereavement services, please call VITAS Bereavement Manager Donna Carey at 321-752-2534, or visit www.VITAS.com



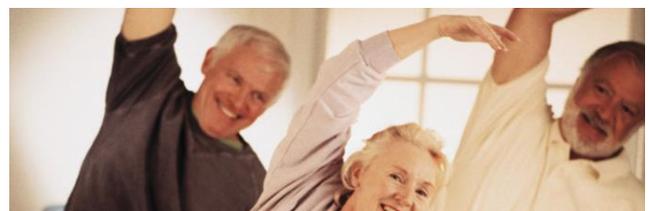
Regular Chiropractic Care and Exercise

*Timothy Bortz, DC
Clinic Director & Chiropractic Physician,
Brevard Chiropractic & Injury Center*

Regular vigorous exercise is critically important when it comes to retaining and maintaining optimal health. However, injuries may happen, disrupting our plans and best intentions. It's difficult to prevent random injuries, which by definition occur without warning. One key to prevailing in your long-term exercise program is to minimize the possibility of injury by maximizing your fitness potential.

Preventable, rather than random, injuries are often caused by tightness and/or imbalance of muscles that support spinal movement and spinal weight-bearing. These muscles include the erector spinae, quadratus lumborum, longissimus thoracis, and longissimus cervicis. These spinal stabilizers assist in all methods of exercise and their optimal functioning is required for any maximal effort. By identifying and correcting misalignments of spinal vertebrae, regular chiropractic care helps ensure full and free movement of these essential spinal muscles. As a result, regular chiropractic care helps you and your family get the most benefit out of the time you spend exercising, helping you to improve your long-term health.

Most fitness centers offer senior discounts. Join a group exercise class and speak with one of their personal trainers. Take advantage of expert advice and free trial sessions. It is never too late to begin a healthy lifestyle. With daily exercise, regular chiropractic care to strengthen and stabilize muscles, you can not only prevent injury, you can live a more productive and mobile life.





Helping Seniors Of Brevard



The Life Enrichment Difference at Zon Beachside Assisted Luxury Living

Laura Bierbaum

As the Life Enrichment Director at Zon Beachside Assisted Living, I am part of an incredible team of dedicated individuals who bring to life our "Hands with a Heart" philosophy. Each Staff person who comes in contact with our Residents feel the commitment we have to them and to the company.

Another thing that sets us apart from other facilities is the Zon tenet of the "elevated customer experience." In my 20+ years working in assisted living activities departments, I've never had the pleasure of having two full time staff allowing us to offer more quantity and quality of programming than any of our competitors. We enhance our schedule with volunteers and professions from the community. We have been adopted by the Indian Harbour Garden Club, Satellite Beach Football Team, Therapy Dog organizations and others. Our private instructors include Tai Chi, Fitness and Dance. Every week we have at least two entertainers with additional music for special events such as Family theme Nights. Residents who continue to value volunteering serve on the Hospitality Committee or the Outreach Club.

"Your Life, Your Way" is not just our motto; it is inherent in how the calendar is developed. I take the feedback from the Residents and incorporate it into the next month's calendar. On a personal note, I am most impressed by our Assisted Living Residents who regularly attend exercise, crafts and entertainment in our Beacon Harbour, overcoming the typical stigma of Memory Care.

We welcome you to give us a call at 321-777-8840 or visit us online at www.ZonBeachside.com.



Meet the "Coach"

Trey Boyer

I'm Trey Boyer, and people often call me "Coach." I'm an inspirational speaker, author, and owner/founder of my Fitness Consulting Corporation and am often known for my teaching program of Instructional Principals for successful living that incorporates a holistic lifestyle for achieving a balanced life of happiness and success. Over the years, I have worked with thousands of people and, today, it is my constant hope to instill confidence in others to lead a victorious and successful life.

My own background is that I was an award winning bodybuilder in the 1980's and my successes in that highly competitive sport set me on a path towards helping others achieve their life goals. I have appeared on television, radio shows, and been published numerous times as a voice in the industry. During this time, I decided to design a comprehensive and holistic blueprint for empowering others to reach their full potential in mental and physical health.

My efforts at sharing what I discovered, became documented in specific and actionable steps in my manuscript, "What Are You Waiting For?" as both a question and an encouragement. I want to present it in a way that is enjoyable, easy to grasp, and produces extraordinary results.

The first section of the book contains 70 quick read foundational building blocks that provide the infrastructure for your next level of success. The second section is aptly named, the Genesis Program where I provide a very comprehensive exercise and nutrition program designed for time efficiency and to provide the knowledge to achieve a healthy lifestyle.

What Are You Waiting For? Jump-start your path to maximum potential and visit my website at: TreyBoyer.com.





Helping Seniors Of Brevard



**Al Dia Today
A Bilingual Newspaper**
*Javier Molinares,
Publisher*

After serving in the U.S. Army as a paratrooper of the 82nd Airborne Division, I came back to Palm Bay to pursue my communication degree at Florida Institute of Technology. For me, it was difficult to make the transition from military life to civilian. I didn't have friends in Brevard or connections. Also, I didn't have any guidance at all. Fortunately, I joined the Space Coast All Airborne Chapter of the 82nd Airborne Division Association and the paratroopers of this great organization took me under their "wings," all of them were local senior citizens.

Senior citizens have supported me since I moved to Brevard County. I have so much appreciation for them. As a president of the Brevard Hispanic Center, senior assistance is one of my priorities, especially those who speak English as a second language. Usually at a certain age, they start losing their English skills and go back to their native language. It is difficult for them to be at senior centers where no one speaks their language. Seniors are essential to our community and we need to take good care of them, no matter where they come from.

For me, it is an honor to partner with Helping Seniors of Brevard, a nonprofit organization designed to advocate, educate, and fund-raise on behalf of Brevard's senior citizens. I see Joe Steckler, the organization's president as a true role model. We have the same views. As I do, he recognizes the importance of serving our senior community. I am looking forward to continue working with Helping Seniors of Brevard and promote the organization's services in diverse communities.

AL DIA TODAY...connecting the Hispanic and multicultural community with businesses, government, and civic organizations. You can contact Javier Molinares at 321-724-6077 or email him at Javier@aldiatoday.com.



**Protecting Seniors
from Fraud**
*Hetal D. Vaishnav, M.D.
The Eye Institute*

"A few months ago, my parents had a leak in their roof. A company came out to do the work but did not complete the task that they promised. Unfortunately, seniors are often target of scams and schemes," says Dr. Hetal Vaishnav, an Ophthalmologist and a leading senior advocate. Whether it is Bernie Madoff, a dishonest roofer, or even a dishonest medical office, seniors often get targeted. Why is that?

According to Dr. Kenneth Brown at the University of Iowa, research shows that as a person ages, their ability to discern truth from scams starts to decrease. The **prefrontal cortex**, the part of the brain responsible for cognition, starts to degenerate. As the brain degenerates, our ability to pick out the scams decreases. So how can an older member of our family or community protect themselves from being scammed? Whether interviewing a roofer or going to a doctor, here is a checklist of protective actions to take:

1. Always have a friend or family present or go with you.
2. Always sleep on the decision. Never agree impulsively.
3. Never shop in a pushy environment. Honest people or companies know that their quality speaks for itself.
4. Never shop when tired or hungry.
5. Always get multiple bids or second opinions.

"At the Center for Advocacy, Research, Prevention and Education," states Dr. Vaishnav, "we encourage our seniors and/or their loved ones to take these steps. These steps work for any big decision, whether making a medical decision to recovering from hurricanes or natural disaster."

Unfortunately, none of us can stop the natural degenerative changes of aging but with some simple steps, we can avoid becoming a victim.



Helping Seniors Of Brevard

Help Support Helping Seniors of Brevard with a secure donation on www.helpingseniorsofbrevard.org or by calling 321-473-7770.



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