



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 are now officially underway with the raffle of the 1951 Ford Victoria hot rod GIVEN to us by AJ Hiers of the Boniface Hiers Automotive dealerships. You can view the car on page 2 and see additional images of the car on our website at www.helpingseniorsofbrevard.org. We are working to develop a

schedule of appearances of the car at local events at its location at various Boniface-Hiers dealerships. I urge you to view the car and consider two things, the actual beauty of the car and the good that your ticket donation will do to support our work to assist seniors in Brevard County. An added value to your donation for tickets is your ability to see over 32 million dollars of muscle cars at the American Muscle Car Museum where the drawing will be held on February 10, 2018.

We continue to expand our network of assistance to seniors. Our sponsors are receiving calls for their service outside the County and when local organization work attracts national recognition, it is an indicator that their service is good and worthy of notice by others. The fact that we are building an organization that can and does assist others is what we are all about or trying to achieve. As president of Helping Seniors it is my privilege to thank a very small staff of three for their magnificent work and compliment a volunteer Board of Directors for their assistance in making this all happen. Too often we fail to recognize the work of staff and Board members but I am aware of the efforts of all to date, thank them and know we have a huge task ahead of us and have helped a lot of seniors.

We are receiving many requests for the online newsletter and now have almost 1100 subscribers. To receive this free benefit, call Kay at 321-473-7770 or request it on our website. Our articles in local media are receiving wider attention and the sponsor/partner network is growing. We have much for which to be grateful, especially our growing ability to assist those in need. Please tell others about the car raffle.

Many thanks,

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



Affordable Glass Protection

Van Jackson, Owner

Van Jackson started this company in his own backyard in 1992 and has since expanded to a large facility at 175 West Drive in Melbourne. Jackson was awarded the Chamber of Commerce Entrepreneur of the year in 2007 for demonstrating record growth, exhibiting effective marketing strategies, and community involvement.

After 25 years, Affordable Glass Protection has helped over 14,000 customers protect their homes. They offer accordion shutters, roll screens, storm panels, colonial shutters, and Armor Screen products.

Accordion shutters are the company's biggest seller. These shutters are extremely strong and easy to use. If a customer's house has second story windows, they can even be locked from the inside.

The Storm Smart roll screen has become extremely popular in the last few years. This product is a favorite because it is designed to withstand the strongest hurricane winds without rupture and deflect FEMA standard-class missiles. The lightweight fabric is 95 percent solid and 5 percent porous which allows natural light and visibility.

Being born and raised in Brevard County, he loves helping the locals. When Jackson was given the chance to partner with Helping Seniors of Brevard, he just couldn't say no. "I heard of the organization and love what they're doing. I really appreciate the opportunity to be involved and help the elder population of my community," said Jackson.



It Pays to be Vigilant

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

Many times my clients or their families complain about problems involving obtaining the right medications to their elderly loved ones who are ailing. Whether at a hospital, an assisted living facility, a nursing home, or even at home, there is no substitute for vigilance. By vigilance, I mean having a healthy set of eyes review all medications as well as having a thorough review, possibly by a medical professional, of the potential interactions between medications prescribed by more than one physician.

At the hospital, it always pays to have an advocate present with the patient whenever medication or treatment issues are discussed. Make sure that you have completed a HIPAA release form so that your medical professionals can discuss treatment with your advocate. As a patient, you may not be attentive enough to what is being prescribed or may not remember all the details later.

If the patient is to be transferred to a nursing home, it is imperative that an advocate be present before, during and after the transfer. Many times, the patient's medications or prescriptions do not make the transfer with the patient. Again, a separate HIPAA release form must be given to the nursing home and to each doctor who will treat the patient so that they can discuss treatment and share your health records with your advocate.

Much of the same holds true for assisted living facilities and home health care. HIPAA release forms should be given to all health care providers. In prior articles, I have discussed the health care surrogate document wherein you designate someone to make health care decisions for you should you become incapacitated. Make sure that this document contains language that allows your health care surrogate to examine medical records and be a designated representative for HIPAA purposes.



Helping Seniors Of Brevard



Veterans in Brevard County are cherished and honored, and with the help of the Veterans Administration (VA), we can ensure that they continue to live independent lives as a dedicated part of our community.

The VA provides Veterans with many benefits that can create a home that provides independence even when a Veteran or Veteran's spouse has a disability. These benefits can be found in the following programs:

Federally Supply Schedule (FSS) <https://www.fss.va.gov/>

Home Improvements and Structural Alterations (HISA) <https://www.prosthetics.va.gov/psas/hisa2.asp>

Housing Grants for Disabled Veterans http://benefits.va.gov/homeloans/adapted_housing.asp

Specially Adapted Housing Grant (SAH) Special Housing Adaption Grant (SHA)

Each program has its own qualifications and provides funding for each of the different types of services. Therefore it is imperative that you visit the websites above to fully understand the different requirements and services of each program.

The first step in determining which program will be used is to obtain a prescription from your local VA prosthetics department. This prescription will document the specifics of your disability and the services that can be granted to increase your independence from the disability.

If the installation of Durable Medical Equipment is required then the FSS program would apply. The case manager would work to coordinate the product and services with a local VA FSS contractor who is then assigned the job to schedule with the Veteran.

If the services that are prescribed include alterations to a home to create a barrier-free

environment for a Veteran to live independently, depending on the scope of the alterations the HISA, SHA, or SAH Grants would be applicable.

The HISA grants a lifetime amount that ranges from \$2000 to \$6800 depending on whether the condition is service or non-service related; this range can be used for enhancements to the bathrooms, widening of doors, threshold ramps and other minor structural changes to an existing home.

The SHA and SAH grants provide funding for major structural changes to an existing home or the purchase of an adaptive resident depending on the qualifications that are met. The range of funding can change from year to year, so it is best to refer to the websites above to understand the requirements and services each grant provides.

All the Home Improvement Grants have one thing in common; they will require an estimate be obtained from a contractor before any amount is awarded. The VA has a listing of registered VA Builders and will supply this to the Veteran; however it is up to the Veteran to choose the contractor.

Before considering a contractor, make sure they are licensed and that they understand the type of line-item, time estimate that the VA requires. Not all contractors supply this type of estimate and it is best to identify a contractor that understands this method.

VA Builder #4095, HandyPro of the SpaceCoast, is one these contractors, we understand the requirements of the VA and are also certified installers of equipment under an FSS contract. We can be reached at: 321-208-7989 or visit our website at: www.spacecoastfl.handypro.com.

If you are a SENIOR or CARETAKER searching for assistance in finding services and/or resources, Call: 321-473-7773.





Helping Seniors Of Brevard



Questions to Ask When Choosing a Hospice Provider

*Pamela Struzinski
VITAS Healthcare Patient Care
Administrator*

Most families are understandably overwhelmed when a loved one is referred to hospice. The looming uncertainties and difficult decisions associated with end-of-life care add extra stress to an already difficult situation.

Here are some important questions to ask hospice providers before choosing a specific program:

What services does the hospice company offer?

Hospice provides care to patients during the end of life but some programs also provide specialized services to make the patient's final days more enjoyable. For instance, VITAS Healthcare offers respiratory therapy, music therapy, pet visits and other services to further assist patients and their families during these trying times.

Is it an established program?

Experience is key when it comes to hospice services. As a pioneer and leader in the hospice movement since 1978, VITAS has developed practices to make sure patients at the end of life receive high-quality care and their families get the support they need.

Where can the patient receive care?

Studies show that most patients prefer dying at home and VITAS can bring hospice services to whatever place is most comfortable for the patient. No matter where a person chooses to receive these services, hospice staff can guide them and their families through difficult decisions about their end-of-life care.

Who covers the costs?

Hospice care is covered by Medicare, Medicaid and most private insurance plans. To be eligible for hospice under Medicare, the patient must be entitled to Part A of Medicare, and certified by their physician and a hospice physician as having a terminal illness with a prognosis of six months.



The Importance of B12 and its Role in Neuropathy

*Timothy Bortz, DC
Executive Medical Director,
NeuroMedical Wellness Center*

It's important to have all b-vitamins balance, however B12 tends to steal the spotlight because it's not absorbed into the blood stream the way other b-vitamins are. B12 is frequently more deficient than the others. Here's why B12 vitamins are important...

1. It prevents Peripheral Neuropathy: The myelin sheath acts as an insulating cover over a nerve fiber. It's through this nerve fiber that conduction impulses are produced and electrical signals are sent and received. For example, you touch something hot, once the sensation is felt, your nerves send a signal to your brain. This signal works on these conduction impulses. B12 prevents the breakdown of the myelin sheath. Myelin is very important for your spinal cords nerve fibers. Damage leads to a condition known as peripheral neuropathy.

2. The effects of B12 deficiency can cause irreversible symptoms: This is seen in MS (a degenerative disease of the nervous system). As with any tissue in the body, once it's damaged, scar tissue forms (also known as Sclerosis).

3. Lack of B12 can lead to Pernicious Anemia: This form of anemia is caused by a lack of absorption of B12 due to a deficiency in Intrinsic Factor. B12 binds with "intrinsic factor." Without B12 and Intrinsic factor, the membranes of immature red blood cells rupture, disintegration of the stomach lining can occur, which can lead to autoimmune diseases such as Crohn's disease.

4. It makes us happy: B12 plays an important role in supporting and assisting with the formation of neurotransmitters such as serotonin and dopamine production. Oh, happy day!

5. B12 helps recycle Homocysteine: Anyone with a history of cardiovascular disease may know a bit about homocysteine levels.

Attend our FREE Neuropathy Seminar Call 321-222-9370



Helping Seniors Of Brevard



“I’ll Never”
Jacquie Esterline
Director of Community Relations
Riverview Senior Resort

How many times in life have you made the statement “I’ll Never”?

I know myself over the years I have said it more than once and more than twice for sure. Sometimes over the simple things as recently I tried guacamole for the first time. I had what I thought was really a good reason not to eat it. For heaven’s sake, it’s green and mushy. However, after 50+ years I will NEVER eat that stuff, I finally did. Now I love it! What I had been doing for all of these years, was looking at the outside and I couldn’t bring myself to delve into what really made up the guacamole. I found wonderful flavors that are blended and combined with the avocado result in a smooth accompaniment to many things.

I’ll NEVER...think of all the times you have said it and remained stubborn about what you would never do or never try. Recently I had something that was on my “I’ll never” do again list. I worked for years in the Home Care Industry prior to a wonderful experience in Pennsylvania working for an amazing Assisted Living facility called Country Meadows. I found it to be the best of the best only to resign myself I will NEVER find another place as special. I ended up swallowing the “I’ll Never” statement because I did in fact find the most wonderful community that makes me feel I found the place that is the best of best. It’s called RiverView Senior Resort.

RiverView Senior Resort is the place that will erase a senior and family thought about “I’ll never” transition to a different type of living environment. The moment you walk through the front doors and experience the beautiful view of the Indian River, greeted by warm and friendly smiles, you will fall in love. The community has the highest license for Assisted Living in Florida. I invite you to call me at 321-312-4555 or stop in for lunch. I’m here to answer all of your questions.



**Signs Your Aging Love
One Needs More Help**
Rob Graham & Lena Cambron
CarePatrol of Melbourne

Is your parents' home messier than usual? If so, take a closer look. The home often holds many early warning signs that its tenants could use a helping hand. Taking care of the home can feel impossible with the onset of physical or cognitive decline.

Here are some common signs to look for:

1. Piled up mail and/or notices of unpaid bills or bounced checks
2. Peeling house paint and/or neglected lawn
3. Wrinkled clothes or disheveled appearance
4. Spoiled food in the refrigerator or cabinets
5. Unwashed dishes
6. Excessive clutter, especially if not common
7. Difficulty walking, especially on stairs or through raised doorways
8. Difficult rising from a seated position
9. Unexplained bruising (likely caused by stumbles or unsteadiness)
10. Unexplained dents or scratches on their car
11. Forgetfulness and confusion performing common tasks
12. Unusual body odor
13. Loss of interest in activities or hobbies
14. Mood changes
15. Expired medications

Ascertain whether your loved one needs home healthcare or to move to a senior community. If they wish to remain in their home—and it’s safe to do so—home healthcare is a good, cost-effective option. Non-medical home care offers companionship and conversation, grocery shopping, chores, light cooking and diet management, hygiene assistance, light housekeeping, cleaning and mobility assistance. If it has come to a move, consider giving us a call at (321) 652-6851.



Helping Seniors Of Brevard



Knowledge College New Horizons

Rob Dixon

Rob Dixon's popular Knowledge for Aging just announced its Summer program free "Get Ahead of the Aging Curve" seminars – and, even plans for a March 2018 Knowledge College At Sea even on board the luxurious Royal Caribbean Oasis of the Sea.

Knowledge College for Aging seminars offer an opportunity to engage with knowledgeable "professors" for 3+ hour forum covering everything from aging in place, to advance planning – both financial and legal, to options for retirement living and so much more. Inspirational professionals cover a wide range of topics regarding aging issues with the objective of helping you prepare, in advance, for aging – for yourself, for a family member, and for your peace of mind.

KCA has announced two free seminars – one in Palm Bay, on August 19, 2017, at Peace Lutheran Church and one in Merritt Island, on September 9, 2017, at Lighthouse Christian Church. In addition, KCA just announced reservations are now open for their first annual Knowledge College at Sea event, which takes place on RCL's Oasis of the Seas, sailing March 4, 2018, from Port Canaveral.

For information on all these events, visit KnowledgeCollegeforAging.com and/or call 321-725-6799.



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

*Jason K. Darlington, M.D.
The Eye Institute*

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.

Be 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.

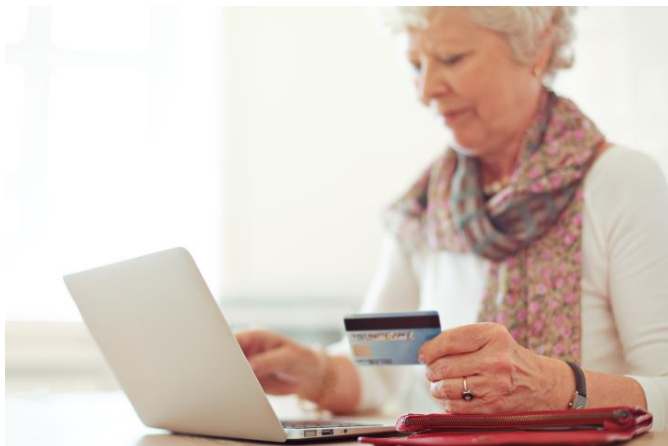
"The vast majority of patients experience a dramatic improvement in their vision following cataract surgery overnight," states Dr. Darlington, who utilizes the latest high technology lens implants and techniques when performing cataract surgery.

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





Helping Seniors Of Brevard



It's EASY to make a secure online donation on
www.helpingseniorsofbrevard.org

Our Current Underwriters Include:

Affordable Glass Protection, Inc.

www.affordableshutters.com 321-722-9996

Al Dia today

www.aldiatoday.com

Allegra Design Print Mail

www.allegrarockledge.com 321-632-7272

Autumn House

www.autumnhouseflorida.com 321-242-1006

Barbara McIntyre, Reverse Mortgage Funding

www.reversefunding.com/barbara-mcintyre

321-698-4739

Barefoot Bay Tattler

www.barefoottattler.com

772-664-9381

Brevard Chiropractic & Injury Center

www.brevardchiro.com 321-631-1100

Canadian Meds of Melbourne

sales@canadianmeds-melbourne.com

321-574-6976

Care Patrol

www.carepatrol.com 866-560-5656

Courtney & Braswell Financial Group

www.courtneybraswellfg.com 321-735-4994

Ebony News Today

www.ebonynewstoday.com

Handypro of the Space Coast

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

Hibiscus Court

www.slm.net/Senior-living/fl/Melbourne/hibiscus-court/

321-345-9830

Hometown News

www.hometownnewsol.com 321-242-1013

In Home Personal Services

www.ihps.com 321-984-0706

Knowledge College for Aging

www.knowledgecollegeforaging.com 321-725-6799

Neuromedical Wellness Center

www.neuromedicalwellness.com 321-222-9370

321-978-0830

Pit Crew Roofing

www.pitcrewroofing.com 321-617-5555

Riverview Senior Resort

www.riverviewseniorresort.com 321-312-4555

Senior Care of Brevard

www.seniorcareofbrevard.com 321-631-9014

Senior Scene Magazine

www.seniorscenemag.com 321-777-1114

Seniors Helping Seniors

www.seniorcarebrevard.com 321-722-2999

Dr. Lee Sheldon, DMD

www.drleesheldon.com 321-369-9788

Solutions by RPM

www.solutionsbyrpm.com 321-720-5961

Soter LLC

www.linkedin.com/company.soter-llc 321-626-2232

Space Coast Daily

www.spacecoastdaily.com 321-615-8111

Spotlight Magazine

www.spotlightbrevard.com 321-961-3636

The Eye Institute

www.seebetterbrevard.com 321-722-4443

Trey Boyer, author

"What Are Your Waiting For?"

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 1510 Radio

www.1510wmel.com 321-241-1060

Zon Beachside Assisted Luxury Living

www.ZonBeachside.com 321-777-8840