



# Helping Seniors Of Brevard

[www.HelpingSeniorsofBrevard.org](http://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](http://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 to all,

On June 16 at the World Elder Abuse Awareness Day, Congressman Bill Posey's office recognized me for outstanding service to seniors. I thank all who made the award happen. It is an honor, but one deserving of all who support and make up Helping Seniors.

We continue to make progress. Initial returns from the car raffle mail-out are very good, and I pray this success will continue into February 2018. In case you are not aware of our fundraiser, please look on page 2 for details. This year's car, a beautiful 1951 Ford Victoria hot rod, is a gift from A.J. Hiers of the Boniface Heirs Automotive Group. Please tell others about it and help promote ticket sales. A schedule as to where you might see the car will be posted on our website [www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org).

We finally had some success in the financial arena as we were the recipient of a \$15,000 Community Development Block Grant (CSBG) from the City of Palm Bay. We were not so lucky with the county CDBG funding and are making the commissioners aware of what we believe to be a badly flawed process. I will not go into details but can assure you that if we do not fight a good battle for seniors, no one else will do it for us. Should we need support at county meetings we will get the word to you.

We continue to add new subscriptions to our newsletter list, which is approaching 1,100. If you want to be on the list, please go to our website or call Kay at 321-473-7770. There are no mailing costs and that is good for us. Much good is happening, and we continue to expand our reach in the community. Thank you for your support.

Warm regards,

Joe Steckler



The Helping Seniors  
1951 Ford Victoria

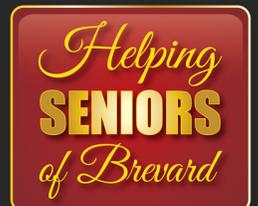
# Win the Classic! (and help Helping Seniors!)

Helping Seniors is Raffling this beautiful 1951 Ford Victoria Hot Rod - generously donated from the personal collection of AJ Hiers - to help fund our Senior Information Helpline and efforts on behalf of Brevard Seniors.

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

Call 321-473-7770 for Tickets  
or go online to [HelpingSeniorsofBrevard.org/classic](http://HelpingSeniorsofBrevard.org/classic)

**Support Helping Seniors**  
Drawing Feb 10<sup>th</sup> 2018 - Need not be present to Win.





# Helping Seniors Of Brevard



## What is a “Cleaning?”

*Dr. Lee Sheldon, DMD*

One of the more confusing terms we use in dentistry is “cleaning.” “Cleaning” is a generic term that can mean different things depending on the level of the cleaning that is necessary. So let’s define the different levels of cleaning.

1. Prophylaxis—This is a simple cleaning. This means that plaque and hardened plaque called calculus are removed, primarily above the gum line and teeth are polished.
2. Scaling—this is the removal of calculus with both ultrasonic and hand instruments called scalers.
3. Root planing—After the calculus is removed, the remaining root surface is roughened, making healing of the gum tissue more difficult. Therefore the roots are planed smooth with ultrasonic instruments or hand instruments called “curettes.” Usually, the procedure combines both #2 and #3 and is called “scaling and root planing.” Another name for that is “deep cleaning.”
4. Perioscopy—This is a procedure that utilizes a tiny camera, called a “Perioscope” to assist in treatment of the roots of the teeth that are scaled and root planed.

So let’s look at each of these services and determine when you might want each. If you have no periodontal disease and have good oral hygiene, you would likely qualify for prophylaxis. If you have calculus below the gum line, you likely have periodontal disease. You’ll need a scaling to remove the calculus. Calculus can be predictably removed by a skilled hygienist four millimeters below the gum line. Root planing follows scaling by moving the scaler or curette up and down or across the root surface several times until it is smooth. Perioscopy helps to overcome the four-millimeter limitation to scaling. The Perioscope allows the hygienist to see the root surface at a 40x magnification to be sure it is clean.



## Man’s Best Friend: Just What the Doctor Ordered

*Pamela Struzinski,  
VITAS Healthcare Patient  
Administrator*

There is nothing better than petting a friendly, fuzzy face with a wagging tail and cold nose. But did you know that it can actually benefit your mental and physical health? Studies show that animal-assisted therapy or activities can help people with a wide range of health problems.

Healthcare experts say that hospice patients are noticeably more active and responsive during and after animal visits. But hospice teams and patients’ families don’t need statistics and research to see that pets can bring about change that no amount of human intervention or medicine seems to accomplish. The therapeutic use of pets has gained more attention and widespread acceptance as it continues to bring measurable benefits to all kinds of needs.

Some of the benefits of pet visits include:

- ✿ Comforting
- ✿ Bringing back memories
- ✿ Encouraging activity
- ✿ Providing unconditional love

At VITAS Healthcare, many of our hospice locations have pet visit volunteers: loving animals – and their owners – who are trained to provide comfort and a special kind of friendship to patients near the end of life. Called Paw pals, they visit patients in nursing homes, assisted living communities and private homes. They offer a welcome distraction from illness and help people feel a little less lonely. They leave their patients smiling, more relaxed, and optimistic.

To learn more about Paw Pals or to become a volunteer, call VITAS Volunteer Service Manager LuAnn Moyer at 321-752-2530 or email [LuAnn.Moyer@VITAS.com](mailto:LuAnn.Moyer@VITAS.com). For more information about VITAS, visit [VITAS.com](http://VITAS.com).





## The Improved Reverse Mortgage

*Barbara McIntyre, CRMP  
Certified Reverse Mortgage  
Professional*

The “Home Equity Conversion Mortgage” nicknamed named 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 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 plans. 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 that allows a homeowner, 62 and older to tap into their homes’ 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 homeowner/ 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. Please feel free to call me at 321-259-7880.



## 4 Bad Habits That Cause Back Pain

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

A staggering 80% of Americans complain of back pain. With age, joints become stiff & less flexible. Fluid in the joints decrease, cartilage starts to rub together & wear away, and minerals deposit in and around some joints, according to Medline Plus. This is why people over 60 are more prone to degeneration of the joints in the spine.

**Below are 4 habits which may cause back pain that you should be aware of.**

**Soft Mattress** – Sleeping on a soft mattress can cause the weight on you back to be uneven, and trigger the onset of back pain. A 2003 study in the Lancet found sleeping on a medium-firm mattress compared to a firm mattress was twice as likely to improve back trouble in people who suffered from chronic low-back pain. A medium-firm mattress allows for the structures of the spine to rest, and rejuvenate overnight.

**Cell Phone** – Using a smartphone creates pressure on your neck, leading to pain in both the neck & back. A 2009 study conducted by Temple University found increased texting creates more aches and pains in your shoulders, neck, and back. Be aware of your posture & make sure your head is upright, ears are in line with your shoulders, & your shoulder blades are down & retracted.

**Wearing Flip Flops** – Flip flops shorten your stride, which puts a strain on the feet, hips, & lower back muscles. Pressure on the outside edges of the foot and less on the heel, causes a minor rotation of the lower part of your leg. This changes the angle of the pelvis, increasing rotation of the lower spine.

**Smoking** – Cigarettes can harm your lungs, but it can also harm your back. A 2001 study conducted by Johns Hopkins University found smoking decreases blood supply to spinal discs, leading to premature aging of discs, causing low back pain. Brevard Chiropractic & Injury Center 321-631-1100.



# Helping Seniors Of Brevard



## Good Sleep: The Key to Senior Health

*Joe Ponds  
Canadian Meds of Melbourne*

Anyone who has awoken after a bad night's sleep can tell you how poorly you may feel over the course of the day, but did you know about the long term effects of the lack of good sleep? Health experts have always suggested the average of eight hours of sleep a night for most people, but the quality of the sleep has lasting long term effects, both positive and negative. Here are few tips to help you get a better night's sleep, and hopefully increase your overall health in the long run.

It is commonly thought we need less sleep as we age, but most of us simply have a harder time falling asleep, staying asleep, or worse, BOTH! Many times these (almost) sleepless nights are misdiagnosed as insomnia, but can be attributed to aging factors such as pain of arthritis, sleep apnea, and even medications we are prescribed.

In this day and age of smartphones, tablets and high definition televisions, experts are finding the blue light emitted by these devices interrupt our sleep patterns and even reduce the production of serotonin. The closer to bedtime we are exposed to these emissions, the harder it is to fall asleep. For the purposes of reading in bed, it is considered best to read and "old-fashioned" paper book, or utilize one of the many blue light reduction applications available for free for your particular device(s).

Also habitually staying on a regular schedule, helps our bodies prepare for its cycle of rest. As we get closer to our usual time, our bodies (and minds) slow and help us reach a deeper level of sleep. With some healthy lifestyle changes, we can get a better night's sleep and the benefits they provide.

If you would like a 2<sup>nd</sup> opinion on the price of your prescriptions, call (321)-574-6976.



## AVID Home Care Services

*Carol Knouse*

Having suddenly become caregivers for their late father who was diagnosed with Alzheimer's, sisters Betty Berrisford and Carol Knouse know a thing or two about providing compassionate care.

Merritt Island residents since 2006, Berrisford and Knouse have opened Avid Home Care Services, providing personal care and companion services to all of Brevard.

Berrisford, an RN in New Jersey, previously managed her late husband's physical therapy practices for years. Knouse was a senior business executive in the fashion industry in New York. They believe their complementary backgrounds and their respect for each other as sisters will result in a winning combination.

"For us, it's all about delivering superior in-home care, helping to improve your quality of life and allowing you to remain more independent in your own home," Berrisford said.

Knouse added, "We want to create a positive environment for you at home so you can focus on what you can do, not on what you can no longer do."

Avid offers personal care such as assistance with bathing, grooming, toileting, dressing, and ambulation, along with homemaking and companion care covering meal preparation, light housekeeping, transportation, errands and shopping. Another key, Avid is offering respite care, which is providing care for a loved one while the usual caregiver, typically a family member, can take a much-needed break.

"We offer our clients FREE in-home assessments, affordable rates, no hourly service minimums and various payment options," said Knouse. Avid Home Care Services is fully insured, bonded and licensed in the State of Florida. Feel free to call (321)-392-3400. We look forward to assisting you.



# Helping Seniors Of Brevard



**Innovative Lifestyle**  
*Mariola Rodriguez,*  
*Community Relations Director*  
*Market Street Memory Care Residence*

Market Street Memory Care Residence, an artfully designed memory care community, offers seniors a refreshing alternative to traditional senior memory care. The community offers unparalleled service, along with personalized life enrichment programming designed to enhance the life experiences of our residents, families and caregivers.

Market Street Memory Care Residence is designed to create a sense of well-being. The purpose-built design provides residents with a sense of security, comfort, health, and happiness. The community features two charming style neighborhoods joined by our Market Plaza, which serves as an active, "outdoor" streetscape complete with Newsstand, Bakery, Salon, and Post Office. The intimate feel of home, partnered with the community setting was caringly designed to welcome family and friends. Additionally, Market Street Memory Care Residence provides comprehensive life enrichment programming specifically designed to engage the senses, expand the mind and enhance the emotions of our residents. By way of stimulating life enrichment programming, we are able to connect the hearts and minds of our residents by stimulating their sense with the goal of re-experiencing memories. We pride ourselves by staying current with innovative lifestyle approaches, proven to be successful by years of experience serving residents with Alzheimer's disease and related dementias. Our life enrichment programs tap into the memories that are alive and vibrant by honoring traditions that ignite the spirit from within. Our resident's participation in activities they enjoy gives them pleasure and add meaning to their lives. We can achieve the sense of purpose by incorporating individual resident's interests and hobbies into our daily life enrichment programming schedule. (321)253-6321.



**Soter Provides FREE Senior Living Guidance and Healthcare Advocacy**  
*Troy Denault*

At Soter we understand that caring for relatives can be rewarding but also stressful, time consuming and emotionally exhausting. It is difficult for families to juggle work, children and other obligations and still find time to properly care for an aging parent or loved one. Soter takes care of the caregiving so you can focus on just being a son, daughter, or friend again. Soter is committed to enriching lives by providing nurturing, compassionate senior home care and by guiding families through the many senior housing options available for Independent Living, Assisted Living, and Memory Care. Healthcare professionals and families look to Soter to help them navigate the complexities of the senior care system.

Soter is locally owned and operated with more than 50 years of combined experience in the local healthcare community. We provide a personalized approach by giving you an experienced advocate to navigate your specific circumstances. Soter offers four types of services: in-home senior care, senior housing advising and tour assistance, home monitoring, and financial care coordination (help with long-term care insurance and other funding options for senior care, such as the veteran's aid and attendance benefit).

We have agreements with more than 1500 Independent, Assisted Living, and Memory Care communities across all 50 states and represent them to families seeking placement in an unbiased manner. Call Soter now for free guidance on what option is best for you and your loved ones at (321) 419-0041.

We will be there every step of the way.





## Have you heard these three essential summer tips?

*Dr. Karen Cowan-Oberbeck  
Doctor of Audiology  
EarCare*

From prepping the pool and pulling out the power tools to filling up the concert calendar and packing the camping tent, our community is gearing up for the sights, sun, and sounds of summer.

"To get the most out of the season, it's important to make sure you're hearing your best and protecting your hearing from harmful noise," advises Karen Cowan-Oberbeck, Doctor of Audiology of EarCare in Brevard County.

Dr. Cowan-Oberbeck offers three quick tips on making lasting summer memories by getting your hearing health in shape for summer:

● **Keep adequate hearing protection handy.**

More than 31 million Americans ages 6 to 69 have noise-related hearing loss, according to the Centers for Disease Control and Prevention. That outdoor music festival might rock, but wearing earplugs to soften the loudest sound could mean the difference between healthy hearing and permanent hearing loss.

● **Know the signs of hearing loss.** Does everyone seem to mumble? Do you ask others to repeat themselves? Are you having ringing in your ears? Does it seem hard to hear conversations amid background noise? It's not in your head. It's potential hearing loss, and recognizing the signs marks the first step toward better hearing for yourself or a loved one.

● **Get help for hearing difficulties.** Nearly all hearing loss is treatable, but only 30% of adults 70 or older who could benefit from hearing aids – and even smaller percentage of people ages 20 to 69 – ever use them, according to the National Institute on Deafness and Other Communication Disorders. Effective help starts with a hearing exam to determine the nature of your hearing difficulty and the best solution for your individual needs.



## Do-It-Yourself Documents

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

With the proliferation of technology has come an explosion of companies that provide do-it-yourself legal documents. Most of the companies deal in estate documents such as wills, advance directives such as living wills and health care surrogates, and in durable powers of attorney. With the offer of low fees, these firms offer to deliver documents to you instantly. No need to wait for an appointment to see an expensive lawyer.

While this may be fine for certain legal jobs, there can be problems that arise. First, who is there to double check your work and make sure the document was executed was executed properly? In my practice, I have seen way too many improperly executed wills.

Second, unless you do this for a living, how can you tell a bad form from a good form? In 2011, Florida made changes to its durable power of attorney statute that required certain clauses granting special powers must be signed off in the body of the document. Most of the companies selling form documents had not made these changes even years later!

Third, you may end up with a false sense of security. If the document you purchased wasn't executed properly or was legally insufficient, then that document will probably fail to carry out its intended purpose. Of course your family will not find out the document doesn't work until it is too late to have you sign a new one due to incapacity or death. Remember "buyer beware"!





# Helping Seniors Of Brevard



It's **EASY** to make a secure online donation on [www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org)

## Our Current Underwriters Include:

Affordable Glass Protection, Inc.  
[www.affordablesutters.com](http://www.affordablesutters.com) 321-722-9996

Al Dia today  
[www.aldiatoday.com](http://www.aldiatoday.com)

Allegra Design Print Mail  
[www.allegrarockledge.com](http://www.allegrarockledge.com) 321-632-7272

Autumn House  
[www.autumnhouseflorida.com](http://www.autumnhouseflorida.com) 321-242-1006

AVID Home Care Services  
[www.AvidHomeCareServices.com](http://www.AvidHomeCareServices.com) 321-392-3400

Barbara McIntyre, Reverse Mortgage Funding  
[www.reversefunding.com/barbara-mcintyre](http://www.reversefunding.com/barbara-mcintyre)  
321-698-4739

Barefoot Bay Tattler  
[www.barefoottattler.com](http://www.barefoottattler.com)  
772-664-9381

Brevard Chiropractic & Injury Center  
[www.brevardchiro.com](http://www.brevardchiro.com) 321-631-1100

Canadian Meds of Melbourne  
[sales@canadianmeds-melbourne.com](mailto:sales@canadianmeds-melbourne.com)  
321-574-6976

Care Patrol  
[www.carepatrol.com](http://www.carepatrol.com) 321-652-6851

Courtney & Braswell Financial Group  
[www.courtneybraswellfg.com](http://www.courtneybraswellfg.com) 321-735-4994

EarCare  
[www.earcare.net](http://www.earcare.net) 321-252-4685

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Handypro of the Space Coast  
[www.spacecoastfl.handypro.com](http://www.spacecoastfl.handypro.com) 321-208-7989

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In Home Personal Services  
[www.ihps.com](http://www.ihps.com) 321-984-0706

Knowledge College for Aging  
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Neuromedical Wellness Center  
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321-978-0830

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[www.pitcrewroofing.com](http://www.pitcrewroofing.com) 321-617-5555

Riverview Senior Resort  
[www.riverviewseniorresort.com](http://www.riverviewseniorresort.com) 321-312-4555

Senior Care of Brevard  
[www.seniorcareofbrevard.com](http://www.seniorcareofbrevard.com) 321-631-9014

Senior Scene Magazine  
[www.seniorscenemag.com](http://www.seniorscenemag.com) 321-777-1114

Seniors Helping Seniors  
[www.seniorcarebrevard.com](http://www.seniorcarebrevard.com) 321-722-2999

Dr. Lee Sheldon, DMD  
[www.drleesheldon.com](http://www.drleesheldon.com) 321-369-9788

Solutions by RPM  
[www.solutionsbyrpm.com](http://www.solutionsbyrpm.com) 321-720-5961

Soter LLC  
[www.linkedin.com/company.soter-llc](http://www.linkedin.com/company.soter-llc) 321-626-2232

Space Coast Daily  
[www.spacecoastdaily.com](http://www.spacecoastdaily.com) 321-615-8111

Spotlight Magazine  
[www.spotlightbrevard.com](http://www.spotlightbrevard.com) 321-961-3636

The Eye Institute  
[www.seebetterbrevard.com](http://www.seebetterbrevard.com) 321-722-4443

Trey Boyer, author  
"What Are Your Waiting For?"

Veterans Realty of Brevard  
[www.veteransrealtybrevard.com](http://www.veteransrealtybrevard.com) 321-868-1833

VITAS Innovative Hospice Care of Brevard  
[www.vitas.com](http://www.vitas.com) 321-751-6671

Watercrest Senior Living Group-Market Street Memory Care Residence  
[www.marketplaceresidence.com/viera.html](http://www.marketplaceresidence.com/viera.html)  
321-253-6321

William A. Johnson, P.A.  
[www.floridaelderlaw.net](http://www.floridaelderlaw.net) 321-253-1667

WMEL AM 1510 Radio  
[www.1510wmel.com](http://www.1510wmel.com) 321-241-1060

Zon Beachside Assisted Luxury Living  
[www.ZonBeachside.com](http://www.ZonBeachside.com) 321-777-8840

**If you are in business providing services to seniors, we invite you to join Helping Seniors of Brevard as an underwriter. Call 321-473-7770**