



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 to all,

This is a very special time of the year. We just said thank you for all the blessings we receive at Thanksgiving and now we can wish each other a Merry and Blessed Christmas and Happy Hanukkah. My Thanksgiving prayer was that more people will recognize the work of Helping Seniors and make us the recipient of their end of year charitable giving. This is

extremely important for we need your support so that we can pay our operational bills and be able to continue our work to inform, educate, advocate and connect those who need assistance to the sources of help that can provide the assistance necessary. We have many wonderful senior assistance services in Brevard but if those who need these services do not know about them, then they are not able to access them. Your charitable giving would be a wonderful present for many.

We have several new programs in the planning process, all designed to help seniors and those who care for them. One is an improved radio network program of service providers and then a new information resources guide that will provide information about services needed by seniors. These services are generally available now but have not been consolidated into a useful access network and that will be our intention.

We have made meaningful progress this year. Our raffle of the 1951 Ford Victoria hot rod, that was given to us by AJ Hiers of the Boniface-Hiers automotive dealerships will be raffled off on February 10, 2018, at the American Muscle Car Museum. Your ticket purchase is also your entry to the 250 muscle cars on display at the museum as well as a chance to win the car. Call Kay at 321-473-7770 or go online to helpingseniorsofbrevard.org to make your donation for the number of tickets you want. We need your support and will appreciate your help.

The Board of Directors and Staff of Helping Seniors hope you had a Happy Thanksgiving and also remind you of the many things you need to think about as 2018 approaches. Make certain all your legal affairs are in order. In closing, We again wish you a Merry and Blessed Christmas, Happy Hanukkah, and every wish for success and good health in 2018.



Don't Delay...

Get Your Ticket Today!

WIN THIS CAR



1951 Ford Victoria Hot Rod – generously donated from the personal collection of A.J. Hiers – to help Helping Seniors of Brevard, a 501 (c)3 nonprofit organization.

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



Call: **321-473-7770** for Tickets or go online to **www.helpingseniorsofbrevard.org**

Drawing Feb. 10th – Need not be present to win!



What is an Abscess-- The Periodontal Abscess

Dr. Lee Sheldon, DMD

In September, we talked about the abscess, a trapped infection between the tooth and the surrounding bone. The first abscess we talked about was that caused by a "dead nerve" within the tooth. It is the reason that one would get a root canal.

But there is a second kind of abscess, one where the bacteria is trapped below the gum line. This is called a "periodontal abscess." It appears as a swelling of gum tissue. It's usually soft and red. The most common reason for a periodontal abscess is trapped food or bacteria just below the gum line. One of the most common causes is popcorn. I love popcorn but there is the thin little hull that can easily slip down between the gum and the tooth and cause this problem.

When the gum swells, the periodontal abscess often dissolves the supporting bone for the tooth in the abscess site. If you wait to have it treated, this bone loss can be permanent. Therefore, as soon as you suspect a periodontal abscess, you need to have it treated to minimize the damage to the supporting structures of the tooth.

The primary treatment is to remove the trapped food. Sometimes, this can be done non-surgically. Your dentist or periodontist may get the area numb, explore with a dental tool, find the food, remove it, and flush the area with some saline to make sure that all food particles are gone. If the abscess is deeply below the gum line, a minor surgical procedure may be necessary to remove the food. Sometimes, an antibiotic may be necessary in conjunction with the procedure.

Don't wait for a periodontal abscess to "get better." If you get it attended to immediately, you have the best chance of total regeneration of lost bone.



Helping Children Deal With Grief and Loss During the Holidays

*Pamela Struzinski,
VITAS Healthcare Patient
Administrator*

Most children are aware of death, but experiencing the passing of a loved one firsthand is a challenging, and often confusing, time for them. This is more so during holidays and special anniversaries, because that special time can amplify the sense of loss by serving as a reminder of the loss while bringing up memories of happier times spent with the deceased.

Whether expressing sadness, anger, fear or guilt at the loss of a loved one, children grieve differently than adults. It is important for their caregivers to be aware of the differences, and learn strategies to help the grieving child feel safe while learning healthy coping skills.

Children tend to have "grief bursts" followed by play and normal activities. Children may not be able to succinctly verbalize what they are feeling, and instead may demonstrate their feelings through their behavior and play. They may laugh or play at a time that feels inappropriate to an adult.

During the holidays, which can put a lot of pressure on any child, try to plan ahead when helping a grieving child cope. Deciding how to celebrate can help alleviate children's anxieties. You can also make the celebrations special by finding ways to remember the family member who has died. From having children write a card for their loved one to creating a special commemorative decoration, there are many ways for children to honor someone they loved for who has died.

At VITAS Healthcare, we understand the need for bereavement support and provide resources to the patient's family as well as the community at large who may be in need of this support and provide resources to the patient's family as well as the community at large who may be in need of this support. For more information, Call VITAS at 866-759-6695.



Helping Seniors Of Brevard



Depression versus Dementia

*Marianna Hutchinson
Executive Director
Senior Care of Brevard*

Determining whether your loved one has dementia or depression may be a difficult call. The two illnesses have similar symptoms. Therefore, these two illnesses can often be missed or wrongly diagnosed.

With the elderly, one needs to look at the complete picture to see what is taking place. Many dementia patients suffer from depression especially in the beginning because they do realize there is a change taking place. So with the proper diagnosis from a professional who can help decipher if it is depression, dementia or both.

How can one help to tell the difference since many of the symptoms will overlap? Some of the similar symptoms of depression and dementia are difficulty sleeping, poor appetite, lethargy, anxiety, being disinterested, no motivation, irritability, even memory loss. Dementia, you are working with cognitive issues while with depression, you working with emotional issues.

With depression, when encouraged, they will most likely complete the tasks. With dementia, you will experience repetitive questions with them not realizing they have done this. They may look at objects such as keys and forget their use. When a family member is demonstrating these symptoms, you need a professional evaluation done.

In the meantime, a family member can evaluate what symptoms they are exhibiting. Try and talk to them. Talking can be difficult for the elderly because they may feel embarrassed. Showing empathy and listening is the best approachable tool for evaluating dementia or depression. Ask leading and open-ended questions that will require more than a yes or no answer. Showing you understand, and love them no matter what is paramount. People don't want to feel they are a burden. Guidance and understanding are the best tools.



Tis the Season

*Jacquie Esterline
Director of Community Relations
RiverView Senior Resort
#AL12862 ECC*

The hustle and bustle is upon us already. Seems like yesterday, the heat and humidity were more than we could handle. Everyone was encouraging everyone to drink to stay hydrated, stay out of the sun wear sun-screen and keep sunglasses on, protect your skin and on and on.

Even though the temperature has dropped it is still important to do all those things. It's even more important to think about the people that will be visiting. Snowbirds, family and friends all make their way back to sunny Florida this time of year, some to visit and some decided this is the year to stay.

This is the time of year to make sure that when you are opening your home to family and friends that you think about updating those you love and trust. Let them know what your health and plans are in the event of a health issue. Let them know they will be the one listed as a contact in the event of an emergency and let them know what is going on medically with you. So many times I have met with families and friends that have said they had no idea of certain medical conditions existed with their loved one or that they were on as many medications.

It's the time to get in the car and do a tour of facilities. All of us will be decorating and we love to show off what we have done. Let people know where you want to go should something happen where you need to live where you are able to get the assistance and help that you need. Look for facilities that are able to provide you with an "Aging in Place" opportunity. Look for communities that provide you with an ECC or Extended Congregate Care License.

Take advantage of this Holiday season and join me as my guest at RiverView Senior Resort for lunch or dinner. I welcome your call. I can be reached at 321-312-4555.



Do You Have Dry Eyes?

*Dr. Eric Straut, O.D.
The Eye Institute*

Dry eye is a very common eye condition that affects up to 20% of patients over the age of 70. It can cause symptoms which range from mild irritation to significant vision loss. As with most medical conditions, early detection and prevention are important in obtaining a positive outcome and ensuring clear, comfortable vision.

Many of the same systems in our body which control blood pressure and heart rate also affect the production of tears. As a result, dry eye is a very common side effect of many common medications. Advancing age and environmental factors are also a strong influence. Fortunately, many treatment options exist. Over-the-counter artificial tears and lubrication drops often do not provide enough relief. Other times, the drops have to be used constantly throughout the day to provide enough relief. Following a thorough eye exam with Dr. Eric Straut, further treatment can be discussed. Prescription drugs can be considered, as well as an easy in-office procedure called "punctal occlusion."

Punctal occlusion is an easy, painless procedure which results in more moisture on the surface of the eye. It is an ideal solution as it removes the burden of constantly needing to use drops and improves the dry eye symptoms all day and all night. For more information, or to schedule a dry eye consult with Dr. Eric Straut at The Eye Institute for Medicine & surgery, please feel free to call 321-722-4443.



Assisted Living: Is this the right choice?

*Rob Graham & Lena Cambron
CarePatrol of Melbourne*

For many people, getting older presents unique challenges, and facing it often means decreased mobility and independence. Thankfully, many adults are staying active and involved, but the body does have a way of slowing down, and most people are eventually faced with having to ask for help--or accept it.

If you think it might be time for you or a loved one to think about getting more help, there is an excellent option to consider.

Assisted Living

Assisted Living can be a wonderful solution for those who need assistance with Activities of Daily Living.

Assisted Living Facilities (ALFs) feature private and shared rooms, ADL assistance, housekeeping, laundry assistance, and prepared meals.

In Brevard County, there are over 150 ALFs with the vast majority being residential assisted living homes which are private residences converted into assisted living quarters. These ALF's offer a homey and more familiar space and environment. The pricing is often lower as well.

Prices generally vary, as do services and amenities—along with care violation histories.

Choosing an Assisted Living Facility may be the best option for you if your home is not suitable for aging in place. Homes can be challenging for those with mobility issues. In the event that staying home—safely—becomes untenable, then Assisted Living may be the way to go. CarePatrol—a free community service—are experts in the Assisted Living world. Don't try to navigate the labyrinth of finding appropriate Assisted Living without expert help.

If you think it may be time for you to consider moving to a senior community, consider speaking to a CarePatrol of Melbourne specialist. Call 321-652-6851.



Protect Yourself From Tax-Related Identity Theft This Tax Season

August Velten, CLU

Tax season will be underway shortly and that means an uptick in tax-related scams and identity theft. This happens when someone uses sensitive personal information (like your Social Security number) and files a fraudulent tax return to collect a refund.

Unfortunately, filing a false tax return isn't difficult and most victims won't realize this until they file their taxes and receive notification that a return has already been filed in their name. Fortunately, here are some common-sense steps you can take to help protect yourself.

- The IRS never asks for personal information by phone, email, text, or social media or threatens arrest for nonpayment. IRS notices will always arrive by mail, and anyone demanding immediate payment over the phone is a scammer. If you receive an unsolicited call, hang up and call the IRS directly at 1-800-829-1040.
- Never give out information in response to unsolicited calls, emails, letters, or social media messages. Don't click on links in emails purporting to be from the IRS or a financial institution or enter information into any website linked from that email. Always visit official websites directly and call an official number to verify the legitimacy of any request.
- Watch for debt collectors calling about debts you don't owe.
- Review all account statements and check your credit report.
- Regularly shred documents like bills and financial statements, tax returns older than seven years, old checkbooks, receipts, credit card offers, paycheck stubs, insurance statement, expired credit cards, and any other paperwork that contains account numbers or personal information. A lot of identity theft happens when thieves gain access to confidential data in your trash, car, or house.



How to become a Therapy Dog

(Written by Ren, really by Elaine)

Elaine Deremer Cook

HandyPro of the Space Coast

Hi, it's Ren again, the nephew and grandson of therapy dogs, Novi and Ajax both purebred Rhodesian Ridgebacks. On December 27, 2017 I will have my one-year old birthday and be able to start my registration process as a Therapy Dog with my handler, Elaine. It's been a wild year as I grew to be what Elaine calls a very large Ridgeback with a very sweet disposition.

Many people ask Elaine how to train a Therapy Dog. All Therapy Dogs need basic obedience so that they can remain calm on leash, listen and obey commands from their handler. We are working on this, but the calm-on-leash is sometimes hard for me since I like to pounce a lot. I get lots of cookies when I listen and do what I'm asked to so, so I'm learning fast.

She further explains that each dog must find the therapy work fulfilling. Not all dogs enjoy doing this work and if they do not, they should not be asked to do it. I think I will find this work so much fun. I love getting attention, being petted and just loved on. If this makes others feel better I'm all for it.

If you would like to see us in action, the HandyPro Hounds are partnering with 4H Island Dogs on December 2nd for Jingle Paws- a family fun event with the dogs from 11AM-3PM.

You can learn more about the HandyPro Hounds by accessing our website www.spacecoastfl.handypro.com and clicking on the HandyPro Hounds link at the bottom. Just so you know, we love visiting our many assisted living communities throughout Brevard County. We put many smiles on the faces we see.



Ren



Novi & Renard





Make a Difference this Holiday Season

John E. Harper
Owner/President
WMEL Talk Radio

It's the most wonderful time of the year at least so goes the song we hear so often on the radio, but is it really the most wonderful time of the year for our many seniors in the community who will be alone this year? Either in their homes or in assisted living facilities or nursing homes, there are many seniors who believe the most wonderful time of the year has passed them by. No family, no friends and no one to share memories with of Christmas past over the years.

I would like to put out a challenge to our readers to take the time this Holiday season to stop at a senior's house or stop by an assisted living facility or skilled nursing facility. Take the time to listen from the senior to hear what their favorite memories are about during this wonderful time of the year. I am sure you will be surprised at the reaction you'll receive when someone you may not even know, discovers YOU care about them this Holiday season. It takes just a short amount of time to make a difference. I urge you to spread the joy of the holidays with love and understanding but more important is your care and concern for our seniors.

Also, I would like to remind readers of this article to please take a moment and buy a raffle ticket to win the 1951 Ford Victoria. It has been restored to showroom condition thanks to A.J. Heirs and given to Helping Seniors of Brevard to continue helping seniors in our community as a major fundraiser. A ticket /donation of \$25 for one ticket or 5 tickets for \$100 will get you into The American Muscle Museum, (which is not open to the public) on February 10th. Don't worry, you do not need to be present to win if you care not to attend. What a great "stocking stuffer" this will make for someone on your list! You may also go to www.helpingseniorsofbrevard.org to purchase your tickets or call 321-473-7770. Once again, please don't forget our seniors.



Hobbies Benefit Health

Dr. Christina Paff
Steve Paff
In Home Personal Services

Hobbies not only provide leisure and pleasure, but they can also benefit your health. Leading a healthy lifestyle can add to the longevity and quality of your life, but studies show that participating in hobbies and staying socially active are equally important. Hobbies can provide both physical and mental health benefits by giving you a space to expend your time and energy.

Here are some ways that hobbies influence health:

- Reduce Distress/Increase Eustress
- Increase Mobility and Flexibility
- Raise Self-Esteem
- Improve Memory
- Choose/Modify A Hobby

As you go about finding a hobby (or even multiple hobbies) to take part in, it is important to choose activities that are enjoyable to you, safe, and appropriate for your mobility. Some other great resources are the local library or senior center! They can often steer you towards groups, events, and hobbies to participate in within the community.

- * Make a video/movie
- * Write a book
- * Sing in a community/church choir
- * Swim/water aerobics
- * Enroll in a dance class
- * Take up gardening
- * Golf
- * Crossword puzzles
- * Decorate cakes/cookies
- * Photography
- * Woodworking
- * Mentor a child/young adult/younger man or woman
- * Delve into your family history

For more information, and to set up your FREE in home assessment, please contact: In Home Personal Services
 1900 South Harbor City Blvd. Suite 121
 Melbourne or call 312-984-0706.



Helping Seniors Of Brevard



Helping Seniors of Brevard is looking for volunteers. If you would like to participate, please call 321-473-7770.

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www.aldiatoday.com

Allegra Design Print Mail
www.allegrarockledge.com 321-632-7272

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www.AvidHomeCareServices.com 321-392-3400

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www.reversefunding.com/barbara-mcintyre
321-698-4739

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www.barefoottattler.com
772-664-9381

Brevard Chiropractic & Injury Center
www.brevardchiro.com 321-631-1100

Brevard County Farmers Market
www.brevardcountymarket.com/mel.html
321-633-1702

Canadian Meds of Melbourne
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Care Patrol
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In Home Personal Services
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www.knowledgecollegeforaging.com 321-725-6799

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www.neuromedicalwellness.com 321-222-9370
321-978-0830

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www.pitcrewroofing.com 321-617-5555

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

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www.veteransrealtybrevard.com 321-868-1833

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www.vitas.com 321-751-6671

Watercrest Senior Living Group-Market Street Memory Care Residence
www.marketplaceresidence.com/viera.html
321-253-6321

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www.floridaelderlaw.net 321-253-1667

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