



Helping Seniors Of Brevard

www.HelpingSeniorsofBrevard.org

Issue



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,

As I write this message, I want to make a few special comments important to our future operations. You are all aware that businesses need to develop enough money to keep the doors open. Helping Seniors operates in a similar way. We raise money, solicit donations, and recruit volunteer help.

For three years I have been looking for someone to take my position as director of the organization. I will still be much involved, but the day-to-day management must go to a younger person. I am 85 and can no longer do some of the tasks required to lead Helping Seniors, such as conducting a nine-month car raffle. While we have worked to locate a person with similar skills and vision, we have not been successful; however, we might be closing the corral gate.

It is crucial that we provide the new director with a sound financial base from which to operate. This can be accomplished by your support of our 2019 car raffle (see page 2). The winning ticket will be pulled April 27 at the American Car Muscle Museum. We need to make this the most successful fundraiser with which I have been associated in 30 years. To do this we will need your purchasing power and support to friends and colleagues.

I give you my word that the work accomplished by Helping Seniors is needed, is not done by any other organization in Brevard, and has helped numerous people during the past seven years. I just took a call from a frail 83-year-old woman in south Miami who did not know where her next meal would come from, how she could manage to get her home cleaned, or when she could see her son who was in the hospital. She called me because a friend of hers in Brevard told her that Helping Seniors would help her when no one from her area would return her calls. How about the many in Brevard who are in the same situation?

Please support our raffle so that we can solidly fund Helping Seniors and continue this work. Thank you.

*Joe Steckler
Elder Advocate*

See one you like? You choose the car!

#1



2019 Dodge Challenger

#2



2019 Mazda Miata Convertible

#3



2019 Dodge Ram Truck

The Helping Seniors Car Raffle

Car Raffle: 1 ticket for \$25 or 5 tickets for \$100 Donation.
Call 321-473-7770 for Tickets - www.HelpingSeniorsofBrevard.org

Helping
SENIORS
of Brevard

Images are used for illustrative purposes only and may not represent actual product. Each product image is indicative of the product and may not wholly represent the actual product. Base model shown - upgrade at winner's cost/discretion. Grand Drawing April 27th, 2019. Need not be present to win. See Official Rules for complete details. Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit.



The Oral DNA Test

Lee Sheldon, DMD



Heart Failure - You Don't Have to Face It Alone

*Pamela Struzinski
Patient Care Administrator for
VITAS Healthcare in Brevard County*

It's clear that there's a link between periodontal disease and many other diseases in the body include heart disease, diabetes, Alzheimer's disease, kidney disease, and literally every other chronic disease that has been studied.

Most periodontal diseases are caused by bacteria. If we can identify the specific bacteria that populates the periodontal pocket, we are in a better position to control the periodontal disease.

I've taught in this forum the types of periodontal treatment that are available. The type of periodontal treatment that we prefer is the use of a camera which goes below the gum line so that we can see the accumulation of bacteria on the root and thoroughly remove it. The hard, calcified bacteria that we see and remove with the help of the endoscope is called calculus.

But it is the soft bacteria growing within the pocket that is the larger problem. Some types of that bacteria invade the tissues. It's helpful to know what bacteria is growing in the periodontal pockets so that we prescribe the antibiotic that is best to kill that bacteria.

The Oral DNA test allows us to do that. It's a very simple test to run. You rinse with water and spit into a cup. Your periodontist or dentist then sends the sample to the laboratory. In about a week, you find out which of the eleven periodontal pathogens are in your mouth.

By knowing your bacterial composition, you have an improved opportunity to cure your periodontal disease and reduce other health risks as well.

Dr. Sheldon can be contacted at 321-259-9980 or online at www.DrLeeSheldon.com.

February is Heart Month, and while Americans will learn about heart disease throughout the month, some will receive a crash course—in the form of a diagnosis.

VITAS, the nation's leading provider of hospice care, has offered their expertise for 40 years to patients living with advanced heart disease—the second leading diagnosis for hospice care. VITAS has developed advanced cardiac care techniques and protocols to ensure patients maintain dignity and comfort in their final months, weeks, and days.

Hospice-eligible patients who choose VITAS can expect comprehensive treatment to improve quality of life and manage symptoms, including emotional and spiritual support from an interdisciplinary team comprising a nurse, chaplain, hospice aide, doctor, social worker and bereavement specialist. Care occurs wherever the patient calls home: house or apartment, nursing home, assisted living facility or, if medically necessary, inpatient unit.

Hospice patients and their families often face tough choices about implantable defibrillators, resuscitation, assisted breathing and artificial nutrition/hydration. VITAS can explain these decisions and guide patients and families through the process to document their wishes legally.

VITAS offers education and support to family caregivers, ensuring that they can provide care while maintaining their mental and emotional health. VITAS also provides respite care so caregivers can take a break and tend to their own needs for up to five days and nights.

Heart failure is a serious diagnosis, but it doesn't need to be addressed alone.

For more information about end-of-life care options, call VITAS Healthcare at 866.759.6695 or visit VITAS.com.



Helping Seniors Of Brevard



Happy New Year!

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



Free Consultation Aids Decision-Making

*Debbie Fischer, SRES® Broker/Owner
Brevard Relocate Realty Group*

With the ringing in of the New Year comes the time to make sure that your estate planning and incapacity planning documents are up to date. If you have ever attended one of my seminars at One Senior Place, then you know that your estate planning documents include not only your will or trust but also your beneficiary designations.

The New Year is also a good time to review title to any jointly owned assets. If there has been a major life event in the family in the past year such as a death, divorce, marriage, or a health issue, then you should review all of your estate planning documents to make sure they reflect your current wishes or new situation.

Just as with your estate planning documents, you should review your incapacity documents to make sure they also reflect your current wishes and reality. These documents include your durable power of attorney, designation of health care surrogate, and living will. Many times people forget to review these important documents. I have had instances where the individuals named are deceased or have even been convicted of felonies!

Additionally, as a general rule of thumb, you should have all your documents reviewed by an attorney at least every five years. And do not rely on just any attorney, but instead seek out one whose principal business is estate planning or elder law. I have reviewed documents that are several generations out of date but are still being used.

Mr. Johnson is Florida Bar Board Certified in the area of Elder Law, and practices predominantly in the fields of estate planning, Medicaid planning, long-term care planning, guardianship, incapacity planning, will and trust litigation, and probate.

Considering whether or not to sell your home is a decision not to be taken lightly. As the Broker/Owner of Brevard Relocate Realty Group, I offer a **FREE** consultation. I feel it is imperative we spend this time together to understand your situation and possibly suggest options you may have not considered. The consultation will last about an hour, and will give you the opportunity to get to know me as well.

As a Senior Real Estate Specialist, SRES® and former Executive Director for Senior Living Communities, I know what questions to ask so we get the maximum benefit from the consultation.

Let's start with the home itself. Do you have rooms in your home you barely go into or use anymore? Is general upkeep becoming too much for you? Do you feel like you are staying home more than you used to and feel lonely? Do you find it more difficult to drive? If you answered yes to any of these questions, you need to look more deeply into what options are best when considering a move.

The next level of things to be considered is your activities of daily living. Do you have stairs that are difficult to manage? Are you or a loved one having increased difficulty getting around the house, holding on to furniture, counter tops or walls to help with balance? Have a wheel chair or walker that does not fit properly in the bathroom? Is it becoming more difficult to cook? What about house cleaning, laundry, or managing your finances? Any recent falls or weight loss?

This is just a sample of topics we will discuss to assist you in making the most informed decision possible. It's a free consultation. You have nothing to lose and everything to gain when making such a crucial decision. Call 321-253-6316.

SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS



ACCOUNTANTS

Daniel Henn, CPA, PA
1824 S Fiske Blvd, Rockledge
321-684-7200

AIR CONDITIONING/HEAT

Able Air, Inc.
www.ableaironline.com
321-242-7400

American Air & Heat

www.americanairbrevard.com
321-632-2653

APPLIANCE REPAIR

Allied Appliance Service Co.
2346 Pineapple Avenue
Melbourne, FL 32935
321-254-4644

ATTORNEY

William Johnson, P.A.
140 Interlachen Dr., Suite B
Melbourne, FL 32940
www.floridaelderlaw.net
321-253-1667

Ruth Rhodes, Esq. Rhodes Law, P.A.

1751 Sarno Road, Suite 2
Melbourne, FL 32935
www.rhodeslawpa.com
321-610-4542

AUDIOLOGY SERVICES

Hearing Life
1106 W. New Haven Avenue
Melbourne, FL 32901
www.HearingLife.com
321-802-2011

BURGLAR ALARMS

Florida Security Alarms, LLC
1270 N. Wickham Rd, #16-801
Melbourne, FL 32935
321-726-8008

CABINETS

RTA Cabinets and More
222 E Eau Gallie Blvd
Indian Harbour Beach, FL 32937
www.rtacabinets2u.com
321-428-3304

COMPUTERS

Data Doctors / Suntree Viera
7640 N. Wickham Rd. #119
Melbourne, FL 32940
www.datadoctors.com
321-242-0366

DENTIST

Lee Sheldon, DMD, PA
2223 Sarno Road
Melbourne, FL 32935
www.drleesheldon.com
321-369-9788

ELECTRICAL

Pingston Electric, LLC
131 Tomahawk Suite 1
Indian Harbour Beach, FL 32937
321-773-4651

FINANCIAL PLANNERS

August Velten & Associates
2955 Pineda Plaza Way #104
Melbourne, FL 32940
321-622-7272

FUNERAL HOMES

Beach Funeral Home
4999 N. Wickham Road
Melbourne, FL 32934
www.BeachFuneralHome.com
321-751-6102

GLASS REPAIR

Glass Doctor of Brevard
274 N. Wickham Road
Melbourne, FL 32935
www.glassdoctor.com
321-574-9261

GUTTERS/DOWNSPOUTS

Gutter Works
www.GutterWorksFL.com
Indialantic, FL
321-956-7912

HOME REPAIR

HandyPro of the Space Coast
www.spacecoastfl.handypro.com
321-208-7989

Hansen's Handyman Services
Quality Home Repairs
321-302-9441

HOSPICE

VITAS Healthcare
4450 W Eau Gallie Blvd, Ste 250
Melbourne, FL 32934
www.vitas.com
321-751-6671

SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS



HOUSE CLEANING

Broom Hildy Cleaning Service
www.broomhildy.com
321-593-0779

Lavender Fields Cleaning
www.lavenderfieldscleaning.com
321-987-0949

IN HOME CARE

In Home Personal Services
1900 S. Harbor City Blvd, #121
www.ihps.com
321-984-0706

Seniors Helping Seniors
1103 W Hibiscus Blvd, Ste 400
www.seniorcarebrevard.com
321-722-2999

INSURANCE

Care Plus Health Plans / HUMANA
www.humana.com
321-751-7645

Jerry Hadlock, Jr.
Medicare Plan Questions
321-720-4526

Verus Health Partners
2425 Pineapple Ave, Ste 508
Melbourne, FL 32935
www.verus-health-partner-business.site 321-412-7389

MORTGAGE

Reverse Mortgage Funding
977 Long Meadow Road
Melbourne, FL 32940
www.reversefunding.com/Barbara-Mcintyre
321-698-4739

MOVING COMPANIES

A Mother's Touch Movers
www.motouchmovers.com
321-253-6040

OPTICAL

The Eye Institute
1995 W Nasa Blvd
Melbourne, FL 32904
www.seebetterbrevard.com
321-722-4443

ORGANIZER

Organized Creative Designs
www.OCD-Organizer.com
321-431-9664

Clutter B Gone 101

Residential and Commercial
Organizing - Before and After
Pictures on Facebook
321-312-8448

PEST & TERMITE CONTROL

Beachside Termite and Pest Control
Serving all of Brevard County
www.getbeachside.com
321-750-4100

PLUMBING

Dial Plumbing and Air Conditioning
290 Paint Street
Rockledge, FL 32955
www.dialplumbing.com
321-632-2663

PRINTING

Allegra Design, Print, Mail
2040 Murrell Road
Rockledge, FL 32955
www.allegrarockledge.com
321-242-1006

REAL ESTATE

Brevard Relocate Realty Group
8085 Spyglass Hill Road
Viera, FL 32940
www.4salebrevard.com
321-428-2160

Barbara Wall, Broker Associate
Berkshire Hathaway Home Services
FL Realty 2000 Highway A1A, IHB
www.BarbaraWall.com
321-749-2444

ROOFING

Hippo Roofing
2774 N. Harbor City Blvd.
Melbourne, FL 32935
www.hipporooft.com
321-312-1188

Pit Crew Roofing
2774 N. Harbor City Blvd.
Melbourne, FL 32935
www.pitcrewroofing.com
321-617-5555

SENIOR DAY CARE

CRM Senior Day Center
182 Barton Blvd, Rockledge
www.CRMhealthcareservices.com
321-877-1211

SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS



SENIOR LIVING AND MEMORY CARE

Addington Place of Titusville
497 N Washington Ave
Titusville, FL 32796
www.AddingtonPlaceofTitusville.com
321-383-2112

Autumn House
7999 Spyglass Hill Road
Rockledge, FL 32940
www.autumnhouse.com
321-622-5418

Chateau Madeleine
205 Hardoon Lane
Melbourne, FL 32940
321-701-8000

Hibiscus Court Assisted Living and Memory Care Community

540 E. Hibiscus Blvd
Melbourne, FL 32901
www.slm.net
321-345-9830

RiverView Senior Resort
2490 Gran Avenue NE
Palm Bay, FL 32905
www.riverviewseniorresort.com
321-312-4555

Zon Beachside
1894 S. Patrick Drive
Indian Harbour Beach, FL 32937
www.zonbeachside.com
321-777-8840

SENIOR SERVICES

Golden Providers
www.goldenproviders.com
321-914-3919

SHUTTERS

Affordable Glass Protection
175 West Drive
Melbourne, FL 32904
www.affordableshutters.com
321-722-9996

TAXICAB SERVICE

Cab To Go
4408 Maxwell Drive
Melbourne, FL 32934
321-752-4686

TIRE DEALERS

Gatto's Tire & Auto Service
15 West Hibiscus Blvd
Melbourne, FL 32901
www.gattos.com
321-727-3322

TOWING

Kendall Automotive Center
3100 W. New Haven Ave
W. Melbourne, FL 32904
www.kendallautomotive.com
321-727-0110

TRAVEL

Carrie Bryniak, CTA, CATP
www.mustlovetravelgroup.com/
Carrie
321-323-9835

TREE SERVICE

Druse Landscaping & Tree Service
www.druselandscapeandtreeservice.com
321-446-5578

VETERNARIANS

Animal Emergency & Critical Care Center of Brevard
2281 W Eau Gallie Blvd
Melbourne, FL 32934
321-725-5365

WEED CONTROL

Slug-A-Bug
2091 N Harbor City Blvd
Melbourne, FL 32935
www.slugabug.com
321-265-3848

**IF YOU WANT TO ADD
YOUR BUSINESS
TO THE DIRECTORY**

PLEASE CALL

321-473-7770

OR EMAIL

[info@HelpingSeniorsof](mailto:info@HelpingSeniorsofBrevard.org)

Brevard.org

FOR MORE

INFORMATION

Helping Seniors of Brevard, Inc.
is a 501(c)(3) not-for-profit
organization est. in 2011
in Brevard County, Florida.

A Letter to Prospective Subscribers

The purpose of this letter is to seek your support, both helping us develop senior service providers and finding sponsors who will pay for the insertion of the ad. What we are doing is similar to what almost every church in the United States does to pay the cost of producing their weekly church bulletin.

We want advertisers of services that seniors need, and the list is endless. When we first thought about doing this, I thought advertisers would flock to us because it is an excellent way to promote your business or product to a market that does need cost effective services, services that they need to have provided to them or accomplish a task they can no longer do.

I thought it would be a win win situation for all parties, but like anything one might try to do for the purpose of assisting another, it has turned out to be more of a task than I originally believed.

Therefore, I have come to a captive audience, seeking your support of a senior services directory designed to help many of us who are older and can not climb ladders to change light bulbs, trim trees, pressure wash a driveway, or many other tasks we previously performed without blinking an eye.

The idea has two parts, one being a directory of service providers and the other the method of payment.

Part I: The Directory

The directory will be composed of three-five line entries describing the product as shown on the previous pages. We have an idea of basic needs but you, the user, might be able to tell us of services of which we may not have thought. We want plumbers, handymen, electricians, pressure cleaners, painters, attorneys, estate planners, financial advisors, geriatric doctors, cleaners, shoe repairmen, in home care providers, and lawn service people, to name just a few. I think you get the idea.

The ads will be inserted and updated on a monthly basis in 12,000 copies of *Senior Scene Magazine* and distributed to 500 locations. They are free and widely read. When we receive calls, I always ask where the callers heard about us and the answer is generally *Senior Scene Magazine* or *Hometown News*

Part II: Payment

The cost of a three line ad is \$250 annually for 12 issues of *Senior Scene* – a whole year of advertising. For an ad of up to five lines the cost is \$350 annually. You know this is a bargain so I ask you to become an ambassador for our directory.

It is time seniors stepped forward and took charge of making things better for themselves. No longer can we rely on someone else to make our care services possible.

You know what I am proposing is a good deal and with the support of the many thousands of seniors we have in Brevard, we can do whatever we choose. If you know a company you want to sponsor you can sponsor them or encourage them to advertise in the directory.

If we are to be successful in this endeavor to develop ways to underwrite the cost of Helping Seniors, we will need the support of the readers of our newsletter. *Senior Scene Magazine* depends on the sale of ads for it to exist.

Helping Seniors is also a business in that we must raise money to keep our services available to the community. The way nonprofits are funded, the way seniors and the frail elderly are assisted will change.

Government funding is declining. The county to which we all pay taxes has written us off. Yes, that is a true statement for the services provided by the county are almost non existent.

Aging Matters receives Older American Act funds to operate their programs. Consider for a moment what would happen if these current funding sources went away as did CBO funding for nonprofits in Brevard. It can happen, and rather than sit around and say "what do we do now", I prefer to be proactive and ask you to become a partner with us in making the directory work and help provide information on services needed by seniors. We need your help.

Call 321-473-7770.



Helping Seniors Of Brevard



Use Your Home Equity to Manage Monthly Payments

*Barbara McIntyre, CRMP, NMLS # 453405
Reverse Mortgage Funding LLC*

When looking for some sort of financing, most Americans seek traditional tools like mortgages, home equity loans, personal loans, car loans, and credit cards. All financing options come with interest; however, these options all **require** a monthly loan payment. Over time, this requirement may start to affect one's ability to live comfortably.

But if you're a homeowner who's 62 or older, you have access to a special financing option that can better suit your needs now and in the future. A Home Equity Conversion Mortgage loan (HECM) can be used to consolidate high-interest debts into one loan that can help you dramatically reduce your monthly bills thanks to its **flexible** repayment feature.

Here is a hypothetical example (for illustrative purposes only):

Mr. and Mrs. Smith, age 67, have outstanding balances of:

- \$50,000 mortgage
- + \$15,000 credit card
- + \$8,000 car loan
- \$73,000 total debt**

Each month, they pay \$1,600 in principal and interest. With a HECM, they could consolidate this debt and dramatically reduce or even eliminate the \$1,600 monthly payments — because the HECM repayment terms are flexible. Each month, they can choose to pay any increment they want towards principal and interest, or defer repayment!

In just one call, you can learn how to substantially reduce your monthly payments. **Call me today at 321-259-7880 to learn more.**



Understanding Medicare Star Ratings

Centers for Medicare & Medicaid Services (CMS) created the Five-Star Quality Rating System to help people compare Medicare Advantage and Medicare Prescription Drug Plans based on quality and performance. CMS uses information from member satisfaction surveys, plans, and health care providers to rate plans between 1 and 5 stars. A 5-star rating is considered excellent. Medicare updates ratings each fall for the following year. CarePlus is rated 5 out of 5 stars for 2019 by Medicare. Some measurements Medicare considers when determining star ratings are:

- **Chronic condition rating:** Were you able to get the screenings, tests and vaccines you needed? If you have a long-term condition, did you get help from the plan to manage it?
- **Part D rating:** Were you prescribed drugs safely and in a way clinically recommended?
- **Member experience rating:** How satisfied are you with your plan? Did you have a positive experience when you called customer service? How easy is it to use your benefits or see a doctor?
- **Complaint resolution rating:** How often did members have problems with the plan? How much did the plan's performance improve (if at all) over time?
- **Customer service rating:** How responsive is your plan to phone calls and questions?

A 5-star rating means Medicare considers CarePlus to be an excellent plan, and when it comes to your health that can mean peace of mind. CarePlus, like all other 5-star plans, was awarded a Special Enrollment Period by Medicare. Anyone who has Medicare doesn't have to wait until October to enroll in a 5-star plan, they can enroll in it all year long. So why wait for 5-star quality? Switch to CarePlus today! Call licensed CarePlus sales agent Louise Brown at 321-482-6283.



New Year's Resolve

*August H. Velten, CLU
August Velten & Associates, Inc.*

We are beginning again. Putting the missteps and misgivings aside, we take aim. The more daring and adventuresome among us develop resolutions—or at least we aspire to do so.

So, how do you develop sound, achievable New Year's resolutions, especially those involving your finances? And why are they so important?

Here are five tips about goals and resolutions:

1. Successful resolutions should be constructed with goals. And goals should include benchmarks or steps, each leading you closer to fulfilling your resolution.
2. Your brain speaks the language of resolutions. Your brain instinctively performs executive functions, which draw you closer and closer to what you resolve.
3. Goals provide focus. They give you direction and vision. You have a place to go. Goals give clarity to your resolutions.
4. Goals provide purpose. You know what you want, you make resolutions, and goals provide the catalyst.
5. Goals make you feel good, so say neuroscientists who study the brain's emotional circuits.

Setting New Year's resolutions can be easy and fun, and lead to some exciting changes in your life. Making your goals, based on your resolutions, become reality requires a few steps.

- Keep them short and easy. Create achievable resolutions. Setting Herculean goals will only set you up for failure.

- Take it easy. Do one behavioral change at a time. Replacing unhealthy behaviors that have developed over a lifetime may take time.
- Share your aspirations. When you discuss your resolutions with your family and friends, you create a kind of support (or accountability) group. You may have others wanting to join you in your pursuits. Going to the gym. Saving money. Investing. The more who are signed on, the more likely you (and they) are to achieve the goals.
- Get help. You may want to adjust your resolutions along the way, making them more challenging or, on the other hand, more realistic. And if you get overwhelmed, seek advice from a trusted friend or a professional. Financial professionals can provide invaluable guidance to pursuing your goals.

Resolutions are the “what.” Goals are the “how.” And your dreams are the “why.”

Here are some principles to help you to develop your goals:

- Develop goals that inspire and motivate you.
- Put it in writing.
- Develop a plan.
- Stay at it.

As you look forward to the promise of a new and better year, we encourage you to develop resolutions and to stay focused on your plan. We are available and ready to help you with pursuing your financial goals and creating your happy financial future.

Here's to a happy, healthy, and fulfilling New Year!

As a retirement income specialist and 38-year veteran of the financial services industry, August H. Velten understands what his clients need in order to enjoy a comfortable retirement. Contact his financial services company at 321-622-5418 or at www.augusthvelten.com.



Multi-Sensory Therapy for Dementia

Yvette Jenkin Director of Sales & Marketing Chateau Madeleine



February is Heart Month

*Jennifer Helin
Seniors Helping Seniors*

Is your love one seeing the world as a fragmented and confusing place?

Most seniors with dementia/Alzheimer's experience isolation, confusion, and sensory deprivation. Chateau Madeleine Senior Living is able to help you.

Introducing Snoezelen®, a Multi-Sensory Environment therapy for the first time in a Memory Care community in Brevard County and Central Florida. Snoezelen® is a Multi-Sensory Environment therapy that can help relax an agitated person or stimulate and raise alertness levels of someone who has sensory processing disorders. It is helping to improve the quality of life of thousands of people around the world.

The benefits of Snoezelen® therapy:

- Stimulates the primary senses: hearing, touching, smelling, and seeing.
- Calms seniors with dementia/Alzheimer's when they are stressed, relaxes them, and increases their range of motion.
- Provides a great environment for bonding between a senior with Alzheimer's and his or her therapist and family members.

To learn more call 321-701-8000 or visit our website at www.suntreeseniorliving.com.

Chateau Madeleine Senior Living & Memory Care is a locally owned resort-like community designed for aging in place. The pet-friendly and non-smoking campus provides licensed on site medical staff and assistance with activities for daily living.



Did you start out the new year with the resolution to exercise more? Eat a healthier diet? This month provides the motivation to stick to those health goals. February is American Heart Month and there will be lots of activities to keep your heart healthy and happy.

It's an important goal as heart disease is a leading cause of adult deaths in America. It is a major concern for those 65 years and older. Although heart disease is not inevitable, normal aging causes heart and blood vessels to stiffen.

Many heart diseases are also due to the buildup of cholesterol. A healthy lifestyle is key to preventing heart disease.

What can you do to ramp up those resolutions and have a healthy heart? According to the National Institute of Health, you should:

1. Eat a healthy diet
2. Exercise regularly
3. Get enough sleep
4. Stop smoking
5. Control your cholesterol
6. Control stress

It's important for women to know the signs and symptoms for heart disease and heart attack as they might differ from men. Symptoms may include fatigue, dizziness, sweating, nausea, shortness of breath, and/or neck or jaw pain. More women die of heart disease than men. Ladies, advocate for yourselves at the doctor's office!

If you need help getting to your appointments, making healthy meals, or want someone to walk with, please call us at Seniors Helping Seniors. Our goal is to help people stay as independent as possible, which means keeping you healthy!

Contact us at 321-722-2999 or online at <https://seniorcarebrevard.com/>. We are located at 1103 W Hibiscus Blvd, Suite 400, in Melbourne.



Helping Seniors Of Brevard

Our current underwriters include:

Affordable Glass Protection, Inc.

www.affordablehshutters.com 321-722-9996

Al Dia Today

www.aldiatoday.com

Allegra Design Print Mail

www.allegrarockledge.com 321-632-7272

August H. Velten & Associates, Inc.

www.augustvelten.com 321-622-5418

Autumn House

www.autumnhouseflorida.com 321-242-1006

Barefoot Bay Tattler

www.barefoottattler.com 772-664-9381

Beach Funeral Homes

www.beachfuneralhome.com 321-751-6012

Brevard Relocate Realty Group

www.4SaleBrevard.com 321-298-5562

CarePlus Health Plans, Inc./Humana

www.careplushealthplans.com 321-751-7645

Chateau Madeleine

Senior Living & Memory Care

www.suntreealf.com 321-701-8000

City of Palm Bay

www.palmbayflorida.org 321-952-3429

Ebony News Today

www.ebonynewstoday.com

HandyPro of the Space Coast

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

Hibiscus Court Assisted Living and Memory

Care Community

www.slm.net/Senior-living/fl/Melbourne/hibiscus-court/
321-345-9830

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