



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,

Already we are thinking about the 2020 car raffle and will have details on that in the next issue of Senior Scene. Before we leave the 2019 raffle, I want to thank all of you who contributed, for it is with your support that we are able to continue our operations. This event would

not have been possible without Mark Pieloch and his people at the American Muscle Car Museum, our donors, volunteers, and Board of Directors, so I thank all of you.

The older I get, the more I am reminded of the many factors necessary to maintain a decent quality of life. Those of you who have followed my writing over the years know I am a firm believer in physical fitness. A recent bout with a virus made me aware that I have not followed my own advice and affirmed my resolve to take better care of myself. Words are easy, the action harder but truly necessary. There absolutely is no substitute for walking, but one needs to be physically ready to walk. Clearing the gout in my left knee and right toe area made it all possible, so pay attention to your body and talk to your doctor.

We are preparing for our move to the new section of Zon Beachside Assisted Living, where Zon has given us a two-person office. We are excited about having more centrally located office space, especially in a facility whose primary concern is to assist our elderly. The move has been almost 10 months in preparation, so we look forward to being settled.

We need your support in finding sponsors and Directory members. And, donations are always welcome. We raise our own money to do this work so every dollar counts.

Joe Steckler
Elder Advocate



Helping Seniors Of Brevard



Zon Beachside Opens New Lighthouse Addition

Helping Seniors of Brevard is excited to announce our new offices inside the Lighthouse addition at Zon Beachside Assisted Luxury Living in Indian Harbour Beach. Located at 1894 South Patrick Drive, the brand new wing officially opened on June 22.

As an organization dedicated to seniors, we appreciate Zon's core value: Hands with Heart. Zon Beachside strives every day to enhance residents' lives by providing a heartfelt caring touch in all that they do. Zon staff enables each resident to age gracefully through personal care delivered with a loving heart.

Executive Director Greg Kennedy, with 20 years experience in health care operations, wanted to offer something new to the assisted living market. As a result, Zon360 was developed. It is comprised of six foundations: fresh, health, connect, life, culture and relax, that offer residents the opportunity to live a full and rewarding life even at advanced ages.

Zon Beachside offers assisted living, short term respite, and memory care. They have a wide range of amenities, including locally caught seafood served in the main dining room, spa services, a licensed nurse on duty 24/7, and a senior-friendly portal.

Unique to Zon is an innovative monitoring system carried out through artificial intelligence. The ZonHealth technology program provides predictive analysis of movement to reduce the potential for falls and create proactive health alerts. Sensors in each apartment learn the resident's body shape, know who the resident is, and monitor heart rate, respiration, time slept, gait pattern changes, etc. If something appears wrong, the system alerts staff.

Memory care is provided at Zon in their safe and secure Beacon Harbour Memory Care environment. Each resident can experience their day in calm, relaxing surroundings that allow



them to interact with families, staff, and visitors creating Moments.

Zon's Memory Care Life Enrichment program – ZonMoments – is a philosophy about maximizing residents' daily experiences. Staff receive extensive ongoing training about capturing a "Moment" with residents. That Moment can be a simple smile that brings back a memory or dancing the waltz as the big band music plays.

Before a resident even moves in, Zon staff learn their life story so wherever they may be at that Moment, staff can be there with them. Their life story is integrated into their daily routines so that the resident's patterns and preferences are not only honored but encouraged.

Zon Beachside also encourages family and friends to be partners in each resident's daily experiences. Whether a family is close by and can visit regularly or far away, they can be involved. ZonConnect integrates technology to ensure families are only a click away from interacting with their loved ones.

Residents can see pictures uploaded by their families, and staff are equipped with the ability to take pictures of residents experiencing daily Moments that can be shared with families. Special Visit Boxes that contain items to help stimulate memories are available for families to use while spending time with their loved one to enhance their time together.

To learn more about Zon Beachside Assisted Luxury Living, call 321-777-8840 or visit their website at <https://zonbeachside.com/>.

Helping Seniors hopes to see you at our new office soon! And, our phone number remains the same – 321-473-7770.



Helping Seniors Of Brevard



New Hope for Tooth Grinders

Lee Sheldon, DMD

Your teeth are worn down. You are breaking teeth. You awaken with your jaws clenched. You awaken with headaches.

First let's call the problem what it is, sleep bruxism. About 10% of the population has it. And there aren't a lot of good solutions. The best solutions we have is intra-oral appliance therapy that won't stop the grinding but at least will reduce the stress on the teeth.

But sometimes, a person's jaw muscles will be stronger than even the appliance. The appliance may break. Teeth that are implant supported may have mechanical failures of the screws that hold the teeth into the implants.

So what else can be done? The answer may be Botox. Yes, that same Botox that is used to take care of wrinkles may be effective in reducing jaw muscle stress. There have been five studies looking at the problem. They haven't been large studies. But each of the studies shows that the use of Botox reduces the strength of contraction of the muscle. So it doesn't stop the muscle from working. It only reduces the force of the closure.

The first study was done in 2011. We don't have a lot of data. But there is promise to show that maybe Botox can be used to help patients who otherwise are damaging their teeth.

It's worth a try. Yes, it may be expensive, but not nearly as expensive as replacing dental work.

How long does the Botox last? That varies from patient to patient. It may last 3 or 4 months. Or it may last only one month.

You may want to talk to a plastic surgeon who uses Botox and see whether this might be a good solution for you.

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



Hospice Care Comes to You

Martha Kessler

*Patient Care Administrator for
VITAS Healthcare in Brevard County*

When a patient with an advanced illness is ready to start the conversation about hospice, one concern inevitably arises: Where will I receive care?

VITAS® Healthcare has over 40 years of experience providing hospice care that focuses on improving quality of life, and we've found that most patients fare best where they're already most at ease: in their home.

Studies show that more than 70% of people would prefer to die at home. After all, home offers the simple comfort of familiar faces and surroundings, and a reprieve from the busy hospital or emergency department.

Home hospice care is comprehensive. The Medicare Part A hospice benefit entitles VITAS patients to whatever their terminal diagnosis requires, including medications, home medical equipment, supplies, and care from a team of experts.

The interdisciplinary hospice team—nurse, hospice aide, social worker, physician, chaplain, bereavement specialist and volunteers—provides clinical, spiritual and psychosocial care to the patient and their family wherever they call home.

The team teaches the family caregiver(s) skills for day-to-day care. Individual members of the team will coordinate and schedule regular visits. Ultimately, the patient and family are the core of the team and help direct an evolving care plan. After a patient dies, VITAS offers bereavement support to the family for a minimum of 13 months.

For patients near the end of life, VITAS provides comfort and dignity—at home and among loved ones.

For more information about end-of-life care options, call VITAS Healthcare at 321.339.2893 or visit VITAS.com.



Helping Seniors Of Brevard



When It's Time to Downsize

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

Most seniors know there will come a day when they will have to downsize or move for medical needs. It's often a stressful and tolling process – both emotionally and physically. But it doesn't have to get overwhelming.

Brevard Relocate Realty Group is here to help you with the process every step of the way. The best advice is to start early, months before you list your home for sale. Do not wait until there is a crisis to cope with on top of the stress of selling your home and moving. Trust me, this will minimize the overwhelming feeling you get when you look around not knowing where to begin.

Start slow. Identify rooms you rarely use or have become a storage area. If going through items is too much for you physically, we have a network of professionals who can assist with such tasks. One company is Seniors Helping Seniors. They can assist with many things around the house, even with transportation needs. Give them a call at 321- 722-2999.

Get rid of duplicates, especially in the kitchen or garage, and closets. Identify items are you are no longer using.

Reduce collections, the Hummel's or other items you have collected over the years. Is there one or two in the collection which brings you joy or have special meaning? Identifying meaningful collectable pieces to bring with you, makes parting with the rest less stressful.

Consider legacy gifts early, are there antiques or family heirlooms you want certain family members to have? Or certain items family members may want that you are not aware of? Do this early and allow them to enjoy them now.

These are just some of the areas we will discuss during your Free Consultation. Call today 321-298-5562.



Helping Seniors Media Programs

Helping Seniors Television Show
Channel 499
Monday-Friday
8:00 AM, 4:30 PM, and 5 PM

Helping Seniors Radio Show
WEJF FM 90.3
Wednesday
12:00 PM

Want to Help Helping Seniors?

Donate



Helping Seniors of Brevard Inc. is a registered 501(c)(3) charitable organization. Your support helps us connect thousands of vulnerable seniors to the help they need to get what we all deserve: quality of life and peace of mind.

You may donate online safely and securely at www.HelpingSeniorsofBrevard.org or mail your check made payable to HSOBC to P.O. Box 372936, Satellite Beach, FL 32937.

You can also help support **Helping Seniors of Brevard** every time you shop at www.smile.Amazon.com

Thank you for your gift!



Helping Seniors Of Brevard

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321-254-4644

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www.floridaelderlaw.net
321-253-1667

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

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www.rhodeslawpa.com
321-610-4542

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www.datadoctors.com
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www.drleesheldon.com
321-369-9788

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Senior Relocation Service
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Melbourne, FL 32934
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321-751-6671

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www.broomhildy.com
321-593-0779

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www.lavenderfieldscleaning.com
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Berkshire Hathaway Home Services
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Brevard Relocate Realty Group

1894 S. Patrick Dr. , Suite D
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www.BrevardRelocateRealty.com
321-428-2160



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321-617-5555

SENIOR DAY CARE

CRM Senior Day Center

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www.CRMhealthcareservices.com
321-877-1211

MOVING COMPANIES

A Mother's Touch Movers

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Titusville, FL 32796
www.AddingtonPlaceofTitusville.com
321-383-2112

Autumn House

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Rockledge, FL 32940
www.autumnhouse.com
321-622-5418

SENIOR LIVING / MEMORY CARE

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321-701-8000

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321-345-9830

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www.MarthasHouseALF.com
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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

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www.mustlovetravelgroup.com/Carrie
321-323-9835



Helping Seniors Of Brevard

SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

To Prospective Subscribers

The purpose of this letter is to seek your support in helping us develop senior service providers and finding advertisers.

We want advertisers of services that seniors need, and the list is endless. Many of us who are older 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 is composed of three to five-line entries describing the product as shown on the previous pages. We have an idea of basic needs but you, the user, may tell us of other services. 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. The magazine is 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 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. If you know of a good company, you can sponsor them or encourage them to advertise in the 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. With the support of the many thousands of seniors we have in Brevard, we can do whatever we choose.

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. To do that, we will need the support of our readers. Thank you so much!

**IF YOU WANT YOUR
BUSINESS IN THE DIRECTORY**

CALL 321-473-7770

OR EMAIL

info@HelpingSeniorsof

Brevard.org

Helping Seniors of Brevard, Inc.
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est. in 2011 in Brevard County, Florida.



Helping Seniors Of Brevard

Common Eye Disorders In Seniors

*The Eye Institute for
Medicine & Surgery*

Seniors need to have their eyes examined every one to two years. During this period, eye conditions such as cataracts, glaucoma and age-related macular degeneration increase with frequency, and early diagnosis can be crucial.

Age-related macular degeneration, or AMD, is the leading cause of vision loss in people over the age of 50 in the United States. While the exact cause of macular degeneration is being studied, we know that different genetic and age-related factors lead to an accelerated aging process in the eye. Macular degeneration affects only the central retina (macula) which is responsible for the clear vision required to read or drive. Although it usually affects both eyes, the eyes can be affected differently.

Types of Macular Degeneration

Dry. The most common type of macular degeneration. Early stages of the disease usually do not cause problems and vision usually remains good for many years. As the disease progresses to a more advanced form, most patients have a gradual visual decline over the years where reading and driving become more difficult. Any change in vision or distortion of the lines on an amsler grid may signify a change to the “wet” type.

Wet. If macular degeneration becomes “wet”, new blood vessels grow below the retina and begin to leak fluid and bleed under the retina. This causes objects to be distorted, dark spots to be seen, and central vision to be blurred. This is the most severe type of macular degeneration but thankfully has a safe and effective treatment.



Ultimately, we treat the “wet” disease to make it “dry” again by stopping the leakage and bleeding.

Treatment for Macular Degeneration

Dry Macular Degeneration. Unfortunately there is no cure or treatment for dry macular degeneration. An amsler grid should be monitored daily and any changes require an urgent eye exam. Vitamin combinations of zinc, antioxidants, vitamin E, vitamin C, and beta-carotene have been shown to reduce the risk of developing advanced AMD.

Eating a healthy diet including green leafy vegetables, omega-3 fatty acids, and fish may to be beneficial as well. Newer supplements such as lutein and xeoanthine are being studied in large clinical trials. Vitamin A (beta-carotene) supplementation should not be taken by anyone who smokes or has a history of lung cancer.

Wet Macular Degeneration. Avastin is the most commonly injected intraocular medication in the United States. It has proven to be very successful for preserving vision and even improving vision in patients with “wet” macular degeneration. It is often administered monthly until a response is seen and then treatment is tailored to the patients need.

Lucentis is similar to Avastin and is FDA approved for use in the eye. These injections are used interchangeably and have revolutionized therapy for “wet” macular degeneration and helped millions of people around the world.

In addition to having routine eye exams, seniors should be on the look out for any of the following symptoms, which could indicate a problem with the eyes. These include:

- x visual changes or pain
- x flashes of light
- x seeing spots
- x ghosting of images
- x dark spots in vision
- x lines and straight edges appear distorted or wavy
- x dry eyes with burning and itching

If you experience any of these symptoms, please call The Eye Institute for Medicine & Surgery at (321) 722-4443 to schedule a comprehensive exam as soon as possible.

The Melbourne Municipal Band Presents



On July 17 and 18 at 7:30 p.m., the Swingtime Big Band will present “Jazz in Space” to honor the 50th anniversary of the Apollo moon landing. The concert will be held at the Melbourne Auditorium, 625 E. Hibiscus Boulevard. Doors will open at 6:30 with pre-show entertainment. There is no charge for the concert and tickets are not required. For information, call 724-0555 or go to www.melbournemunicipalband.org.

Swingtime is the 22-piece Big Band ensemble of the Melbourne Municipal Band, playing music from the 1920s to the 1970s. The band features saxophones, trombones, trumpets, a piano, guitar, bass and trap set, along with two vocalists and a conductor/announcer.

About the Melbourne Municipal Band

The mission of the Melbourne Municipal Band, established in 1965, is to bring free concerts to area residents and visitors, to promote music appreciation and education – particularly among young people – and to provide members of the band with an avenue for music performance and development. One-third of the band’s 80-plus members are professional musicians. In a typical year, the band serves 20,000 attendees, and its members give 27,000 hours of community service in the form of rehearsals and performance time.



How Music Benefits Seniors

*“Where words fail, music speaks.”
— Hans Christian Andersen*

Did you know that music can improve health, enhance moods, and even improve memory?

Psychological Benefits

Seniors who listen to music have a happier outlook on life and better social interaction. Music enhances moods, improves interest levels, and increases positive emotions. Those with dementia have been known to increase communication with others after listening to music, since a song can trigger a memory from when they were younger.

Health Benefits

Those that listen to music often sleep better, have diminished pain and improved recovery time. Music can increase mobility, coordination, and overall cognitive abilities. Studies have shown that patients who listened to music following a stroke experienced a faster recovery of verbal skills. Listening to music can also promote physical activity including dancing.

Memory Benefits

When a person listens to music that corresponds with an important time, place, event, or emotion, the brain’s memory maker becomes stimulated. Dementia patients who have lost the ability to speak have been known to still hum along with songs.

Stress Reduction

Music can also help settle down seniors who are stressed. Soothing music like doo-wop or jazz can increase relaxation and self-esteem, while reducing tension and anxiety.

How to Integrate Music into Senior Life

Here are some music activities to try out:

1. Take your loved one to a live concert in your area.
2. Encourage your loved one to play an instrument they once played. It can help increase self-esteem and is therapeutic. Playing music can also help slow down heart rate and lower blood pressure.



Are You Prepared for Hurricane Season?

Yvette Jenkin Director of Sales & Marketing Chateau Madeleine



How to Keep Your Money in Your Family

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

We love Florida weather but along with it comes hurricane season from June 1 through November 30. This is the time to ensure your hurricane preparedness kit is ready. The more prepared you are the less stressful it will be dealing with an approaching storm. Make sure you have the following items:

- One gallon of water per person per day (at least five days)
- Non-perishable food
- Personal hygiene products
- Prescription medications
- First Aid Kit
- Batteries, flashlights and weather radio
- Pillows and blankets

In case of evacuation have a bag with several changes of clothes and shoes, important documents and emergency contact list in a sealed waterproof bag, and additional items from your hurricane preparedness kit. Have a transportation plan in case of any possible emergency evacuation.

If you or your love one is tired of going through hurricane season alone, or getting your home ready is becoming a difficult task, perhaps it is time to consider the safety and peace of mind that a Senior Living community will offer.

Chateau Madeleine Senior Living, opening soon in the Suntree area of Melbourne, is built to withstand high winds with impact-resistant windows. In case of a power outage, the community (including resident apartments) will have 100% power coverage provided by an industrial backup power generator. The community will be fully stocked with food and water and staffed at all times with nurses, caregivers, and staff.

Call us to find out more about how we keep our residents safe and protected during hurricane season. Offering Grand Opening specials. Call Yvette at 321-701-8000 or visit our website SunTreeSeniorLiving.com

You've invested your life into caring for your family's wellbeing. Now you need to take steps to help ensure your hard-earned money and investments go to them. **Estate planning is the key.** Why is this so important?

- ◆ Avoid probate court. In many states, probate fees can reach 5% of the value of the estate. Planning your estate will lessen the tax burden on your heirs. If you die without a will, the laws of your state govern how your estate is distributed.
- ◆ Start estate planning early – to avoid potential worst-case scenarios, such as mental decline or sudden death of a loved one. Comprehensive estate planning helps protect adult and children beneficiaries.
- ◆ A solid estate plan with asset protection provisions may help shield your assets from potential creditors.

Here are 5 things you can do now to ensure your money goes to loved ones – as opposed to Uncle Sam:

1. Spend your money and your assets, which will ultimately reduce your tax burden. However, your goal is to ensure you don't outlive your wealth.
2. Gifts. The IRS restricts giving levels – up to \$15,000 each to individuals or charities before having to file gift tax returns.
3. Lend to family members. However, to stay IRS compliant, you should draft a loan note that includes the loan amount, payback date, interest rate, and any collateral or security.
4. Pay wages to family members for providing home health care or performing household or other work.
5. Create a life estate deed, which transfers the family's house to a child while parents retain the right to live in the house.



Helping Seniors Of Brevard

We are grateful to all of our current underwriters!

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www.aplacelikehomealf.com

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

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Zon Beachside Assisted Luxury Living

www.ZonBeachside.com

321-777-8840



Want to join us to provide support to Brevard seniors?

Call 321-473-7770 for more information