



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,

To all my readers, I wish you a very Merry Christmas and healthy, happy, and prosperous New Year. Unfortunately, many of you will still need help in 2020 with unforeseen problems. We have access to resources that might help you, but first we need to hear from you. So call Kim, our Education Specialist, at 321-473-7770.

Looking for a holiday gift for that hard to buy for person on your list? Tickets are now available for our 2020 car raffle – one for a \$25 donation or 5 for a \$100 donation. This year from Boniface-Hiers dealerships we have a Dodge Challenger, Mazda convertible, KIA Sportage and Chevrolet Camaro to choose from. Mark Pieloch has offered to again host the event at his American Muscle Car Museum as well as supply pizza, so plan to be there on April 25, 2020. We do need your support to make this a successful event.

Although we have a truly wonderful media outreach now, we plan to expand our radio coverage in Brevard County to make sure we are getting information about senior programs to all who need it. Advocacy for seniors is difficult to achieve, but will become even more important with the increased numbers of seniors in Brevard.

We now have almost 2,000 on our newsletter email list. This is a great way to disseminate information, so I encourage our digital readers to share the newsletter electronically with family and friends. I wish it were possible to let more know about the calls we receive every day. Many problems could be solved right away if more people knew where to get help. Nonprofits have been around a long time, filling gaps where local government cannot assist. Some people are not as fortunate as others and need help. Social security will not cover the cost of living, so we must develop ways to enable all to age with dignity. Affordable housing is a good place to start.

Joe Steckler
Elder Advocate



New Age Cataract Surgery

Dr. Aggarwal
Board Certified Ophthalmologist
The Eye Clinic & Laser Institute



Kim's Corner

Kim A. Bernard, MS
Education Specialist
Helping Seniors of Brevard

Cataract surgery is very common and is generally a safe procedure. At the Eye Clinic and Laser Institute, our ophthalmologists can perform two different versions of cataract surgery.

Using only topical anesthetics, *standard cataract surgery* is performed with an advanced procedure called phacoemulsification. This involves dissolving and removing the cataract using a delicate ultrasonic technique through a small microscopic corneal incision. Once the cataract is removed, a small foldable intraocular lens is placed where the cataract once was located. Since the micro-incision is self-healing, no stitches are typically required.

The latest is *laser-assisted cataract surgery*. The Eye Clinic and Laser Institute is the only vision center in Brevard County to offer patients this new standard in precision cataract surgery. Laser cataract surgery is more precise, causes fewer traumas, and facilitates faster recovery time. Laser cataract surgery can improve astigmatism by reshaping the cornea with specific incisions.

The laser softens and breaks the cataract into tiny pieces, allowing for gentler, easier cataract removal. These steps set the stage for positioning of the replacement lens. There are even options of implanting multifocal lenses when both eyes are done which can improve vision, eliminate the need for glasses, along with the correction of astigmatism.

We have four locations throughout Brevard County and perform all surgeries in our Ambulatory Surgical Center located in Merritt Island.

If you feel you may have a cataract(s) or need your annual eye exam call us at **(321) 453-3937** to schedule an appointment or visit us online at **www.youreyeclinik.com**.

Welcome to Kim's Corner. For those of you who are new to Senior Scene Magazine, I am the Education Specialist here at Zon Beachside Luxury Assisted Living facility in the Senior Resource Center, Suite C. I am the voice on every incoming phone call for the Senior Help Line. I created Kim's Corner so that our readers could share in the success stories of seniors who call us for help.

In my experience helping our seniors of Brevard County, my phone calls consist of a broad spectrum from easy to complex. An example of a simple phone call is one who asks for the local food pantry telephone number, whereas one of great complexity involves legal, financial, and guardianship issues. For the privacy and respect of all of my callers, I do not include names.

This caller, a senior herself, is a grandparent raising her autistic grandson. She called me looking for services that could help her return to the community and provide for her and her grandson.

I referred her to the local Catholic church she once belonged to, a Low Income Home Energy Program to help with her energy bill, and a wonderful organization called Grandparents raising Grandchildren of Brevard County. I also advised her to consult her attorney for the legal problems she is facing concerning her grandson. Success is in the making for this caller and the future for her grandson looks bright.

Stay tuned to read more success stories from yours truly....

Kim

You can reach Kim at 321-473-7770 or at kim@helpingseniorsofbrevard.org.



Can Bone Regrow around Teeth?

*Lee Sheldon, DMD, PA
Solid Bite*

We see a lot of patients for second opinions. It's a bit of a challenge for me, as different doctors often have different viewpoints. We then have to reconcile the viewpoints in the patient's mind so that he or she can make a decision regarding dental care.

It is far easier for me to do that now than it was twenty or thirty years ago. More confidence on my part? Perhaps. Or is it my age? Definitely.

But the case that we saw was a case where the patient had severe periodontal disease and a periodontist from an outside area said that a tooth couldn't be saved and needed to be extracted.

I looked at the tooth, looked at the x-ray, saw that the tooth was not the only tooth in her mouth that had periodontal disease, and said, "You have periodontal disease on other teeth. It won't cost anything extra to treat the tooth in question. Let's treat the disease and see what happens to the tooth. So she agreed. (Who wouldn't?)

Four months after treatment, we took an x-ray and saw that nearly all the bone regrew around the tooth. And it happened without our doing any surgery.

We see this phenomenon more often than one might think. A person can have a disease that is fast-moving, with aggressive bacteria. Bone loss can occur rather quickly. And if we reverse that disease, kill that bacteria, and get the root surface completely clean, as we can using a periodontal endoscope called Perioscopy, the body will put the bone back that it recently lost.

You can always extract a tooth. But if you do, you have no chance to repair it. To paraphrase the old John Lennon song, "All we are saying, is give teeth a chance."



Children Grieve Differently During the Holidays

*Martha Kessler
Patient Care Administrator for
VITAS Healthcare in Brevard County*

VITAS® Healthcare's more than 40 years of knowledge allows us to recognize and help those who are experiencing a difficult bereavement. Hospice professionals understand that the holidays are particularly difficult for those—young and old—who have lost a loved one.

Children approach and process grief differently than adults. Keep these suggestions in mind to help a child you love work through grief:

- Allow children to express grief in their own way and in their own time.
- Do not pressure children to resume their normal activities if they are not ready.
- Children's feelings may emerge through behavior and play, or by not talking or engaging in discussions simply because they are not able to verbalize what they are feeling. For example, children may laugh or play at a time that feels inappropriate to an adult.
- Children's normal reactions to death might materialize as "grief bursts" that are followed by play and normal activities.

An adult who can plan in advance can make a holiday more tolerable. Let a bereaved child know that they might experience some painful feelings during the holidays, and that you are available to listen and help. Keep the lines of communication open. Start new traditions. Offer hugs to help the grieving child feel secure in expressing emotions.

VITAS Healthcare's professional grief and bereavement services are available to the community at no cost. For information about end-of-life care services, including grief care, call VITAS at 321.339.2893 or visit VITAS.com.



Helping Seniors Of Brevard



Don't Be a Victim of a Senior Scam

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

Unfortunately, today, it seems every time you turn on the news or read the local paper there is a new senior scam out there. So how do you choose a contractor, someone to help around the house, or other service provider you may need to remain independent in your home without falling victim to a scam?

A prime example is after a storm, when the area will have an increase in con artists looking to scam victims. Avoid people going door to door or posting signs on street corners advertising their services. Never pay for services up front. If you feel you are being pressured to sign a contract **BEFORE YOU ARE ALLOWED TO READ THE SMALL PRINT**, this is a red flag!

Use a local company, they are established in the area. Always request a copy of their professional license and liability insurance and ask for references.

This is equally important when hiring private duty help, home health aides, a downsizing company, or anyone else you are letting in your home. Once in your home they have access to jewelry, credit cards, and other vulnerable information.

Request a copy of their professional license and insurance and check if they are bonded. Reputable companies are licensed by the state and have undergone a criminal background check to be licensed and/or bonded.

Our mission at Brevard Relocate Realty Group is to help seniors remain independent as long as possible, stay safe, and avoid becoming a victim of a scam. Give us a call for a Free consultation or if you have any questions about the information in this month's article.

321-428-2160.



Stressed Out? It's Harmful – Ways to Cope

*Kevin Kilday, PhD
Holistic Health Center*

Everyone feels stressed from time to time. There are at least three different types of stress:

- Routine stress related to the pressures of work, family, and other daily responsibilities
- Stress brought about by a sudden negative change, such as losing a job, divorce, or illness
- Traumatic stress, which happens when you are in danger of being seriously hurt or killed. Examples include a major accident, war, assault, or a natural disaster. This type of stress can cause post-traumatic stress disorder (PTSD).

Stress makes some people experience digestive symptoms, headaches, sleeplessness, depressed mood, anger, irritability, more frequent colds and flu. Vaccines can be less effective. Over time, continued stress can cause heart disease, high blood pressure, diabetes, and more, plus mental disorders like depression and / or anxiety.

Managing stress.

- **Recognize the physical and mental signs** of your body's response to stress.
- **Talk to your doctor.** Get proper health care for existing or new health problems.
- **Get regular exercise.** 30 minutes per day of walking will boost your mood and reduce stress.
- **Try a relaxing activity.** Try meditation, yoga, tai chi, or other gentle exercises.
- **Set goals and priorities.** Decide what must get done and what can wait, and learn to say no.
- **Stay connected** with people who can provide emotional and other support. Ask for help from friends, family, and community or religious organizations.

Dr. Kevin Kilday, PhD, Holistic Health Center, Counseling, Supplements, Testing, Specialties: Cancer and Chronic Health Conditions



Helping Seniors Of Brevard

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www.rhodeslawpa.com
321-610-4542

The Law Office of
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1696 W. Hibiscus Blvd., Ste A, Melbourne
www.AmyBVanFossen.com
321-345-5945; (fax) 321-345-5417

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The Eye Institute

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Barbara Wall, Broker Associate

Berkshire Hathaway Home Services FL Realty
2000 Highway A1A, Indian Harbour Beach
barbara@barbarawall.com
321-749-2444

Brevard Relocate Realty Group

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Forget-Me-Not Senior Care Advocates

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

See one you like? You choose the car!

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The **Helping Seniors 2020** Car Raffle

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



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 25th, 2020. Need not be present to win. See Official Rules for complete details. Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit.



Combating Loneliness: Donate Your Words

*Traci Graf, RN
AVID Home Care*

With all the increased awareness about suicide, it is important to focus on the group of people who are most at risk. Men over age 65 face the highest risk of suicide, and adults over age 85 regardless of gender are most likely to die from suicide. Of the 47,000 suicides in 2017, more than 8,500 of them were adults over 65.

As the population grows older these numbers will not improve – there are expected to be 98.7 million people over age 65 by 2060. Sadly, 1 out of 4 older adults who attempt suicide will die, compared to 1 out of 200 younger adults. This is because seniors can be frail and more susceptible to self inflicted injury, they can be more isolated making rescues less likely, and they carefully plan their attempts. Many times the attempt can be triggered by the loss of a spouse or child, or just plain loneliness.

A recent survey of seniors in the UK found that only 22% of them had human contact each week. The majority spoke to no more than three individuals in a week. It is estimated that 285,000 people have no human contact each week. About 40% of those surveyed said they feel better if they know one of their neighbors; 55% said a short conversation with a friend or neighbor would improve their day. A quarter of older adults said it makes them feel good if someone smiles at them in the bank or store. One in five said they would be “thrilled” if a stranger asked how their day was going. These seem like easy things to fix.

What can we do? There is a new UK campaign called “Donate your words” to help change some of these sobering statistics. Such a simple concept if every one of us started to pay attention to the elderly around us, say hi, smile, compliment them, thank them for their military service. We forget when we encounter older adults that they were not always what we see in front of us. We all have an opportunity to change someone’s life, don’t waste it.



Adult Day Care

*Dr. Diane Walker, Psy.D.
A Place Like Home Assisted Living*

Take a break! Caregivers need care, as well. Even with the joy of helping others, there will be challenges. Solutions for challenges are best met with a clear head. Take time to shop, enjoy hobbies, have personal time with a friend, go to class/church, or just relax. Time away is vital and rejuvenating!

Adult day care provides professional care for your darling, while you gain a bit of time to care for yourself. Day care is ideal for older adults who require supervision during the day and/or for those who are isolated and lonely.

A Place Like Home (APLH) offers many benefits in its lovely “bed and breakfast” style, memory care facility for adult daycare in Palm Bay. Below are some highlights:

- An excellent and kind, highly trained staff.
- A Program designed and overseen by a licensed Clinical Psychologist.
- A safe and socially stimulating environment.
- Hot and delicious homemade meals.
- Nutritional drinks and snacks throughout the day.
- Multiple fun activities for the mind and body.
- Chair yoga for those interested, led by a Kundalini yoga practitioner.
- Personal care, as needed.
- Mild cognitive impairment (MCI) and Dementia care.
- Therapy for anxiety and depression, if needed.
- Day and Evening care.
- Open Seven Days a Week!

We also provide assisted living/memory care and respite care. Contact us today at 321-693-3325 or at www.aplacelikehomeassistedliving.com “All who enter will be loved!”



Helping Seniors Of Brevard



Avoiding Guardianship

*Gregory J. Schwendeman, Esquire
The Law Office of Amy B. Van Fossen, P.A.
Melbourne, Florida*

It is difficult to watch your parents age. They raised you, loved you, and took care of you. Now, you find yourself taking care of them; helping to manage their daily needs. But do you have the legal tools necessary to help manage their legal, financial, and medical needs?

What are the legal tools necessary to help Dad? The Courts look for the "least restrictive means"; they look to see if Dad executed a Durable Power of Attorney, a Living Will and Healthcare Surrogate, and a Preneed Naming of Guardian.

A Durable Power of Attorney is created while Dad still has the ability to make his own financial, legal, and healthcare decisions. A Durable Power of Attorney is a written document that permits Dad to choose who will make his financial, legal, and health care decisions when he cannot. Be careful, the Durable Power of Attorney law in Florida changed substantially in 2011, so make sure Dad's Durable Power of Attorney is both up-to-date and comports with the changes.

The Living Will & Designation of Healthcare Surrogate allows another individual to make health care decisions for Dad, should he become incapacitated. And, if Dad ever does need a guardian, he can plan in advance and nominate whomever he trusts in the Preneed Naming of Guardian.

Properly prepared and executed, these documents can bring peace of mind to Dad and save possibly thousands of dollars. If Dad cannot execute legal documents, you may need a guardianship. Call us for details-321-345-5945



Helping Seniors Office

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1894 S. Patrick Drive, Ste. C
Indian Harbour Beach
321-473-7770

www.HelpingSeniorsofBrevard.org

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WEJF FM 90.3
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