



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,

2020 will see us embarked on many new projects including a revamped Senior Advocacy Program, monthly email letter, and Senior Travel Club. We have to do a better job of informing seniors of available resources, advocating for their needs, and funding the nonprofits that will accomplish this work.

Senior Advocacy. To do all we need to do in 2020 will require a good advocacy program, which we will accomplish through our radio, television, and newspaper outreach. We need sponsors, so please contact Kim at 321-473-7770 if you are interested.

Senior Travel Club. You may remember many years ago Larry Brewer had a huge senior travel program that he developed on WMMB. We now have an agreement with a national travel program that has committed to helping us. We will offer several cruises a year that you will enjoy and that will also help us underwrite the cost of operating Helping Seniors.

Helping Seniors is about to enter its tenth year. Though we have had three offices, I believe our current office at Zon Beachside Assisted Living will be our home for many years. Zon has done a great job supporting the organizations in their Senior Resource Center. The bi-monthly seminars for seniors are a wonderful way to learn about available assistance, and I will add that Zon always supplies a tasty treat.

As we start a new year, I want to thank all who have helped us. Without our sponsors, raffle supporters, Annual Fund donors, and other contributors, we would not be able to help those who call us. I have found in my many years of nonprofit work that most callers can be assisted, and while the immediate problem may not be solvable, the caller has at least found a new friend who will listen and try to offer some level of help.

I wish you all a Happy New Year and success in your own endeavors! Many, many thanks.

Joe Steckler
Elder Advocate



Helping Seniors Of Brevard



Living Life to the Fullest in 2020

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

Now with the holidays over, you may be thinking about downsizing or exploring various 55+ communities, but the thought of it all is overwhelming. You look around your home and think, "Where do I even begin?"

Going through all the rooms and closets, deciding what you no longer need, what to bring to your new home, wondering what furniture will fit if you downsize, and having to pack and unpack everything. All of this becomes very stressful and an enormous task.

Let Brevard Relocate Realty Group help you every step of the way. All our Realtors® are Senior Real Estate Specialists, (SRES®) that have undergone additional training to orchestrate the often-complex move of a 55+ client.

We offer a FREE 45-minute consultation to discuss your unique situation and create a customized plan to make the transition of selling a home as stress-free as possible. During the consultation some of the topics we can discuss include:

- Differences in various 55+ living options
- Interest only bridge loans to cover costs PRIOR to the home being sold
- Estate sales
- Packing and sorting
- Moving company
- Space design
- Measuring furniture for your new location

Based on your situation, together we will create a plan and orchestrate all the details for you! We truly are your One-Stop Real Estate Solution. Why settle for less?

To schedule a FREE consultation, call me at 321-298-5562 or stop by our office located inside the SENIOR RESOURCE CENTER OF BREVARD at 1894 South Patrick Drive Suite D, Indian Harbour Beach (where the old Doubles Restaurant was located).



Kim's Corner

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

Welcome to Kim's Corner! Happy New Year!! Where did the time go? As for me, I have been here in the office taking all of your phone calls and replying to your messages.

I get calls of various situations, some more serious than others, yet all are important and addressed. In my corner for this issue, I will talk about two interesting scenarios I recently experienced in the office. All callers and walk-ins are always kept private.

The first was a young gentleman who walked in to our office one afternoon. He had been housing his senior mother long enough to potentially cause harm to his marriage. He simply posed the question of whether or not he was doing the right thing for his mother by placing her in an assisted living facility, not unwillingly on her part.

Our conversation helped him to realize that his decision was acceptable and simply made out of love and respect for both his elderly parent as well as his marriage.

My second situation involved an elderly man age 92 who called our helpline. He lives alone with his two cats, still drives, and is independent. He has called me in the past for resources; however, this time he was interested in selling his home in order to move to assisted living.

I provided him with the resources he needed and explained to him that we are here for anything else he may need. As always, he was thankful for our service and all the help we provide to Brevard County seniors.

Wishing you all the very best for a happy and healthy new year.

Kim

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



The Case for Saving Teeth in Children

*Lee Sheldon, DMD, PA
Solid Bite*

A child over the age of six gets into an accident, maybe hit by a baseball, falls off a bike, gets in a car accident. He or she is hit in the mouth. The front teeth are broken, seemingly broken beyond repair. The recommendation is made to have the teeth removed. They can be replaced with dental implants once the child reaches adult age.

Is that entirely true? It actually isn't the entire story. When a tooth is extracted, the bone that supported the tooth loses its shape as well. The gum and bone shrink, often to the point where grafting will be necessary as an adult before an implant can be done.

How can the child be managed so that the need for grafting as an adult is reduced? The answer is to retain the tooth until the patient is ready to have the implant placed.

Let's assume that a tooth is broken to the gum line. We're talking about a permanent tooth. It can't be restored. But it can be saved with a root canal.

The tooth is ground down to the gum line, removing any sharp edges. Then a removable partial denture is constructed over the broken tooth or teeth. The root stays in the mouth, preserving the bone and gum tissue. When the child is of adult age, the root is then removed and an implant immediately placed. No need for grafting. And a natural esthetic result.

So before you allow that extraction to take place, get an opinion from an endodontist and a periodontist. Together, they may be able to help your child or grandchild avoid a bigger problem later on.

Periodontist Dr. Lee Sheldon has provided comprehensive implant, periodontic and full-mouth rehabilitation dental services to area residents for over 30 years. He can be contacted at 321-802-2810 or online at www.DrLeeSheldon.com.



Differences Between a DNR and Living Will

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

Many folks who come to my office are confused when it comes to the differences between a Do Not Resuscitate Order (DNR) and a Living Will. Both are documents that deal with the end of life. However, the documents vary greatly as to form, intent, and the life prolonging services they impact.

A living will is a document wherein a person indicates whether they want life prolonging treatment continued if they are incapacitated and in either a terminal condition, an end stage condition, or a persistent vegetative state. For life prolonging treatment, think ventilator, dialysis, pacemaker, etc. In the document, the person indicates whether they want the artificial administration of food and water if it would only serve to prolong the dying process (feeding tube).

Thus, the living will comes into play when the incapacitated person is alive but only by virtue of artificial means. This document must be signed by the person and witnessed by two persons, one of which cannot be a relative.

A DNR is a document wherein a person indicates that they do not want to be resuscitated if they should suffer cardiac arrest. Think defibrillator paddles here. Thus, the DNR comes into play only when a person is arresting and determines whether that person wants to be brought back to life. This document must be on a standard yellow form and signed by the person and his or her physician.

Everyone should have a living will expressing what their end of life wishes are. Not everyone should have a DNR. Usually a DNR is reserved for the very ill who do not wish to be brought back to life only to suffer more.

William A. Johnson, P.A., can be reached at 321-253-1667 or at 140 Interlachen Road, Suite B, in Melbourne.



Helping Seniors Of Brevard



Managing Hurtful Dementia Behavior

by Kelly David-Rallis, Administrator

When you're caring for an older adult with Alzheimer's disease or dementia, they might make mean comments, use hurtful words, or accuse you of terrible (but untrue) things. It's devastating to hear, but the most important thing to remember is that their disease is causing the behavior. Your older adult isn't purposely saying these things to hurt you. The damage in their brain is causing it. However, while they're yelling or making false accusations, it's tough to keep that in mind and ignore the hurtful words.

First, it's important to understand why this hurtful behavior is happening. Dementia is a disease that causes parts of the brain to shrink and lose their function, resulting in cognitive impairment. These different parts control functions like memory, personality, behavior, and speech. Dementia also damages the ability to control impulses, which means actions aren't intentional. Even though it's difficult, do your best to remember that they truly don't intend the mean things they say. These mean comments and hurtful accusations often happen because the person is unable to express what's bothering them. It could be triggered by something in their environment that causes discomfort, pain, fear, anxiety, helplessness, confusion, or frustration.

Working to accept the fact that they're not doing this on purpose helps reduce stress and makes their behavior easier to manage. Take a deep breath, remind yourself that it's not personal, take care of immediate discomfort or fear, and try to find the cause behind the behavior. Next, look for long-term solutions that will help you get the support and rest you need to keep your cool in challenging situations.

Home Health Care Resources Corp. specializes in home care for those with Alzheimer's and Dementia. Brevard County Phone: (321) 677-2577 | Fax: (321) 677-2699 | Web: www.homehealthcrc.com Facebook: www.facebook.com/hhcrcregion7/



Medicaid Planning – Paying for Long-Term Care Insurance

Ruth C. Rhodes Esq.

Rhodes Law, P.A.

What would you do if you were suddenly needing Long-Term Care? How can you afford to pay for the care?

As we age, we are faced with many challenges and difficult decisions about our lifestyle and health care. Many people are surprised to learn that Medicare and supplemental health insurance does not cover Long-Term Care.

The two major ways to pay for Long-Term Care are private pay or government benefits known as Medicaid. A skilled nursing facility can cost privately as much as \$8,000-\$12,000 per month without any government assistance.

To qualify for Medicaid, you must have less than \$2000 in countable assets and less than \$2,313 in gross monthly income. If you do not qualify, there are ways we can help you qualify.

So, you might ask, why can't I just give my assets away? Giving any asset away can automatically disqualify you or your loved one from receiving Medicaid benefits. Currently, Medicaid has a 5 year look back period but the rules are very complex and always changing.

Many people think they would never be eligible for Medicaid because of the strict income and asset limitations. However, there are many legal ways to plan and structure your income and assets to help you qualify for these benefits even though you think you would never qualify.

Planning ahead to avoid an emergency or crisis situation is very important. Whether you are in crisis or planning ahead, we are here to help you and your loved ones navigate through the Medicaid process. Always remember, failing to plan is planning to fail.

Call Rhodes Law, P.A., at (321) 610-4542 to schedule your free Medicaid Planning consultation.



Helping Seniors Of Brevard

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ATTORNEY

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1751 Sarno Rd Ste. 2, Melbourne
www.rhodeslawpa.com
321-610-4542

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www.AmyBVanFossen.com
321-345-5945; (fax) 321-345-5417

William Johnson, P.A.
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321-253-1667

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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](mailto:info@HelpingSeniorsofBrevard.org)

Brevard.org

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



Helping Seniors Of Brevard



Smart Options for Paying for Healthcare in Retirement

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

Thanks to ongoing advances in medical care, people are living longer than ever. But that longevity comes with a cost. According to the U.S. Department of Health and Human Services, 70% of Americans over age 65 will require some type of long-term care—costing potentially hundreds of thousands of dollars. And as healthcare costs continue to rise, unforeseen medical needs can easily derail a family’s retirement plans if there is not a smart financial plan in place.

Thinking ahead about health costs

Whether you’re planning for your parents or thinking about your own retirement, it’s important to consider how you’ll fund a post-retirement lifestyle—including paying for healthcare. How much will you need to save? How much should you be prepared to spend on insurance premiums and care? To help manage healthcare expenses in retirement, many people consider options like these:

Long-term care insurance (LTCI):

This may be the logical choice for many older Americans, as the funds can be used in a variety of ways—from assistance with daily activities to skilled care provided by medical professionals. But with LTCI, premiums increase with age. And each year after age 60, it becomes less likely that you or a loved one will medically qualify for coverage. LTCI often works best when purchased at age mid-50s.

Traditional home equity line of credit:

While this popular option can provide access to funds as-needed to help cover medical costs, it requires a minimum monthly payment on any funds taken—which in time could become burdensome.

Reverse mortgage loan:

This is an often-overlooked option. A reverse mortgage can give you access to a new source of funds without the time-sensitive restraints of long-term care insurance, or the

limitations of a conventional home equity-based loan. It’s very similar to a traditional home equity loan or home equity line of credit, but offers more flexibility to fit the needs of older adults.

Benefits of a reverse mortgage loan

A reverse mortgage can support your healthcare needs and so much more. Similar to a traditional home equity loan or home equity line of credit, a reverse mortgage provides access to funds that can be used as needed to cover retirement healthcare costs, including:

- Costly prescriptions
- Care not covered by major medical insurance
- Medical and non-medical in-home care, like physical therapist or home health aide
- An alternative or supplement to your long-term care policy
- Home modifications that can make your home safer and more comfortable

Considering that healthcare needs often arise from unexpected events—a heart attack, stroke, or fall—a reverse mortgage line of credit can help you build a more comprehensive financial defense against the unknown.

One big advantage of a reverse mortgage is its flexible repayment feature: no principal and interest payments are required until the last surviving borrower passes away or moves out. However, you can pay down your principal and interest if and when you choose; no pre-payment penalties apply. As with any mortgage, you must meet your loan obligations, keeping current with property taxes, insurance, and maintenance.

Be prepared for future healthcare costs

Figuring out how to pay your medical bills as a retiree doesn’t have to be stressful. I welcome the opportunity to educate homeowners and their families about the reverse mortgage process—I can even come to your home (or another location of your choice) to confer with you at your convenience.

Barbara McIntyre, CRMP is an experienced HECM specialist with Reverse Mortgage Funding LLC (NMLS #1019941). McIntyre, CRMP is available at 321.259.7880 or bmcintyre@reversefunding.com. Branch address: Serving the state of Florida. Branch NMLS # 1661149.

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Call 321-473-7770 for Tickets - www.HelpingSeniorsofBrevard.org



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Helping Seniors Of Brevard



The Investment Risk No One's Ever Heard Of

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

Knowledgeable investors are aware that investing in the capital markets presents any number of risks – interest rate risk, company risk, and market risk. Risk is an inseparable companion to the potential for long-term growth. Some of the investment risks we face can be mitigated through diversification.

Diversification is an approach to help manage investment risk. It does not eliminate the risk of loss if security prices decline.

As an investor, you face another, less-known risk for which the market does not compensate you, nor can it be easily reduced through diversification. Yet, it may be the biggest challenge to the sustainability of your retirement income.

This risk is called the sequence of returns risk. The sequence of returns risk refers to the uncertainty of the order of returns an investor will receive over an extended period of time. As Milton Friedman once observed, you should “Never try to walk across a river just because it has an average depth of four feet.”

Sequence of Returns

Mr. Friedman's point was that averages may hide dangerous possibilities. This is especially true with the stock market. You may be comfortable that the market will deliver its historical average return over the long-term, but you can never know when you will be receiving the varying positive and negative returns that comprise the average. The order in which you receive these returns can make a big difference.

For instance, a hypothetical market decline of 30% is not to be unexpected. However, would you rather experience this decline when you have relatively small retirement savings or at the moment you are ready to retire – when your savings may never be more valuable?

Without a doubt, the former scenario is preferable, but the timing of that large, potential decline is out of your control.

Timing, Timing, Timing

The sequence of returns risk is especially problematic while you are in retirement. Down years, along with portfolio withdrawals taken to provide retirement income, can seriously damage the ability of your savings to recover sufficiently, even as the markets fully rebound.

If you are nearing retirement, or already in retirement, it's time to give serious consideration to the “sequence of returns risk” and ask questions about how you can better manage your portfolio.

Want to Help Helping Seniors of Brevard?

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 Television Show

Channel 499

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WEJF FM 90.3

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Helping Seniors Of Brevard

We are grateful to all our current underwriters!

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Ruth C. Rhodes, Esq.

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