



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](http://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



## Great Things at the Senior Resource Center

*Kerry L. Fink, Media & Marketing  
Helping Seniors of Brevard*

The Senior Resource Center of Brevard is your go-to spot for our county's 50% that are over 50! Co-located at the lovely Zon Assisted Living Facility in Indian Harbour Beach, the Center houses many excellent businesses dedicated to serving our seniors (including our own nonprofit organization **Helping Seniors**).

It's also the site for Community Information Seminars, which are free to the public and filled with information designed to assist you. Plan to join us the 2<sup>nd</sup> Wednesday and 4<sup>th</sup> Thursday of the month at 10:00 AM – you are sure to find a topic of interest! For information and to RSVP, please call Helping Seniors at 321-473-7770 or visit us at [www.HelpingSeniorsofBrevard.org](http://www.HelpingSeniorsofBrevard.org).

Here's what's coming up:

- **February 12 - Eyes & Ears**  
The doctors are in! Learn about best practices and advances in care with eye doctors / surgeons and Board Certified audiologists in this "see and hear" session.
- **February 27 - Protecting the Nest Egg and Making Your Money Last**  
Join elder law attorney Amy Van Fossen and financial expert Liz Oros to learn how to protect your investments while planning for the future.
- **March 11 - Live Safe ... Independently at Home**  
'Aging in Place' is the latest trend in retirement living. Learn how to get your home safe and ready to enjoy for years.
- **March 26 - Affording My Senior Years**  
The cost of getting older is getting higher, but this talk will give you insight on how to make retirement affordable. Experts on senior living options help navigate the path for your maximum savings.

Mark your 2020 calendar for seminars at the Center! See you there!



## Kim's Corner

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

As the Education Specialist for Helping Seniors of Brevard, I hear every story you can imagine through the Senior Help Line. There are times when a caller will only want someone to talk to about things that are going on in his or her life, but other times it is a big problem that needs my immediate attention and involves other necessary parties.

Although my hours are a set time Monday through Friday, I will act at once on problems that I see as detrimental to the safety and well being of a senior involved. They always say that those in need of immediate help either call on a full moon or a holiday weekend.

My story in this column involves a call from Tennessee. The woman on the line was calling on behalf of her friend who lived 1,200 miles away from her, in Brevard County. Her friend was all alone and in desperate need of prescription medications.

So the story begins. While enjoying my weekend doing the usual household chores and getting ready for the upcoming workweek, a call came in through voicemail. As I listened, I began thinking right away of how I could help solve this crisis. The more I thought about what was happening, the more I knew I had to act and come up with the answer. Sometimes the best answer isn't always what we want to hear or do.

For the safety of the individual who needed help, I contacted a resource and they provided the necessary assistance. Anyone who knows of an elderly person in need of serious help, always do the right thing and reach out. There's always someone who can help.

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

*Kim*

You can reach Kim at 321-473-7770 or at [kim@helpingseniorsofbrevard.org](mailto:kim@helpingseniorsofbrevard.org).



## Where Do I Go for a Second Opinion?

*Lee Sheldon, DMD, PA  
Solid Bite*

I have had many opportunities over my career as a columnist, a TV and radio host and guest, and as a supposed opinion leader in my profession. And there's the word, "opinion," a word that I have tried to be most careful in using. I, therefore, need to read the literature to be an intelligent columnist and to be an objective interviewer. You see, there is fact and there is opinion. As a doctor as well as a media guest or host, I need to know which is which. And so do you as a consumer.

The fortunate thing about medicine and dentistry is that there is continuous research going on. Some of that research is great, objective, and can provide a yardstick by which I can help make decisions for my patients and for myself. Some research to the contrary is poorly done, is biased, and therefore does not provide us with answers at all.

So where does one go for true answers? The best source that I have found is the Cochrane Library. The Cochrane Library reviews all of the literature for a particular topic, rejects articles that have bias, and looks at the objective data. The data has some medical terminology, so make sure that you use a good dictionary. However, because the entire purpose is to objectify the medical literature, it is more likely to give you the answer to the topic you are looking for. It will require some time to do the research. There are training tools that Cochrane provides to do just that.

How you choose to utilize health care is an important decision. The few hours spent in learning the Cochrane library may help you separate fact from opinion.

*Periodontist Dr. Lee Sheldon has provided comprehensive implant, periodontic and full-mouth rehabilitation dental services to area residents for over 30 years. Contact him at 321-802-2810 or at [www.DrLeeSheldon.com](http://www.DrLeeSheldon.com).*



## VITAS Volunteers Sew Some Happiness

*Kathleen Kashow  
General Manager for  
VITAS Healthcare in Brevard County*

When a loved one dies, VITAS® Healthcare volunteers help preserve their memories by stitching fabrics from their favorite clothing into [Memory Bears](#).

VITAS provided hospice care to Henry, a World War II veteran. After his death, volunteers delivered 20 extra-special Memory Bears to his family, each with a unique touch: a miniature crocheted cap.

"[Henry] did not go outside, but he always had this knitted hat on," says Jodi, a social worker for VITAS. She wondered: "What's the story behind the hat?"

Following a severe stroke, Henry moved into an assisted living facility with his wife Marian. To ease the transition, their daughter Nancy began crocheting hats for her father.

Sadly, Henry lost both Nancy and Marian in separate incidents. He struggled with their deaths, but those simple hats offered an anchor to the memory of his daughter and the love that they shared. After Henry died, VITAS volunteers stitched 20 bears with 20 matching hats. Henry's family loved the adorable gifts—especially the little hats that mirrored those that meant so much to Henry in his final days.

For Jodi, the most impactful part of Henry's story was witnessing his family's love shine through their pain. "You know, you just meet some families who amaze you," Jodi says. "Right from the beginning there was a lot of emotion, but the love—when we see that, it's just so beautiful."

*Volunteers are part of the VITAS interdisciplinary hospice team, filling the gap between loved ones and our professional caregivers. To learn more about volunteer opportunities or end-of-life care services, call VITAS Healthcare at 321.339.2893 or visit [VITAS.com](http://VITAS.com).*



# Helping Seniors Of Brevard



## The Beautiful Benefits of Hugging

*Traci Graf, RN  
AVID Home Care*

I'm a nurse and also a hugger. I truly believe it makes others feel as if they matter, that I care about them. I recently came across an article about the physiological benefits of hugging and was motivated to share the information. While a hug gives us comfort, love, and affection, the physical effects are amazing.

Hugging helps balance the nervous system. Tiny little egg shaped pressure sensors in the skin are connected to the brain via the vagus nerve, so we can sense being touched. Hugging activates the parasympathetic nervous system, causing relaxation. When I worked with homeless in the psychiatric crisis center, it made me sad to think of the last time they felt any human contact. I quickly learned that a hug could help more than medications.

A nice long hug can help decrease stress. People have tremendously lower circulating cortisol levels in their blood if they are hugged daily. Cortisol is one of the fight or flight hormones that elevates heart rate and blood pressure. Hugging increases serotonin in the brain and endorphins in the bloodstream, which improve mood and decrease depression. We also see an increase in the "cuddle hormone" oxytocin in women who have healthy relationships with frequent hugging.

So how many hugs do we need? Family therapist Virginia Satir said, "We need 4 hugs a day for survival, 8 hugs a day for maintenance, and 12 hugs a day for growth." Unfortunately we live in a touch deprived society with reduced social interaction and physical contact. Afraid of spreading germs through hugging others? Studies show people who hug have better overall immune systems. If you want to feel better about yourself, make others feel better, lower stress, heart rate and blood pressure, improve communication, and be healthier and happier, make a New Year's resolution to hug more people more often!



## Get Ready for the Helping Seniors Travel Club!

Whether you prefer going solo or spending time with family and friends, traveling can be one of the greatest ways to enjoy life – and even as we get along in years, it doesn't mean we can't travel. On the contrary, the luxury of having extra time allows for a relaxing pace to take in all that the world has to offer.

In the weeks to come, you'll hear much more about the **Helping Seniors Travel Club**; a great service that allows you to find the best deals on senior friendly travel, whether you choose to travel independently or go along with our groups traveling from the Space Coast area.

We've connected with Senior Travel expert Chris Morse of The Travel Center USA to bring you a whole exciting world of travel experiences, both affordable and enjoyable, in 2020 and beyond.

Senior Travel is an award winning travel agency specializing in cruises and land tours worldwide. They are the top travel agency for seniors in Florida, having worked with seniors for the past 30 years. Senior Travel specializes in planning trips for seniors, special needs clients, their families, and those seniors that feel they cannot travel.

The best part? In enjoying the benefits of having an expert travel agent right at your fingertips, you are actually **Helping Seniors of Brevard!** That's right – every time you book your travel via the Helping Seniors Travel Club, a portion of your travel funds will go directly to support the work of Helping Seniors.

Since Senior Travel guarantees to match or beat any Internet rate and offers more amenities than the Internet, you have nothing to lose and everything to gain. Get ready to hear more about this exciting development – the world awaits!



# Helping Seniors Of Brevard

## SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

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### APPLIANCE REPAIR

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

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### ATTORNEY

**Ruth Rhodes, Esq.**  
**Rhodes Law, P.A.**  
1751 Sarno Rd Ste. 2, Melbourne  
www.rhodeslawpa.com  
321-610-4542

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

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

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### AUDIOLOGY SERVICES

**EarCare, P.A.**  
7777 N. Wickham Rd. Suite 21  
Melbourne, FL 32940  
www.earcare.net  
321-752-4552

**Palm Bay Hearing Aid Center**  
490 Centre Lake Dr NE Ste 150  
Palm Bay, FL 32907  
www.palmbayhearingaids.com  
321-369-9900

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### CREMATION / FUNERAL

**Ammen Family Cremation  
& Funeral Care**  
www.afcfcare.com  
321-724-222

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### DENTIST

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

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### DOWNSIZING

**Compassionate Downsizing 4 Seniors**  
Downsize, coordinate, pack, unpack  
organize, age in place, estate sales  
CompassionateDownsizing4Seniors.net  
321-576-2147

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### FINANCIAL PLANNERS

**August Velten & Associates**  
2955 Pineda Plaza #104, Melbourne  
321-622-7272

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### HEALTH

**Holistic Health Center**  
Dr. Kevin Kilday  
www.holistichealthcenter.us  
321-549-0711

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### HOME BUILDERS

**Monarch Homes of Brevard**  
Model address 1728 Tullagee Ave.  
Melbourne, FL 32940  
www.monarchhomesofbrevard.com  
321-806-3948

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# Helping Seniors Of Brevard

## SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

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### HOME REPAIR

#### Bill the Honey Do Handy Man

Home Fix-It & Repair  
Screens, Painting, Pressure Washing & More  
772-913-0269

#### Hansen's Handyman Services

Quality Home Repairs  
321-302-9441

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### HOSPICE

#### VITAS Healthcare

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

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### IN HOME CARE

#### Avid Home Care, LLC (non-medical)

2425 N. Courtenay Pkwy Ste 10  
www.avidhomecareservices.com  
321-392-3400  
traci@avidhomecareservices.com

#### Home Health Care Resources Corp.

Serving All of Brevard County  
www.homehealthcrc.com  
321-677-2577

#### Seniors Helping Seniors

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

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### INSURANCE & FINANCIAL SERVICES

#### Allstate: Niki Jones Agency

www.allstate/nikijones  
660 E. Eau Gallie Blvd, Suite 104  
Indian Harbour Beach, FL 32937  
321-773-3394

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### INSURANCE

#### Best Financial Solutions

www.bfsmoney.com  
321-863-4470

#### Care Plus Health Plans / HUMANA

www.humana.com  
321-751-7645

#### Medi-Health Insurance

Debbie Fischer  
601 E. Strawbridge Ave. Suite 102  
321-258-1213

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### MOBILITY SCOOTERS

#### Dynamite Travel Scooters

PO Box 360064, Melbourne, FL 32936  
https://www.dtscooters.com  
1-800-697-6765 Ext. 3

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### MORTGAGE

#### Reverse Mortgage Funding

977 Long Meadow Road, Melbourne  
www.reversefunding.com/Barbara-Mcintyre  
321-698-4739

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### MOVING

#### A Mother's Touch Movers

www.motouchmovers.com  
321-253-6040

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### OPTICAL

#### Eye Clinic and Laser Institute

Offices in Merritt Island, Melbourne, Port St.  
John and Suntree  
www.youreyeclinic.com  
321-453-3937

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# Helping Seniors Of Brevard

## SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

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### PEST & TERMITE CONTROL

#### **Beachside Termite and Pest Control**

Serving all of Brevard County  
www.getbeachside.com  
321-750-4100

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### PHYSICAL THERAPY

#### **Fyzical Balance and Therapy Centers**

150 5th Ave., Ste C, Indialantic  
321-372-3090  
Rock Steady Boxing for Parkinson's Disease  
(Balance and Fall Prevention)

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### PRINTING

#### **Allegra Design, Print, Mail**

2040 Murrell Road, Rockledge  
www.allegrarockledge.com  
321-242-1006

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### REAL ESTATE

#### **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**

1894 S. Patrick Dr., Suite D  
Indian Harbour Beach, FL 32937  
www.BrevardRelocateRealty.com  
321-428-2160

#### **Enhanced Property Investments**

P.O. Box 236724  
Cocoa Beach, FL 32923  
www.enhancedpropertyinvestments.com  
321-351-3222

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### SENIOR ADVOCATES

#### **Forget-Me-Not Senior Care Advocates**

1894 S. Patrick Dr., Indian Harbour Beach  
www.forgetmenotsca.com  
321-610-4426

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### SENIOR LIVING / MEMORY CARE

#### **A Place Like Home Assisted Living Facility**

1971 Port Malabar Blvd., NE, Palm Bay  
www.aplacelikehomealf.com  
321-693-3325

#### **Addington Place of Titusville**

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

#### **Hibiscus Court Assisted Living and Memory Care Community**

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

#### **MARTHA'S House & ALF**

6-bdrm assisted living, Heritage Isles  
3831 Funston Circle, Melbourne  
www.MarthasHouseALF.com  
321-978-5315 / FAX 321-978-5316

#### **Zon Beachside**

1894 S. Patrick Dr, Indian Harbour Beach  
www.zonbeachside.com  
321-777-8840

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# Helping Seniors Of Brevard

## SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

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### 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*.

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### *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!

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

**CALL 321-473-7770**

**OR EMAIL**

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

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

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## 7 Ways to Reduce & Manage Mean Dementia Behavior

by Kelly David-Rallis, Administrator

### 1. **Calm the situation down**

The first things to do is to reduce the tension in the room. Start by limiting the distractions in the room, like turning off the TV or asking others to leave.

And if you stay calm, they're also more likely to calm down. It might help you to count to ten or even leave the room for a short time to cool down. Repeat to yourself "it's the disease" as a reminder that they're not intentionally doing this.

If the current activity seemed to cause the agitation, try shifting to a more pleasant, calming activity. Or, try soft music or a gentle massage.

### 2. **Comfort and reassure while checking for causes of discomfort or fear**

Take a deep breath, don't argue, and use a calm, soothing voice to reassure and comfort your older adult. It also helps to speak slowly and use short, direct sentences. Then check for possible causes of agitation or fear, like:

- Pain or discomfort
- Signs of overstimulation
- Feeling disturbed by strange surroundings
- Being overwhelmed by complicated tasks
- Frustration due to inability to communicate

It also helps to focus on their emotions rather than their specific words or actions. Look for the feelings behind what they're doing to identify the cause.

### 3. **Check for a urinary tract infection**

A urinary tract infection (UTI) can put a lot of stress on your older adult's immune system. That can cause sudden, unexplained behavioral changes like difficult behaviors, more agitation, or being less responsive than usual.

### 4. **Track and avoid possible triggers**

Whenever difficult behavior comes up, write down what happened, the time, and date in a notebook. Think about what was going on just before the behavior started and write that down as a possible trigger. Having everything in one notebook helps you find possible causes.

For example, if your notes show that your older adult starts calling you names around 4 pm most days, it could be because they haven't eaten since noon and are hungry. They may not realize it or don't know how to ask for food. Try giving them a snack around 3:30 pm to see if that helps prevent the outbursts.

### 5. **Attend a caregivers support group**

Caregiver support groups are filled with people who really understand what you're going through. Talking with other caregivers gives you an important outlet for stress. You can vent your frustrations so it will be easier to stay calm when your older adult is being hurtful. Caregivers may also have helpful advice or perspective that can help you get through a difficult episode.

### 6. **Lean on family and friends for a break**

Always being around the same person can make anyone annoyed and short-tempered. This goes for both you and your older adult. Taking some time away can help both of you. Ask family and friends to take over for a few hours or hire caregiving help.

### 7. **Consider an adult day program**

Adult day programs are places where your older adult can go for a half or full day of activities and socialization. Interacting with other people and participating in a variety of enjoyable activities can reduce stress and help them sleep better. That can improve their overall behavior and reduce their need to act out.

Find a local adult day center through the Eldercare Locator (1-800-677-1116) or through your local Area Agency on Aging.

*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](http://www.homehealthcrc.com) Facebook: [www.facebook.com/hhcrcregion7/](http://www.facebook.com/hhcrcregion7/)*



## Guard Your Heart!

*Jennifer Helin*  
Seniors Helping Seniors



## Natural Herbs for Pain – Non Addictive

*Kevin Kilday, PhD*  
Holistic Health Center

February is heart health month. We all know what we should do to be physically heart healthy. How about our heart's emotional and financial health? There are lots of scams that target older adults, especially those that are vulnerable after the loss of a loved one. With the advent of social media and online dating there is potential for social connection, but it also opens us to the potential scams and the emotional and financial toll scams cause.

Online dating? There are many sites specifically for the 50+, 60+, "silver", or senior crowd. While these sites may help connect great people, it is important to go into dating with eyes wide open. Here are a few things to consider:

Look into senior dating sites before signing up. Ask friends or family about sites and choose one that fits you. Do be honest about interests and pictures on your profile. Do not give out personal information right away. When agreeing to meet in person, consider a coffee shop or lunch date. Let a friend or family member know where and when you will be. Do not connect with folks who are too far away, do not have a profile picture, or get close with someone who will never agree to meet in person. Never give out financial information.

In 2018, romance scams cost Americans \$143 million per the Federal Trade Commission. Think it can't happen to you? Think again. Scammers aren't just on dating sites, they prowl social media, and can pose as a well-meaning care giver. It is important for seniors and their family to monitor accounts and spending.

Within the last few months our caregivers at Seniors Helping Seniors have spotted suspicious calls and were able to thwart scams targeting two different customers. If you would like an extra set of eyes and helpful hands, please give us a call: 321-722-2999.

Pain is one of the most common complaints that brings patients to their doctors. Chronic pain can affect those who have suffered from accidents, cancer, nerve – muscle – bone injuries or disorders, diabetes, and many others. Many take prescribed or over the counter medications for relief which all have side effects and/or are addictive. **The following herbs are natural alternatives.**

- Boswellia serrata is a tree native to India. Researchers have concluded that the anti-inflammatory, anti-arthritic and analgesic activities of boswellia serrata make it a promising treatment. Studies have shown that boswellia serrata extract helps reduce pain and inflammation in arthritis. There was significant reduction in joint pain by up to 32 percent to 65 percent.
- Feverfew is a medicinal plant that treats fever, migraine headaches, rheumatoid arthritis, toothaches, and stomach aches. Researchers claim it reduces inflammation and relieves muscle spasms. A 2011 study concluded that feverfew has analgesic and pain-relieving properties. The American Migraine Foundation has stated that feverfew helps in preventing migraine headaches.
- Ginger has anti-inflammatory properties. In a 2012 study, ginger extract reduced inflammatory reactions in rheumatoid arthritis as effectively as steroids. Studies show that ginger extract works as well as ibuprofen for hip and knee osteoarthritis pain, and that ginger reduces muscular pain following an injury.

**Always talk to your doctor before trying any of these herbs.**

*Dr. Kevin Kilday, PhD, D.PSc, Holistic Health Center Director, Specialties: Nutrition, Herbs, Alternative Cancer Solutions and Chronic Disease, 321-549-0711*

# The Helping Seniors 2020 Car Raffle

- (1) Choose the car you like!
- (2) Get your Car Raffle tickets!
- (3) Save the Date: April 25<sup>th</sup>
- (4) Join us for Grand Drawing!

Get Tickets Today

[HelpingSeniorsCarRaffle.com](http://HelpingSeniorsCarRaffle.com)  
or Call 321-473-7770

Tickets also available at all  
Boniface Hiers Dealerships.

Support the work of:



Need Help?  
321-473-7770

Senior Information Help Line



[HelpingSeniorsofBrevard.org](http://HelpingSeniorsofBrevard.org)

**2020  
Chevrolet  
Camaro**



**2020  
Mazda  
Miata  
Convertible**



**2020  
Kia  
Sportage**



**2020  
Dodge  
Challenger**



Grand Drawing Event - 6pm-9pm April 25<sup>th</sup> 2020  
at the American Muscle Car Museum

(need not be present to win - but your Car Raffle ticket is "Admit One" - so plan to join us for a great evening!)

**You choose the winning car!**  
1 ticket for \$25 or 5 tickets for \$100 Donation.





# Helping Seniors Of Brevard

**Call 321-473-7770 to be a sponsor – thank you!**

**A Place Like Home Assisted Living Facility**

[www.aplacelikehomealf.com](http://www.aplacelikehomealf.com)

321-693-3325

**Al Dia Today**

[www.aldiatoday.com](http://www.aldiatoday.com)

321-724-6077

**Allegra Design Print Mail**

[www.allegrarockledge.com](http://www.allegrarockledge.com)

321-632-7272

**Amy B. Van Fossen, P.A.**

[www.amyvanfossen.com](http://www.amyvanfossen.com)

321-345-5945

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

[www.augustvelten.com](http://www.augustvelten.com)

321-622-5418

**AVID Home Care**

[www.avidhomecareservices.com](http://www.avidhomecareservices.com)

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**Barefoot Bay Tattler**

[www.barefoottattler.com](http://www.barefoottattler.com)

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**Best Financial Solutions**

[www.bfsmoney.com](http://www.bfsmoney.com)

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**Brevard Relocate Realty Group**

[www.BrevardRelocateRealty.com](http://www.BrevardRelocateRealty.com)

321-298-5562

**CarePlus Health Plans, Inc./Humana**

[www.careplushealthplans.com](http://www.careplushealthplans.com)

321-751-7645

**EarCare, P.A.**

[www.earcare.net](http://www.earcare.net)

321-752-4552

**Ebony News Today**

[www.ebonynewstoday.com](http://www.ebonynewstoday.com)

321-220-4216

**Enhanced Property Investments**

[www.enhancedpropertyinvestments.com](http://www.enhancedpropertyinvestments.com)

321-351-3222

**Eye Clinic and Laser Institute**

[www.youreyclinic.com](http://www.youreyclinic.com)

321-453-3937

**Hibiscus Court Assisted Living and Memory Care Community**

[slm.net/Senior-living/fl/Melbourne/hibiscus-court/](http://slm.net/Senior-living/fl/Melbourne/hibiscus-court/)

321-345-9830

**Holistic Health Center**

[www.holistichealthcenter.us](http://www.holistichealthcenter.us)

321-549-0711

**Home Health Care Resources Corp.**

[www.homehealthcrc.com](http://www.homehealthcrc.com)

321-677-2577

**Hometown News**

[www.hometownnewsol.com](http://www.hometownnewsol.com)

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**Honey Do Handy Man**

772-913-0269

**Lee Sheldon, DMD - Solid Bite Dental Implants**

[www.drleesheldon.com](http://www.drleesheldon.com)

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**Medi-Health Insurance**

[medihealthinsurance@gmail.com](mailto:medihealthinsurance@gmail.com)

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[www.palmbayhearingaids.com](http://www.palmbayhearingaids.com)

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**Reverse Mortgage Funding - Barbara McIntyre**

[www.reversefunding.com/barbara-mcintyre](http://www.reversefunding.com/barbara-mcintyre)

321-698-4739

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**Seniors Helping Seniors**

[www.seniorcarebrevard.com](http://www.seniorcarebrevard.com)

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**Senior Travel Club**

[www.thetravelcenterusa.com/Page/ChrisMorse](http://www.thetravelcenterusa.com/Page/ChrisMorse)

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**The Eye Institute**

[www.seebetterbrevard.com](http://www.seebetterbrevard.com)

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**VITAS Healthcare**

[www.vitas.com](http://www.vitas.com)

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