



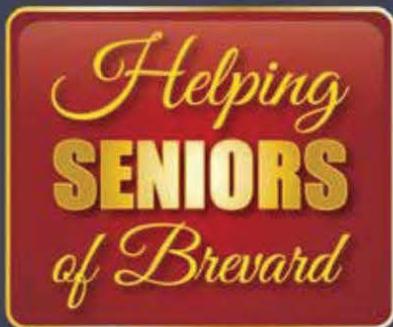
Helping Seniors Of Brevard

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,

Like you, I am aware of the impact of this coronavirus bug that seems to be affecting the world. There are many unknowns emanating from its spread, and the resultant effect of the virus has truly caused grave concerns among many people. I do not know how soon it will be contained but pray that we will quickly be in control of the situation.

In the midst of these uncertain times, we have elected to continue our helpline and media programs to make people aware of the many resources available in our community. However, to safeguard the residents of Zon and the community at large, we have postponed the first meeting of the **Senior Advocacy Council**. There were 50 people signed up for the original meeting, so we know there is interest in resolving issues like affordable housing, long Medicaid waiting lists, and part time employment for seniors. We will let you know the new date as soon as possible.

In addition, we are delaying our **4th annual Car Raffle Grand Drawing**, originally set for April 25th at the American Muscle Car Museum. Museum owner Mark Pieloch has assured me that we will conduct the event as soon as cleared to do so. My best guess is that it will be in late May, but we will publicize the date as soon as we know it.

Please continue to make your ticket donations, for those donations keep us operating. Again, that is one ticket for \$25 or 5 for \$100. The winner will select the car of his or her choice from a Dodge Challenger, Mazda Miata, Chevrolet Camaro, or Kia Sportage, all supplied by Boniface-Hiers dealerships. The tickets also are your admission to the museum, where you can see over 260 muscle cars and many other collectables. Call 321-473-7770 or go to HelpingSeniorsCarRaffle.com for tickets. We will appreciate your support.

Joe Steckler
Elder Advocate



Helping Seniors Of Brevard



Helping Seniors Advocacy Council

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

The Helping Seniors Advocacy Council is temporarily on hold, but stay tuned for the date of the next meeting, which will be held at the Senior Resource Center of Brevard located in Zon Beachside Assisted Living Facility.

Our President, Joe Steckler, and the Helping Seniors team are looking forward to tackling the issue of advocating for seniors. We need YOU to get involved as we educate area businesses, government, and organization leaders on the needs of our fast-growing senior population in Brevard County.

We live in a county where 1 in 4 is over age 65, and, using the AARP definition, 50% are over age 50. In our county, we have more seniors than school-age children, yet we do not have significant line items dedicated to seniors in our county's \$1.3 annual budget. Further, we have not yet adopted a comprehensive aging plan to ensure that senior services are coordinated among various governments and agencies.

The Council, which is all-volunteer and comprised of citizens just like yourself, has been working towards the goal of a county-wide aging plan. In our next meeting, we will discuss our starting position as we go deeper into 2020 and ways you can best help as we launch an update to our annual Senior Needs Survey effort.

It is census year, an important time for seniors to stand up and be counted. Get involved and help us ensure that services can be expanded so that the growing number of seniors in our area can enjoy the years they have worked so diligently throughout their lives to reach.

For more information, please call the Helping Seniors office at 321-473-7770 or visit us online at www.HelpingSeniorsofBrevard.org. We need your help and input to serve our seniors, current and future, in Brevard County!



Kim's Corner

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

As many of you know, I am not only the Education Specialist for Helping Seniors of Brevard, but also the one who responds to the incoming calls of our senior help line and walk-ins off the street.

Since starting with Helping Seniors of Brevard back in July of last year, I have been involved with some of the most rewarding situations. And that is what this column is about, telling you, my readers, of the good and sometimes bad experiences.

A recent caller explained to me that she had removed her elderly mother from her home. As you are reading this, I am sure you are asking the very same question I did, why? She stated that her mother's home was uninhabitable, so both she and her sister placed her in a hotel in Brevard County.

The problem she was facing was a financial burden as well as the possibility of her mother hurting herself. There was nobody in their family who would help to house her for various reasons. Therefore, for the safety of their mother, I had to make an appropriate phone call to local law enforcement and Adult Protective Services.

The end result was this elderly woman not being in any harm. According to the investigator, the next step in the process was for her care. And although this was not exactly the happiest of stories, it is one of success through the appropriate officials.

Kim

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



Helping Seniors Of Brevard



The Doctor Patient Relationship

*Lee Sheldon, DMD, PA
Solid Bite*

A patient in her late 20's sees me for an examination. After examining her I talk with her and her husband about what will need to be done, that I'll need more diagnostic information before I can be sure of the steps that we will take to get her restored. I know that it will take at least a year. And then I say something else. "If you like, you can get a second opinion. I won't be offended. However, there are only certain dentists that can make the treatment work. I'll be happy to refer you to those dentists who can help you."

A patient in his mid-70's sees me for the fifth opinion about his teeth, which are in bad shape. His diabetes is getting worse, and he's smoking. We talked about how smoking interferes with blood vessel formation, and it's the blood supply that determines the success of dental implants. And diabetes prevents the white blood cells from removing bacteria from the scene of the surgery. We finally talk about dentistry. After I leave, the patient tells my assistant that I'm the first doctor that convinced him to get his health under control. And he will. And then we'll do the dentistry.

What is the commonality? In an era where we feel we are being sold everything, I didn't try to sell these patients anything. And both of these patients will get treatment, in both cases, quite costly treatment.

Establish a relationship with your doctor. Make sure that the relationship is a give and take relationship. No threats. No "if you don't do what I say, I can't be responsible." Just a good conversation, a good relationship. It's worth your time. It's worth your life. And yes, it might be worth paying some money out of your pocket to do so.

Dr. Lee Sheldon provides comprehensive implant, periodontic and full-mouth rehabilitation dental services. Contact him at 321-802-2810 or at www.DrLeeSheldon.com.



A Daughter's Thank-You Notes to Hospice

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

Until family members have experienced hospice care firsthand, they sometimes struggle to understand how VITAS® Healthcare provides compassionate support to patients and their families.

Linda, whose mother was a VITAS patient, saw over nine months how hospice care teams and volunteers fulfill that pledge, captured in touching thank-you notes to VITAS.

Hospice: Support for Patients and Families

Her first letter to Marla, the VITAS volunteer services manager, thanked VITAS volunteer Tara for the comforting (and first-ever) massage she gave to Linda's mother, Era, just months before Era died peacefully. Tara also provided a massage to Linda as part of family bereavement support.

"Everyone at VITAS went above and beyond to help," Linda says. "The VITAS professionals who cared for my mom complemented each other perfectly, from the level of care they provided to their expertise in communication. They made a real difference."

Memories for a Lifetime

Linda's second note thanked Laura, a VITAS sewing volunteer who created two Memory Bears for Linda and her brother.

"The Memory Bears you created from my mother's clothes are priceless," Linda wrote. "Not only did you include all of the features we requested, but you also did so with amazing detail! What a joy your talent has given me. Your kindness restores my faith in humanity."

Linda's advice to caregivers and patients facing end-of-life care: "If you're at wit's end and feeling lost, get quality help. Call VITAS."

Kathleen Kashow is general manager for VITAS in Brevard County. For more information about end-of-life care services, call VITAS Healthcare at 321.339.2893 or visit VITAS.com.



Helping Seniors Of Brevard



How to be a Better Patient

*Traci Graf, RN
AVID Home Care*

It is no fun being a patient. It seems like finding the diagnosis for a new health problem will put you on a roller coaster of specialists and tests that sometimes lead to nowhere.

The medical field is overwhelming and not very patient-centered, but there are things we can do to help our health care team find a diagnosis, get faster treatment, and minimize the running around.

Something all health care professionals (HCPs) will appreciate is data collection. What are the symptoms? What is new or has changed? When did the symptoms start? What makes them worse or better? Data collection is one of the most helpful tools in finding a diagnosis and appropriate treatment because it allows medical professionals to look for trends.

Taking vital signs at the same time several times daily or checking oxygen levels after walking also can hold important information for an HCP such as: What is your blood pressure throughout the day? Are there times it is up or down? Is your daily afternoon coffee driving it dangerously high despite medication? Why does it matter if it spikes up if it's mostly controlled?

Diagnosis is difficult when the doctor has only partial information. Keeping clear records and any other details specific to what is going on with your health is important to avoid incorrect treatments and medications. This can be applied to anything – reporting an injury, a change in condition, or trying to get better control of your blood sugar or pressure.

Remember to be prepared for appointments: have a list of questions and an updated list of medications with you. Also include what is going well in your life -- your HCP cares about that, too! If your primary HCP is sending you to a specialist, ask if there are any diagnostic tests that can be done before you go to save time and money.



Three Important Estate Planning Documents

Estate planning for Florida residents can mean a wide variety of things depending on the specific circumstances and goals of the people involved. A person who is in his or her third marriage with children from previous relationships, for example, is likely to have more complicated estate planning needs than a person who has no children and has never been married. Regardless of the situation though, there are three estate planning documents that are generally more important than others. These are wills, living wills and powers of attorney.

A last will and testament is a document that establishes instructions for the distribution of a person's estate, including bank or brokerage accounts, jewelry, cars and other assets for which there is no named beneficiary. Some types of assets, like life insurance proceeds and retirement accounts, can pass through naming a beneficiary outside of a will. A will can also name a guardian to take care of a person's minor children if he or she dies.

Living wills are different from last wills and testament in that they can take effect while the person is still alive. Typically, living wills contain instructions regarding the administration or non-administration of medical treatment in the event the person becomes incapacitated. They dictate things like how long a person should be kept on life support. Powers of attorney may also take effect prior to a person's death. They name someone, referred to as the attorney-in-fact, to pay bills and handle other matters on behalf of a person who is incapacitated.

People who have questions about establishing a Florida estate plan might want to speak with an attorney. One who has experience in these types of matters might be able to help by developing a plan that fits the client's circumstances. In addition to the documents mentioned earlier, trusts can often be an important part of an estate plan for many people.



Helping Seniors Of Brevard

SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

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Melbourne, FL 32935
321-254-4644

ATTORNEY

Ruth Rhodes, Esq.
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1751 Sarno Rd Ste. 2
Melbourne, FL 32935
www.rhodeslawpa.com
321-610-4542

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

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140 Interlachen Dr., Suite B
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www.floridaelderlaw.net
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www.earcare.net
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www.CompassionateDownsizing4Seniors.net
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Holistic Health Center
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321-549-0711



Helping Seniors Of Brevard

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www.homehealthcrc.com
321-677-2577

Just a Friend Elder Care
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321-722-2999

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www.motouchmovers.com
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Helping Seniors Of Brevard

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Berkshire Hathaway Home Services FL Realty
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barbara@barbarawall.com
321-749-2444

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Indian Harbour Beach, FL 32937
www.BrevardRelocateRealty.com
321-428-2160

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www.AddingtonPlaceofTitusville.com
321-383-2112

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www.slm.net
321-345-9830

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Indian Harbour Beach, FL 32937
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We create "trips of a lifetime" for seniors



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](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.

The Helping Seniors 2020 Car Raffle

- (1) Choose the car you like!
- (2) Get your Car Raffle tickets!
- (3) Get Ready to Win!
- (4) Join us for Grand Drawing!

All funds raised support the work of
Helping Seniors of Brevard.

We are 501(c)(3) Florida Non-Profit
dedicated to improving the lives of
Seniors in our area.

We operate the County's
Senior Information HelpLine
(321) 473-7770

Note:

**Due to Coronavirus Impact
Grand Drawing Event is being Rescheduled.
Information coming soon.**

HelpingSeniorsOfBrevard.org

**2020
Chevrolet
Camaro**



**2020
Mazda
Miata
Convertible**



**2020
Kia
Sportage**



**2020
Dodge
Challenger**



Get Your Tickets Today!

HelpingSeniorsCarRaffle.com

or Call 321-473-7770

Tickets also available at all Boniface Hiers Dealerships.

You choose the winning car!

1 ticket for \$25 or 5 tickets for \$100 Donation.





Helping Seniors Of Brevard



Hibiscus Court Supports Helping Seniors

*Ashleigh Caswell
Regional Sales Director
Senior Living Management*

Helping Seniors of Brevard does just what its name implies. Helps Seniors.

Seniors are too often left without the appropriate resources. Growing older is an adventure with new challenges and opportunities. Helping Seniors knows the tips, tricks, and resources available to seniors on their new adventure.

Need help with housing, transportation, health, Medicare/Medicaid, veteran needs, meals, and financial and legal issues? Call the information hotline **(321-473-7770)** and get pointed in the right direction. They don't always know the answer to what challenges you face, but they can help you get started working on a solution.

Most often, the Helping Seniors Education Specialist is able to lend an ear and share an opportunity that the caller didn't know existed. There are all sorts of benefits available to seniors that are not common knowledge.

VA Aid & Attendance financial assistance for veterans who live in assisted living communities or need care at home, income based housing options, meal delivery services, and in-home care options are just some of the things that the general public doesn't know about or doesn't know how to get started for themselves. Helping Seniors is there to bridge the gap and get Brevard seniors the support they deserve!

Joe Steckler has been leading the charge for seniors in Brevard for a long time. Helping Seniors of Brevard has been his passion. He has worked tirelessly to make sure that these resources are available to our seniors at no cost to the caller. This is why Hibiscus Court has been helping him with the Annual Car Raffle and supporting absolutely anything that Helping Seniors needs assistance with.



Natural Help for Coronavirus

*Kevin Kilday, PhD, D.PSc
Holistic Health Center*

First, stop panicking. My business is educating people about Natural Health and supplements backed up by clinical studies that have been around for up to 5,000 years.

Coronaviruses make up a large family of viruses that can cause runny nose, headache, cough, sore throat, and fever. While some coronaviruses have caused devastating epidemics, most others cause mild to moderate respiratory infections, like the common cold.

Believe me I am not minimizing the current coronavirus (officially called COVID-19). Take the necessary steps to reduce risk of exposure. Go to [CDC.gov](https://www.cdc.gov) for steps. Symptoms may appear in as few as two days or up to 14 days after exposure. **Caution: If you have any symptoms and / or may have been exposed see a Medical Doctor immediately.**

Since there is no cure for the current coronavirus, please see the following list of supplements, which studies have shown to strength immunity and alleviate symptoms.

Echinacea: Infections associated with flu-like symptoms can clear more rapidly by stimulating the immune system.

Garlic: An aged-garlic extract may decrease the number of days in which severe cold or flu symptoms occur by 58%.

Vitamin C: High doses of vitamin C after flu symptoms appear may decrease symptoms by up to 85% compared to taking pain relievers and decongestants, plus it increases immunity.

Vitamin D: May reduce symptoms of flu or colds and increase immunity.

Andrographis: May reduce severity and duration of the flu, reduce symptoms of coughs, sore throats, headache, and fever. It finds and kills harmful bacteria, plus it stimulates and strengthens the immune system.

Any questions about doses or purchases of the above supplements, call Holistic Health Center at 321-549-0711.



Helping Seniors Of Brevard



DELAYED BUT STILL ON!

**Helping Seniors
4th Annual Car Raffle**

Imagine enjoying the rest of 2020 in a brand new amazing car from among the finest options available through A.J. Hiers' Boniface-Hiers dealerships! The winner of the 2020 Helping Seniors Car Raffle will get their choice of a 2020 Chevrolet Camaro, 2020 Mazda Miata Convertible, 2020 Dodge Challenger, or 2020 Kia Sportage.

Even more importantly, your \$25 car raffle ticket will support the work of Helping Seniors of Brevard, a Florida 501(c)(3) non-profit! For the past ten years, Helping Seniors has provided a Senior Information Helpline at 321-473-7770, assisting close to 3,000 families free of charge during that time. In fact, Kim Bernard, the Helping Seniors Education Specialist, supports 75-125 callers each month, connecting them with medical, legal, financial, transportation, housing, and many other resources.

Your ticket will give you the opportunity to be in the running to pick out that brand new car AND will serve as "Admit One" to the Grand Drawing event at the American Muscle Car Museum, located at 3500 Sarno Road in Melbourne.

The American Muscle Car Museum is an amazing collection housed in a private non-profit museum in Melbourne, Florida. The museum is not open to the general public, but owner Mark Pieloch has kindly opened the doors for Helping Seniors Car Raffle entrants for the third year in a row during this special event. Mark's 123,000 square foot facility houses his collection of more than 300 muscle cars, many considered rare versions.

While you don't have to present to win, this event has become an annual favorite with area residents, who enjoy a great evening of great cars, great people and great refreshments - all included in the raffle car ticket experience.

Who knows? Maybe Mark will pull YOUR winning number this year! You have to be "in it to win it!" Get your car raffle tickets today at any Boniface-Hiers dealership, by calling Helping Seniors at 321-473-7770, or online at HelpingSeniorsCarRaffle.com and let's see if it is YOU who will be picking out your new 2020 car at the Grand Drawing event!

In an effort to comply fully with CDC recommendations and ensure the safety of all, we are postponing the 4th annual Car Raffle Grand Drawing. Please stay tuned for updates concerning the rescheduled date.

Did You Hear?

2020 Chevrolet Camaro 2020 Mazda Miata Convertible

2020 Kia Sportage 2020 Dodge Challenger

**Helping Seniors
2020 Car Raffle Tickets
Available Now!**

Get yours today and you'll be Helping Seniors!

HelpingSeniorsofBrevard.org/Classic

Helping Seniors Office
Senior Resource Center
1894 S. Patrick Drive
Indian Harbour Beach
321-473-7770

www.HelpingSeniorsofBrevard.org

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

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



Helping Seniors Of Brevard

We are grateful to all our current underwriters!

Call 321-473-7770 for sponsorship information

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321-622-5418

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772-664-9381

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321-298-5562

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www.holistichealthcenter.us
321-549-0711

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www.homehealthcrc.com
321-677-2577

Hometown News

www.hometownnewsol.com
321-242-1013

Honey Do Handy Man

772-913-0269

Just A Friend Elder Care

justafriendeldercare@gmail.com
321-527-4019

Lee Sheldon, DMD - Solid Bite Dental Implants

www.drleesheldon.com
321-369-9788

Medi-Health Insurance

medihealthinsurance@gmail.com
321-258-1213

Monarch Homes of Brevard, LLC

www.monarchhomesofbrevard.com
321-806-3948

Palm Bay Hearing Aid Center

www.palmbayhearingaids.com
321-369-9900

Reverse Mortgage Funding - Barbara McIntyre

www.reversefunding.com/barbara-mcintyre
321-698-4739

Ruth C. Rhodes, Esq.

www.rhodeslawpa.com
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Senior Scene Magazine

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321-777-1114

Seniors Helping Seniors

www.seniorcarebrevard.com
321-722-2999

Senior Travel Club

www.thetravelcenterusa.com/Page/ChrisMorse
818-430-1480

Spotlight Magazine

www.spotlightbrevard.com
321-961-3636

The Eye Institute

www.seebetterbrevard.com
321-722-4443

Total Long-Term Care Consultant Services

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VITAS Healthcare

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Zon Beachside Assisted Luxury Living

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