



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,

This Easter season is unlike any other in my lifetime. Many of us who lived in World War II did not experience such restrictions – even in time of war we were able to attend the religious services of our choice. Social distancing has changed the way we do business, including the ability of nonprofits to raise funds to serve those in need.

For instance, Helping Seniors has had to delay our car raffle until the Governor lifts emergency restrictions and it is okay to conduct events where large crowds assemble. I know there is concern, but assure you that the raffle will take place as soon as possible. In the interim, ticket donations will be accepted at Helpingseniorscaraffle.com or by calling 321-473-7770. I regret the delay but know that you understand.

A major impact of this pandemic is the realization that many seniors (as well as most of the population) are not prepared to cope with such an event. Fear caused many people to hoard toilet paper and other products. I hope that this virus taught us some lessons about how to live and share with others.

The experiences of the past month have also exacerbated ongoing issues, such as lack of affordable housing and homelessness. These serious difficulties require the immediate attention of elected officials at all levels, not advisory bodies. Both problems can be ameliorated, but will require dedicated leadership. The Senior Advisory Council is part of the solution, and as soon as we are able to conduct the first meeting, you will be informed.

Meanwhile, please keep making your ticket donations so we can stay in business and be sure to designate Helping Seniors when making your Amazon Smile purchases. STAY SAFE.

Joe Steckler
Elder Advocate



Helping Seniors Of Brevard



CARES Act & Charitable Giving

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



Kim's Corner

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

In an effort to keep vital nonprofits afloat during the COVID-19 pandemic, the CARES Act has made it easier for taxpayers to deduct charitable donations on their 2020 tax return without the need to itemize.

The new legislation allows taxpayers to deduct up to \$300 in charitable donations from their taxable income, as long as the contribution is made in 2020 by cash, check, or credit card. Taxpayers will be able to claim the deductions on their tax forms next year.

The CARES Act temporarily creates a “universal charitable deduction,” or “above-the-line deduction, for donations. That means taxpayers can easily claim the deduction on their tax forms without having to go through the extra step of itemizing it. (Other above-the-line deductions include student-loan interest and retirement-plan contributions.)

For details, be sure to consult your tax professional.

If you choose to take advantage of the non-itemized \$300 deduction, please consider donating to Helping Seniors of Brevard, a registered 501(c)(3) charitable organization.

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 support us every time you shop at www.smile.Amazon.com. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Helping Seniors once you designate us as the charitable organization of your choice.

Thank you for your gift!

Donate



Hello Readers!

The following is a list of food pantries with contact information. Please, stay healthy.

Daily Bread - 805 East Fee Ave, Melbourne 321-723-1060 ♦ Meals daily 11 AM–1:30 PM

Saint Vincent De Paul - Our Lady of Grace Food Pantry, Malabar - 321-725-6866

Temporarily closed, BUT they are doing home visits and dropping off food at the door. State your name, phone number, and address. They will get back with you, may not be the same day.

Saint Vincent De Paul at Holy Name of Jesus 3050 N. Hwy A1A, Indialantic - 321-777-9593

Open Monday, Tuesday, Thursday, Saturday 9 – 11 AM for beachside residents

East Coast Christian Center

680 N. Courtenay Pkwy, Merritt Island 321-452-1060 ♦ Food pantry open Tuesday and Thursday, 9 – 11 AM and 6 – 8 PM

North Brevard Charities Sharing Center

4475 S. Hopkins Ave, Titusville - 321-269-6555 Open Mon., Tues., Thurs., Fri. 11 AM – 2 PM

Good Shepherd Lutheran Church - must be a resident of north Brevard, please have ID 2073 Garden St, Titusville - 321-267-4323

Saint Paul's Anglican Church

7200 N. Wickham Rd, Melbourne-321-259-1130 Open Tuesday 3 – 6 PM

Catholic Charities of Central Florida, Cocoa

321-338-2986 ♦ All clinics are closed until further notice. Phones at clinics are being answered for triage, prescription refills, and referrals. Food pantry is open Tues. - Fri. 9 - 11:30 AM

Give-a-Meal - The Bearded Chef has partnered with Love INC to deliver free meals to seniors, the immune compromised, and self-quarantined people. Call 321-253-9543 Tuesday-Thursday, 11AM-2 PM.

Space Coast Kibble Kitchen (pets)

www.spacecoastkibblekitchen.com

321-586-2242 or 772-539-2417



Helping Seniors Of Brevard



Dentistry After the Coronavirus

*Lee Sheldon, DMD, PA
Solid Bite*

As I write this, all dental practices in Florida are closed to everything but emergency procedures until May 8. Emergency procedures are essentially defined as those that are causing infection and pain. Elective procedures are delayed until after this governor-ordered-mandate ends.

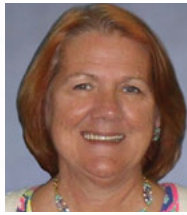
This is a reset button for many who are in business, including dentists. There are over 200,000 dentists in the U.S. There are some patients who will continue as if nothing has happened. There are others who will have some reluctance to enter restaurants, sporting events, and the dental office.

It is incumbent upon us, as dentists, to not only diagnose well and do appropriate treatment, but to give our patients the reassurance that the dental environment is safe and that your treatment can continue without your hesitation to be in the dental environment.

We have practiced using “universal precautions” ever since the advent of the AIDS crisis in the 1980s. Our entire environment has been geared to prevent cross-contamination and still is. Are there changes that we’ll make? We can’t go through a crisis of this magnitude and not expect changes to occur. Those changes will be improvements to an already robust system of sterilization and disinfection.

Will the dental visit cost more? Yes. We will, at the very least, have increased disposable personal protective equipment (PPE) and the cost of such will need to be passed on to the patient. You can expect two fees, the fee for the service and a separate fee for PPE.

All dental offices are researching how we can do better. The ADA and OSHA are in discussions as well. And as that research evolves, intelligence and ingenuity will create an improved environment for dental care.



Keeping Mom Close Through Memories

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

Mother’s Day is a special day on the second Sunday in May. If your mother is still alive, it’s a day for cards, flowers, get-togethers, and special gifts.

For others, Mother’s Day is bittersweet, marked by an ever-present sense of absence.

That’s why bereavement specialists at VITAS® Healthcare, the nation’s leading provider of end-of-life care, encourage individuals to find special ways of honoring their mother and her legacy on Mother’s Day.

Lorraine, the daughter of a VITAS patient, says being involved in her mother’s hospice care helped her tremendously—while her mother was alive and after she passed away.

“VITAS was there every step of the way,” Lorraine says. “I have never felt so close with a team of healthcare professionals.” With the team’s help, her mother “passed peacefully at home.”

Robin Fiorelli, director of bereavement services for VITAS, points out that Mother’s Day can resurrect grief and longing for mothers no longer with us. She encourages motherless sons and daughter to find special ways of honoring their mothers and “mother figures.”

Create special crafts, cook Mom’s favorite recipe, or volunteer in her honor on Mother’s Day. Visit her grave or find closure by attending a grief support group or memorial ceremony.

“It can be really healing on Mother’s Day to honor the person who was motherly to you,” Fiorelli says. “While we know our mother is gone...we can still feel her presence and support.”

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



Healthcare Will Rise Above

*Traci Graf, RN
AVID Home Care*

I struggled with my topic this month, as it seems strange to write about anything other than COVID-19. Information on this virus has overwhelmed us – so many articles, news stories, fake and real, scams, people who mean well but spread panic and untruths. I have been in healthcare for over 25 years, and the medical field has been dreading this for a long time. Now, here we are.

In times like these, seemingly normal people do extraordinary things. Anyone working in healthcare is doing it because it's their duty, their job, their paycheck....but it's so much more. Not many people know what it's like to be the one that could infect your own family, parents or neighbors, simply by doing your job.

Yes there are problems getting necessary equipment, and staff are struggling to take care of the sick, but it is a calling for most in medicine. The medical field will rise above it all and do their best to make a difference. To quote Eleanor Roosevelt, "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the things you think you cannot do."

Nurses and doctors are sharing how to maximize care with inventive ideas like running one ventilator for multiple patients—one doctor hooked 8-9 patients to one vent! ICU nurses are showing others how to more efficiently manage multiple patients in isolation using IV pumps set up outside the rooms. This prevents nurses from having to put on loads of protective equipment that needs to be discarded after one use.

These are examples of how healthcare providers are thinking outside the box to uphold care, improve processes, and find smarter ways to fight despite the obstacles. We are scared too, but will go to work every day, doing the best we can to win this fight. If you know someone working in medicine, thank them for what they are doing, because not everyone can do it.



Mind, Body, Spiritual Help for Coronavirus

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

This pandemic is affecting every area of human life:

- The Mind: increased stress, fear of the unknown, depression, and anxiety have caused an increase in the use of antidepressants, tranquilizers, alcohol, and illegal drugs.
- The Body: If you have immune compromised conditions, you have become high risk for this virus.
- The Spirit: Non believers are probably more mad at God, but believers are praying more than ever.

The stress of staying at home for extended lengths are bringing on more depression and anxiety from concerns about family members, finances, the loss of loved ones and / or jobs, staying sober, or being chronically ill.

Reach out and talk to a close friend or family member, your minister or spiritual adviser, your physician, or a professional counselor via phone or video conferencing. **Get help now** if you are thinking about hurting yourself. Call 911.

During this stay-at-home time, try to prioritize, organize your time, pace yourself, and get substantial sleep of 7-8 hours a night (it rejuvenates and heals the body). Go outside (wear a mask) and walk 20 minutes (maintain 6 feet distancing).

Strengthen your immune system by taking vitamin C, D3, andrographis, garlic, zinc, and / or elderberry.

Spend some quiet time with God, read the Bible, pray, live one day at a time, let go of the past, embrace the future, remember what family, friends and life are all about. LOVE

Dr. Kevin Kilday, PhD, Holistic Health Center, Supplements, Specialties: Natural Solutions for Cancer, Chronic Health Conditions, and Pain Ph. 321-549-0711
www.holistichealthcenter.us



Helping Seniors Of Brevard

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www.AmyBVanFossen.com
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www.floridaelderlaw.net
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www.earcare.net
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Melbourne, FL 32935
www.drleesheldon.com
321-369-9788

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www.CompassionateDownsizing4Seniors.net
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321-549-0711



Helping Seniors Of Brevard

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321-806-3948

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Quality Home Repairs
321-302-9441

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www.vitas.com
321-751-6671

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traci@avidhomecareservices.com

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2475 Palm Bay Rd NE, Palm Bay, FL 32905
www.csicaregiver.com
321-722-0009

Home Health Care Resources Corp.

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www.homehealthcrc.com
321-677-2577

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Seniors Helping Seniors

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www.seniorcarebrevard.com
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321-258-1213

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Indian Harbour Beach, FL 32937
321-773-3394

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Helping Seniors Of Brevard

SENIOR SERVICES DIRECTORY

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www.forgetmenotsca.com
321-610-4426

SENIOR LIVING / MEMORY CARE

Addington Place of Titusville – Assisted Living and Memory Care

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

Hibiscus Court Assisted Living and Memory Care Community

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www.slm.net
321-345-9830

MARTHA'S House & ALF

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www.MarthasHouseALF.com
321-978-5315 / FAX 321-978-5316

Zon Beachside

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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.



Helping Seniors Of Brevard



Have a Plan

Jennifer Helin
Seniors Helping Seniors

Sitting down to write in the early stages of the stay at home order, I am unsure how to proceed. My hope is that by the time this is published, we will be well on our way to “normalcy.” What our new normal is remains to be seen, but I hope for the best. One thing I have learned from this pandemic is that we must remain hopeful but prepare for the curve balls life throws our way.

One reason I devote time to Helping Seniors of Brevard is their mission to educate seniors, helping them prepare and create a plan. Never has this been more needed than during COVID19. As citizens of this incredible country, we want our federal, state, and local governments to have a plan to keep us safe and informed. We want our health system to have backups in place; to be prepared.

To be fair, we as individuals and families must also have a plan, to stay informed and prepare the best we can. This has been something of a “soap box” issue for me since starting Seniors Helping Seniors in 2012. We prepare for retirement, but do not have a picture of what 85 will look like. Will I move to an assisted living? Will I stay at home? Move back north to be with family? Who will help me if I need it?

No one could have predicted this pandemic, the extent or scope. We have already responded to many calls for help. Seniors with no local family, afraid to venture to the store and no means to order online. Others who relied on friends to take them to the doctor or grocery store, but now the friends are too scared to go out. Private caregivers who stopped providing services because they needed to stay home with their children or were exposed to the virus. With no back up plan or knowledge of resources, these seniors were suffering.

We helped by running groceries, finding TP donations, and working with Kim at Helping

Seniors of Brevard to know what local nonprofits were still able to respond during the crisis.

Once this is over, we need a moment to heal. To hug people again and let the light shine in. And then I encourage seniors to have a plan, then create a back-up plan. Know the resources in your area. Develop a relationship with a licensed home health agency, visit independent and assisted living facilities. Have your financial and legal paperwork in order. I hope we never see the likes of this again. But if we do, let’s put ourselves in the best possible position for success.

Helping Seniors Programs

Senior Helpline
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 Board of Directors

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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

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Tickets also available at all Boniface Hiers Dealerships.

You choose the winning car!
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Diabetes and Your Eyes

Dr. Aggarwal
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People living with diabetes type 1 and type 2 are at an increased risk for developing diabetic retinopathy, which refers to damaged blood vessels in the eye. The development of diabetic retinopathy is based on three factors: how long you have had diabetes, how well you control your blood pressure, and how stable you keep your blood sugar.

Those with diabetic retinopathy may not experience symptoms in the early stages, but when it advances people may experience spots floating in their line of vision, blurred vision, impaired color vision, and dark or empty areas in their vision.

Since symptoms do not immediately appear, it is crucial to visit your ophthalmologist annually to treat the condition before it progresses. Those with moderate diabetic retinopathy may need to visit their ophthalmologist every four to six months, while those with severe diabetic retinopathy may need to be seen every four to six weeks.

It is important for your ophthalmologist and primary physician to maintain communication regarding overall control of your diabetes. On a positive note, eating healthy and exercising can help reverse diabetic retinopathy.

Did You Know?

People with diabetes are more likely to develop vision-stealing cataracts compared to non-diabetics. In addition to speeding up cataract development in adults, diabetes leads to early cataract formation in younger people as well. High levels of glucose in the lens cause it to swell, affecting clarity of vision.

Keeping your blood sugar consistently well-controlled and having annual eye exams by an ophthalmologist are essential to preventing or delaying cataracts. If you have diabetes or need an annual eye exam call us at **(321) 453-3937** to schedule an appointment or visit us online at www.youreyeclinik.com.



How Seniors Are Affected by the Stay at Home?

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

Are you one to do things the “Old School” way? Using cash or writing checks for purchases and bills are becoming something of the past. Do you still call the doctor to get copies of medical records?

While the COVID-19 pandemic is emphasizing the importance of washing our hands and maintaining social distance, it is also bringing to light the use of technology for seniors.

As the world becomes more technology based, some of the senior population is struggling to keep up with the new ways. During a crisis like COVID-19, financial and health issues can be overwhelming.

A Durable Power of Attorney and a Designation of Health Care Surrogate are the essential documents to have during this very difficult time for you and your loved ones. The Durable Power of Attorney gives financial power to your named agent or loved one to help you with banking, paying bills and all of your financial needs.

The Health Care Surrogate names an agent or loved one to help you with health care decisions if you are not able to make them for yourself. Most importantly, a HIPPA waiver is included which will help your named agent obtain medical records and speak with your physicians about your care. Whether your named agent lives local or not, they would be able to help you with all of your financial and health information.

Be prepared to help yourself and your loved ones through this difficult time.

Rhodes Law, P.A. is open and assisting folks with their legal needs during this crisis. Call today for a free telephone consultation (321) 610-4542.





Helping Seniors Of Brevard

We are grateful to all our current underwriters!

Call 321-473-7770 for sponsorship information

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321-345-9830

Holistic Health Center

www.holistichealthcenter.us
321-549-0711

Home Health Care Resources Corp.

www.homehealthcrc.com
321-677-2577

Hometown News

www.hometownnewsol.com
321-242-1013

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
321-610-4542

Senior Scene Magazine

www.seniorscenemag.com
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

info@tlcconsultantservices.com
321-752-0995

VITAS Healthcare

www.vitas.com
321-751-6671

William A. Johnson, P.A.

www.floridaelderlaw.net
321-253-1667

Zon Beachside Assisted Luxury Living

www.ZonBeachside.com
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