



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,

When I wrote the last President's message I thought we would be closer to the end of the coronavirus crisis, but I was perhaps a little hasty in wanting to see the end of it. I do think we will soon be back to fairly normal operating conditions. Over the course of my life I have found that being optimistic is far better than being pessimistic.

I regret the delay in conducting the car raffle at the American Muscle Car Museum, but as soon as we are cleared to hold large events, we will set a date. Since we are still receiving ticket donations, it seems there are others who remain as optimistic as me. Your faith is much appreciated, as this event is our largest money maker. Without a successful raffle, it will be difficult to provide the services that we do.

In addition to the car raffle, our financial support comes from sponsors, an annual fund drive, and grants. Nonprofits that operate under the umbrella of a large financial organization or who are funded by a community operation of some type are most fortunate. I would like to be so fortunate, but we are dependent on donors to keep our doors open – which is why we strive to give you a service you need. Judging from our phone calls, we have been successful on the service side.

Many nonprofits and small businesses have closed their doors because they cannot pay their bills. The fact that people from all over are purchasing raffle tickets and sponsoring Helping Seniors indicates that we have provided a needed service over the past ten years, and that you want us to continue to be there for you.

I know times are difficult, but we will answer the phone if you call us at 321-473-7770. Being a senior is not easy, but I have faith that we will survive this crisis and be even stronger.

Joe Steckler
Elder Advocate

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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Base models shown. Upgrade at winner's cost/discretion. Need not be present to win. See Official Rules for complete details. Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit.



Helping Seniors Of Brevard



Nursing Assistants are Heart of Healthcare

*Nancy Taylor Deardorff
Area Director, CSI Caregiver
Services Brevard County*



Kim's Corner

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

There is no doubt that healthcare workers are heroes, especially nowadays. They often work physically and emotionally demanding jobs with long hours and in many cases with much self-sacrifice. There is no doubt that Certified Nursing Assistants (CNAs) and Home Health Aides (HHAs) are the heart of healthcare.

Bathing, grooming, dressing, hygiene, cleanliness and eating, these are activities of daily living. Chances are most of us don't even think too much about activities of daily living, they have become rote. The ability to perform these activities of daily living is something that is almost taken for granted, until through disease, illness, injury or age, they become difficult or impossible to perform.

Certified Nursing Assistants and Home Health Aides help people who have difficulty or have lost the ability to perform activities of daily living, preserving the individual's dignity with compassionate care. Nursing Assistants provide a shoulder to cry on, an ear to listen, companionship, and comfort.

There is no greater gift that one can give than the gift of service to another. This is what Nursing Assistants do every single day. This is why Nursing Assistants are the heart of healthcare.

If you are in need of in-home care from a Nursing Assistant, CNA, or Home Health Aide, or if you are a Certified Nursing Assistant or Home Health Aide looking for a new opportunity, give us a call at CSI - Caregiver Services - 722-0009.

June 18 - June 24 is National Certified Nursing Assistant Week. CSI - Caregiver Services would like to say Thank You for the compassionate care you provide. You are the heart of healthcare.

Although we are still facing changes due to the coronavirus, and our state is slowly re-opening, Kim's Corner is continuing to take all calls from every walk of life, near and far. Since the virus struck our country, the types of calls that I am hearing most are those individuals who want to help or are already helping someone who is homebound and in need of resources.

The first caller that comes to mind is a senior himself. He is 74 and asked how he could help. As a retiree, he has a lot of time on his hands and really wants to get out there to help our community.

Since he still drives and is in good health, I recommended he help with delivering meals to the homebound. I referred him to the Meals on Wheels program with Aging Matters. Since a lot of seniors cannot get out, especially now in the pandemic, Meals on Wheels is the perfect match for him.

My other caller is a young lady who looks after her 80 year old neighbor. This senior citizen has health problems, lives alone, and has no family. She considers her young neighbor as her own. Being faced with how to get food and into long term care, I provided her with the resources she needs to thrive.

Most especially during this trying time in our lives, please stay safe and healthy.

Yours truly,

Kim

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

Support Helping Seniors of Brevard when you shop at www.smile.Amazon.com. Amazon will donate 0.5% of the price of your eligible purchases to Helping Seniors once you designate us as the charitable organization of your choice. Thank you!



Helping Seniors Of Brevard



Returning from the Virus

*Lee Sheldon, DMD, PA
Solid Bite*

As I write this, we go back to work tomorrow. Hooray!!! If I ever thought I'd like to retire, forget that. It won't happen. If I ever thought that the news was somehow beneficial, forget that as well.

As a practice owner, it is my job to design the systems that we put in place in the office that make my staff feel comfortable. Bet you thought I would say "make my patients comfortable." If my staff is comfortable, then I know my patients will be comfortable. And sure enough, nearly every patient that we have called or has called us has been comfortable making a dental appointment once again.

Did we make some changes? Yes. And some of those changes are permanent and beneficial for you as well as us. All of a sudden, aerosols, while not proven to have an ill effect in the dental environment, become a big deal.

And all of a sudden, we made a major change, placing a powerful ULPA filter (more rigorous than a HEPA filter) into every treatment room that produces aerosols. It's essentially a powerful vacuum cleaner with a nozzle placed just above the patient's head so that the aerosols go into the filter rather than the air.

And yes, we have all the gowns, the masks, the face shields. Funny how PPE (Personal Protective Equipment) has become known by the public through those initials alone.

And then there was the lecture that I prepared to give the staff all the information that they needed and wanted, answered all the questions so that they knew that they would be protected in the work environment.

So, if there is a silver lining to all of this, it is that the crisis did produce an opportunity. And now we will practice with a new paradigm.



Celebrating Long Islander's Long Life

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

The party had already started when Laurie Nichols from VITAS Healthcare in Brevard County brought out the cake and balloons. VITAS patient Anna Janas was the lady of the hour.

Breezy palm trees and colorful flip-flops adorned the top of the nautically themed cake instead of candles. Any flames—let alone 102 birthday candles—could pose a hazard in the high-oxygen environment of West Melbourne Health and Rehabilitation Center.

"Anna was so excited and grateful" to celebrate her 102nd birthday surrounded by family, her VITAS team and West Melbourne staff, Laurie says. She cut her cake on her own and immediately offered a piece to her roommate, Linda. Anna's daughter Peggy was there for the milestone and talked about her mother's long life:

Born on Fishers Island in Long Island, New York, Anna had big dreams to move to New York City and become a famous singer.

When she met Al Janas, her plans changed. She stayed in town to marry Al, and eventually they had Peggy. Al was in the Army, so when he was stationed in Japan—and later throughout Europe—Anna and Peggy followed.

Anna took the opportunity to pursue her passion for singing and performed wherever they were stationed. Often, Peggy joined her onstage to harmonize. In 2000, Anna received some well-earned recognition at the Company G 511th Parachute Infantry reunion in Nashville, Tennessee: the Lady of the Year award.

"We were so honored to be able to put this party together," Laurie says. "It didn't just light up Anna's day, it lit up the VITAS and facility staff's, too."

Kathleen Kashow is general manager for VITAS in Brevard, Florida. For more information about end-of-life care services, call VITAS® Healthcare at 321.339.2893 or visit [VITAS.com](https://www.vitas.com).



Helping Seniors Of Brevard



Medication Overload?

Jennifer Helin
Seniors Helping Seniors



Preparing Yourself for Emergencies: Living Wills

Law Office of
Amy B. Van Fossen, P.A.

I am not a health care professional, but write many prescription lists for my job – some as long as two pages typed. Poly-pharmacy and confusion over medication changes are a problem for seniors, especially after a discharge from the hospital or rehabilitation facility.

Two recent incidents highlight the need for better medication management for seniors. First, a client went to the hospital, then to a rehabilitation facility. Upon returning home she mentioned having seven new prescriptions to fill. Seven? New? Her hospitalization was not due to a new diagnosis. We encouraged her to review her entire medication list with her primary doctor. Were any medications discontinued?

Last month my father went to the ER and came home with a new medication, allegedly the lowest dose. But once filled, my mother noticed it was twice the “lowest dose.” She called me, and I asked her to please call the doctor right away. An on-call doctor explained that it was the lowest dose for an adult, the smaller amount was for children. Crisis averted; peace of mind restored.

Our goal at Seniors Helping Seniors is to keep people healthy and independent. We recommend:

1. Fill prescriptions at the same pharmacy. Ask the pharmacist to review the list annually, or when there are changes.
2. Give a medication list to every doctor you see so they are all on the same page.
3. Ask questions if you do not understand what the medication is for or how to take it.
4. Consider pre-packaging medications, often a free service by the pharmacy, which puts the correct doses in the correct order.
5. Forgetful? Some med boxes sound a reminder alarm and even run a notification across the TV screen. Automated boxes allow only one dose at a time, great for folks who forget and take their dose twice.

To learn more, give us a call at 321-722-2999.

A living will, sometimes referred to as a directive to physicians or health care directive, may be an important part of a comprehensive Florida estate plan. The term is something of a misnomer as a living will isn't really a will at all. Rather, it's a document that sets forth a person's wishes regarding medical treatment in the case he or she becomes incapacitated and cannot express his or her desires.

Living wills can be drafted to fit the needs and goals of the creator, and they can include instructions to provide all available medical treatment, no medical treatment, or any level of treatment in between. Many people who make living wills choose to accept some treatment options and reject others. It may help to consult with a doctor before making a living will as the document raises potentially complex medical concerns.

Living wills typically do not take effect unless a person has been determined to be terminally ill or permanently vegetative; however, many versions offer an option to make it effective immediately.

People in Florida who are considering their estate plans might want to speak with a lawyer. An attorney with experience in estate planning law might be able to help by conducting an examination of a person's situation and suggesting planning instruments that might be useful. A lawyer might draft planning documents like a will, trust, power of attorney, or living will on behalf of a client or suggest ownership structures that could reduce tax liability for heirs.

Many firms will scan copies of all documents for safe keeping and so they can be replicated upon demand. It is strongly recommended that you keep your original documents in a safe place and make sure someone you trust knows where to find them in case you are incapacitated.



Helping Seniors Of Brevard

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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



Negative Impacts of COVID-19 on Social Security

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

While some Americans are working remotely during COVID-19, many are unable to collect regular paychecks and are waiting on unemployment assistance. This will **negatively impact Social Security** and here's why: the system is supported by payroll taxes deducted from the paychecks of currently employed Americans. Benefits received by today's retirees are not from their own working years, as money is collected and paid out almost immediately.

Currently there are **17 million Americans not working**, and that number is expected to grow. Where will the money come from to pay into Social Security? This will not impact current benefit payments, but future benefits for those now working. Social Security's reserve assets were projected to exhaust by 2035; COVID-19 will push the depletion date sooner.

This doesn't mean there will be no more Social Security benefits paid to retirees, but that the existing payout schedule isn't sustainable. It may lead to benefit payment cuts for current and future Social Security retirement beneficiaries.

When Americans receive their stimulus checks, there won't be any Social Security income (SSI) tax taken. Unemployment benefit checks don't have SSI tax taken out either. Both strain the Social Security system, even though they help Americans during this pandemic.

What can you do to protect your future? Consider investing in an annuity. An annuity is a contract with an insurance company that provides a guaranteed stream of income in retirement that you can't outlive. With the possibility of cuts to future Social Security retirement benefits, an annuity can take the place of fixed, guaranteed payments.

Additionally, ask your financial advisor to remove Social Security as a source of retirement income from your financial plan. If you do receive benefits, you'll be happy about the bonus!



Board Certified Patient Advocates Get Results

*Tara Bailey
MPA, CMC, RG, CSA, BCPA, CDP
Total Long-Term Care Consultant Services*

Credentialed Patient Advocates have a unique role in today's challenging times. While families struggle to assist loved ones who are located in facilities or in homes, they often wonder how to ensure that needs are being met.

Board Certified Patient Advocates come from a diverse background of skill sets, and they have a national network of professionals who are available to assist in areas where expertise in special situations is required. Brevard County has only three Board Certified Patient Advocates, and they proudly work together to meet their clients' needs.

Total Long-Term Care Consultant Services utilizes the Principles and Scopes of Practice that are required for Board Certified Patient Advocates to adhere to.

With backgrounds in Biomedical Research, Care Management, Nursing, Senior Advising, Dementia Practitioner, Medicare Insurance Specialist, Nursing Home Administrator, Long-Term Care Insurance Assessor, and Medicare Home Health, our Board Certified Patient Advocates have helped to resolve billing disputes, locate specialized medical treatment options, obtain visits during COVID-19 lockdowns with clients, set up emergency psychiatric services via online visits, and assist families with locating appropriate home health aide services.

Our advocates also have secured medical attention for clients who are experiencing symptoms that require intervention in order to contain the issue and mitigate potential long-term harm.

When results are needed during these chaotic times, it's comforting to know that Brevard County's only Board Certified Patient Advocates have the experience and knowledge to help in times of need.

To learn more, call 321-752-0995 or visit <https://tlcconsultantservices.com/>.



Helping Seniors Of Brevard



The Dirty “D” Word Dementia

*Traci Graf, RN
AVID Home Care*

Everyone hates that word, but the reality is that in the U.S., 5% of those over age 65 and 50% over age 80 have some form of dementia.

Alzheimer’s dementia (AD), the most common form, is characterized by brain cell death and the accumulation of amyloid plaques. It causes memory loss, confusion, and mood changes, resulting in the inability to swallow, use the bathroom, walk, and talk. AD patients tend to wander and get lost outside the home.

Lewy body dementia is caused by protein deposits in nerve cells called “Lewy bodies”. These interrupt chemical messages in the brain causing memory loss, disorientation, tremors, sleep disturbances, and hallucinations. One of the early symptoms is difficulty with movement.

Vascular dementia is the second most common type. Strokes or hardening of the arteries decrease blood flow into the outer cortex causing confusion, trouble completing tasks, visual problems, and hallucinations. These patients will function better with blood pressure slightly higher to increase blood flow to the brain.

Frontotemporal dementia involves the front and sides of the brain that control language and behavior. It can occur in patients as young as 40 and may present as a loss of inhibitions and motivation and compulsive behavior. There is no known cause, and it can be familial.

Patients with Parkinson’s disease (PD) can also develop dementia with paranoia, speech difficulty, depression, problems reasoning, and frightening visual hallucinations and delusions. Some of the drugs for PD can actually make the hallucinations worse.

Many people will not discuss early dementia symptoms with their doctors, a big mistake. Medications exist to treat and manage dementia but they are most effective when started early. If you are having symptoms, don’t be afraid to speak to your doctor. Any of the precious memories our brains hold are worth it.



Rebuild Your Immune System – Prevent Disease

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

During the pandemic, besides putting your trust in God, the next best thing you can do is try to prevent the coronavirus by strengthening your immune system. Start by taking these steps.

Be safe: Practice protective measures such as hand-washing, wearing face masks when outside and around people, and maintaining six feet from people.

Take supplements: Start out with a good multi vitamin plus add these herbs (which are all backed up by clinical studies): vitamin C, elderberry, garlic, curcumin, vitamin D, and quercetin. All of these are anti-viral and reduce the symptoms of all viruses.

Exercise: The more you exercise, the more you increase immune fighting cells. Just walking outside for 10-30 minutes and getting sun (sun increases vitamin D levels) helps.

Stress less and sleep: People with high positive outlooks produce just enough cytokine (a protein) to help recruit other immune cells to fight off infections and viruses. However, sleep deprivation and stress overload increase the hormone cortisol, which suppresses immune function.

Eat healthy: Research indicates that eating at least eight servings a day of brightly colored vegetables and fruits plus nuts and seeds helps keep the immune system in top form.

Don't smoke and avoid second hand smoke: It undermines basic immune defenses and raises the risk of bronchitis and pneumonia in everyone, as well as middle ear infections in kids.

Drink less alcohol: Excessive consumption impairs the immune system and increases vulnerability to lung infections.

Dr. Kevin Kilday, PhD, D.PSc, Director of Holistic Health Center, Specialties – Natural Solutions for Cancer, Addictions, and Chronic Health Conditions. 321-549-0711



Helping Seniors Of Brevard



A Family of Home Builders

*Ed & Brian Fleis
Monarch Homes of Brevard*

Monarch Homes of Brevard is a family owned business that has its roots in three generations of homebuilders. Monarch is led by Ed Fleis, who had previously owned JERJEF Construction, and has built over 1,000 homes, townhomes, and condo units in Brevard County since 1980. These include homes in Aquarina, St. Andrews Village, South Shores, and Indian Landing.

Ed's father, Ed Fleis Sr., was a home building contractor in Michigan during the 1950s and 1960s, and was a craftsman whose crew made and installed everything in a new house.

Ed's son Brian is the third generation of the Fleis family builders. Brian began his construction career building resort and attractions for the Walt Disney Company.

Monarch Homes takes pride in designing useful spaces in both large and small homes. Each home is designed with thoughtful use of square footage, architectural appeal, energy efficiency, and quality construction.

There are opportunities for the homebuyer to customize a home to fit their personal needs. Monarch Homes also caters to accessibility standards with door widths and standard blocking in walls for support features.

Investing in a Monarch Home can pay dividends with energy savings & peace of mind without sacrificing comfort.

Monarch Homes is currently building homes and townhomes in Capron Ridge, located in the Viera area, with a model open daily. They can build on a customer's lot in most of Brevard County.

If you are interested in touring a Monarch Home, please call 321-806-3948 to visit our model. Or go to our website at www.MonarchHomesofBrevard.com.



Back to the Basics with Caregivers

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

During this trying time, we are very thankful for all the frontline workers. While some of our loved ones are in a nursing home or assisted living facility, there are many who are in a private home being taken care of by family members. These family members are the main caregiver for their loved one and typically get no break. Some caregivers are lucky to have other family members or friends who will help them, but most do not.

With the COVID-19 situation, everyone is getting back to the basics in life, the simple things that make them happy. It is important for everyone to be safe, including the caregivers.

As a caregiver you must take care of yourself not only from a health standpoint but also from a mental standpoint. Be sure to take breaks. It might be as simple as a bike ride, a walk around the block, watching a favorite TV show, or a video conference with a friend or relative. Reducing your stress level will give you more patience to help your loved one.

Remember, if your loved one has Alzheimer's they really do not understand what's going on with this crisis, because to them it is just another day. Keeping things as normal as possible by playing music, doing activities, and seeing loved ones from a distance can help your loved one stay calm.

The caregiver must also take care of daily business, such as banking and health care decisions for themselves and their loved ones. Making sure you have up to date advance directives and estate planning documents in place for yourself and your loved one will give you peace of mind.

Rhodes Law, P.A. is open and assisting folks with their legal needs during this crisis. Call today for a FREE telephone or video consultation 321-610-4542. Also, for a limited time, you can visit www.RhodesLawPA.com for two FREE Advance Directives.

CALENDAR HIGHLIGHTS



Look for us weekdays

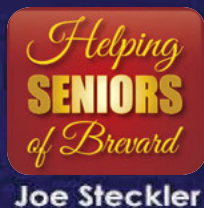


Helping Seniors Television
Monday - Friday

TV Program Schedule
8:30am; 4:30pm; 5:00pm

Spectrum Chan. 499 | AT&T U-Verse Chan. 99 | Comcast-North Chan. 51 | Comcast-South Chan. 13

Day	Date	8:30 AM	4:30 PM	5:00 PM
Mon	Jun 01	Need to Know: the SECURE Act	Getting Good Home Health Care	Put Kids on the Bank Account?
Tue	Jun 02	How to Cruise Successfully	Right Place for Mom & Dad	Long Term Care Solutions
Wed	Jun 03	Selling Your Home Efficiently	Guardianship	All About Home Health Care
Thu	Jun 04	Power of Attorney	Making Plans for Retirement	Smorgasbord of Legal Matters
Fri	Jun 05	Holistic Approach to Pain Relief	Role of a Senior Advisor	In Home vs. Skilled Care
Mon	Jun 08	Too Many Teeth Being Extracted?	Small Group Assisted Living	Retirement Planning - Annuities
Tue	Jun 09	How Assisted Living Helps	Avoiding Probate	Real Estate for Seniors
Wed	Jun 10	How the Medical Team Helps	How Assisted Living Helps	Things to Know Elder Law
Thu	Jun 11	About Golden Providers	Your Eyes, Your Vision	Intro to Vitas Healthcare
Fri	June 12	Advance in Hearing Treatment	Seniors Helping Seniors Helps	Reverse Mortgages: How To
Mon	Jun 15	Good Solutions for Home Sales	Pain Relief through Supplements	Senior Mental Health
Tue	Jun 16	Social Security Planning Ideas	Eye Clinic & Laser Institute	Aging & Legal
Wed	Jun 17	Reverse Mortgage Funding	About Cataracts	Why Impant is not Always Best
Thu	Jun 18	Good Solutions for Home Sales	Finding Good Help at Home	Elder Law Services
Wed	Jun 19	Hearing Loss Treatments	When to Call Adult Abuse Hotline	Macular Degeneration Updates
Mon	Jun 22	Selling Your Home Quickly	Benefit Holistic Health Approach	The Vial of Life
Tue	Jun 23	How SRES Helps	Retirement Plan - Roth IRA's	In Home Care Givings
Wed	Jun 24	Debt Relief for Seniors	Smile: Form & Function	Help Finding Living Plan
Thu	Jun 25	About Glaucoma	Assisted Living Options	Hometown News / AARP
Fri	Jun 26	Put Kids on the Bank Account?	How to Cruise Successful	Social Security Planning
Mon	Jun 29	How Assisted Living Helps Thrive	Finding Good Help at Home	All About Home Health Care
Tue	Jun 30	Eye Clinic & Laser Institute	Hearing Loss Treatments	Intro to Hospice Care



90.3 FM
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Helping Seniors Radio on
90.3 FM WEJF Radio

Broadcast Schedule:
Wednesdays 12nn-1pm

90.3 FM WEJF Radio

Wednesdays 12nn-1pm

Wed	Jun 03	Focus on Elder Law	Bill Johnson	William A. Johnson P.A.
Wed	Jun 10	Focus on Your Smile	Dr. Lee Sheldon	Dr Lee Sheldon (Periodontist)
Wed	Jun 17	Focus on Reverse Mortgages	Barbara McIntyre	Reverse Mortgage Funding
Wed	Jun 24	Focus on Help at Home	Jennifer Helin	Seniors Helping Seniors



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