



# Helping Seniors Of Brevard

[www.HelpingSeniorsofBrevard.org](http://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](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,

Like many of you, I too am greatly concerned about the continuing threat of the coronavirus and its effect on our ability to live a normal life. Callers to our office have had various concerns, many of which are a direct result of this disease. There are so many unknowns, that we are reluctant to return to previously established living patterns.

We are not accustomed to living this way, and this change is becoming more difficult to accept. This has resulted in more calls to our Helpline, although ironically these calls are very similar to calls we have taken in the past. Perhaps concerns have been magnified because we now have another uncertainty to deal with; regardless, these worries are real, so please continue to call us at 321-472-7770.

A very real concern I have as president of Helping Seniors is our need to raise funds and pay bills, which is true for any nonprofit. We are different from most in that our Helpline and media programs (radio, TV, and print articles) give you information on where to go for help, which enables you to be better educated about available services.

We are excited to report that we now have a date for our major fundraiser, the Helping Seniors Car Raffle. **The Grand Drawing will be held on Saturday, October 10** at the American Muscle Car Museum. I regret the delay, but it was necessary for the Museum to temporarily close its doors to large crowds. Since so many purchased tickets to see the muscle cars as well as have a chance to win a new car, we believed it best to postpone the event.

The coronavirus has brought out many things in people. One of our donors just got five additional car raffle tickets because they thought we could use the extra help – and we sure can. In the words of a famous Naval battle cry, "Don't Give Up the Ship!"

Joe Steckler  
Elder Advocate



# Helping Seniors Of Brevard



## Helping Seniors Updates

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



## Kim's Corner

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

**Helping Seniors Updates** is yet another way that Helping Seniors keeps up with our mission of helping seniors stay connected to information – even during the COVID-19 crisis!

Using up-to-date technology, our team is presenting Helping Seniors Updates – 10-15 minute fast-paced clips designed to keep you informed about openings, closings, safety precautions, and just general good advice to help you navigate today's unusual times.

You'll find new **Helping Seniors Updates** every Monday, Wednesday, and Friday on Facebook, YouTube and, of course, our own Helping Seniors website at [www.HelpingSeniorsofBrevard.org](http://www.HelpingSeniorsofBrevard.org).

Our guests include some of the best experts in the Space Coast, and you'll see many familiar and pleasant faces who volunteer their time to help keep us all moving forward with the best information possible.



Find us on  
[Facebook.com/HelpingSeniorsBrevard](https://www.facebook.com/HelpingSeniorsBrevard)



Find us on  
[YouTube.com/c/HelpingSeniorsofBrevardOrg](https://www.youtube.com/c/HelpingSeniorsofBrevardOrg)

## Helping Seniors Update - June 12<sup>th</sup> 2020



**Special Guest: Joe Steckler**  
President & Founder - Helping Seniors of Brevard



There is always something happening in Kim's Corner, from out of county to out of state phone calls for help. Even though we are not out of the woods yet with COVID-19, Brevard County residents have one more thing to be concerned with: hurricane season.

Many callers are starting to ask questions about preparation for potential storms, so I have put together a list of things to get before the storms arrive. Remember, it's never too late until the hurricane is here. Please get the following ASAP, since supplies go very fast.

- 90-day supply of prescription medicines
- Cash in case ATM is not available
- Flashlights and batteries
- Plywood
- Water
- Sandbags
- Radio
- Coolers and ice
- Non-perishable food
- Full gas tank in your car
- Info on emergency evacuation route or nearest shelter
- Pet disaster supply kit with medicine, food, and water (check with your veterinarian)
- Legal documents, homeowners and flood insurance, and pictures of home contents for insurance purposes, all kept in a safe waterproof container.

Review and change out your supplies every year, making sure nothing is expired (canned food for example). If you have a generator, make sure it runs now since fuel does go bad if left over time. Basic maintenance is critical.

As always, stay safe

*Kim*

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



# Helping Seniors Of Brevard



## The Smile May Be Your Most Important Asset

*Lee Sheldon, DMD, PA  
Solid Bite*

Many of my patients tell me that they want a great smile. Others are reluctant to do something for their smile. After all, *it's only cosmetics.*

So let me tell you a story. A man in his early 60's was thinking about doing something for his smile. He had thought about it for over twenty years.

He had spaces between his teeth. The spaces were getting wider. He'd done local television for years and saw the spaces widening. He started to adjust his head, sit at specific camera angles so that the biggest space would be hidden from the camera. He found himself consciously reducing the broadness of his smile.

He had a consultant who suggested that he do something. And then he saw a dentist who did a mock-up of what his smile could look like. After over twenty years, I decided to get veneers.

Yes the "he" is "I." It has now been about eight years. I smile as broadly as I want. I'm still doing TV and have a national organization for which I do frequent videos. The organization is booming. I show off my teeth to my patients so that they can see what veneers are.

I am frequently amazed at the life improvement that occurs when someone fixes his or her smile. Jobs, relationships, self-confidence all soar. That impediment is gone. He, she, you, and I can tackle life in a new sense of resolve, a new sense of certainty.

A smile can be one of your most important assets or a lead weight that drags you down. There has never been a better time to improve your smile. If you've thought even a little about it, get a smile analysis. The changes that occur may be earth-shattering.



## VITAS Cares for Patients and Partners during the Pandemic

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

VITAS Healthcare employees and volunteers have found creative ways to show they care for our patients, families, and partners during the COVID-19 pandemic. We are VITAS Strong.

**In Rockledge,** VITAS representative Louise Petraitis coordinated a blessing of the hands for healthcare workers at Living Southern Style, an assisted living facility. VITAS chaplain Sol Madlambayan performed the blessing, and VITAS presented each worker with a rose.

"The staff was very appreciative and took a few minutes out of caring for others to rejuvenate in the peaceful surroundings," says VITAS Executive Secretary Rita Terpening.

**In Viera,** VITAS showed appreciation for healthcare workers by serving up a free smoothie of their choice at Tropical Smoothie Café. The team took orders and served drinks through a drive-through system.

**In Melbourne and throughout Brevard,** VITAS chaplains are visiting hospitals, nursing homes, and healthcare facilities to encourage front-line healthcare workers. VITAS chaplain Lambert Mills blessed staff at Life Care Center of Melbourne, and chaplain Kyrill Williams read a blessing of the hands over the intercom at Solaris Health so that all could participate.

**In Merritt Island,** VITAS admissions liaison Kathryn Ridner honored veterans on Memorial Day at the Brevard Veterans Memorial Center. She also shared education about caring for veterans near the end of life. Marc Dobson, "the One Man Band," played patriotic songs.

**Throughout Brevard,** VITAS volunteers sewed over 8,000 cloth face masks, which have been sent to VITAS inpatient hospice units around the country for visitors to wear.

*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](http://VITAS.com).*



# Helping Seniors Of Brevard



## Ways to Use Your Home Equity During Retirement

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



## Let's Get Ready to Travel

Chris & Betty  
Helping Senior Travel Club  
(321) 978-5211

The home equity you've built up can be one of your most valuable retirement assets. With a reverse mortgage loan, you can turn your home equity into funds you can use today, or a line of credit that will be there when you need it. Many retirees live on a fixed income, so if there is extra money for the taking, why not use it?

Exclusively available to homeowners and homebuyers age 62 and older, a reverse mortgage loan allows you to borrow against the equity in your home. So, instead of paying on a traditional mortgage each month and gaining equity, your reverse mortgage lender provides you with a lump sum, line of credit, a steady stream of monthly funds, or a combination of these, while you continue living in and owning your home. By doing so, you can have more financial freedom to live the retirement lifestyle you've worked so hard to achieve.

Unlike a traditional mortgage, the loan does not have to be repaid until you move out, pass away, or sell the home. (As with any mortgage, you must meet your loan obligations, keeping current with property taxes, insurance, maintenance, and any HOA fees).

A reverse mortgage can be a key part of your retirement strategy. Funds can be used to:

1. Refinance your existing mortgage and debt to free up monthly cash flow
2. Establish a steady stream of monthly funds for as long as you live in your home to supplement your retirement income
3. Pay for home remodeling to make your home safer, more comfortable, and better suited to your evolving needs
4. Set up a line of credit that can't be canceled or reduced (unlike a traditional home equity loan or line of credit) as long as you meet your loan obligations, so it'll be there for health emergencies or other unexpected expenses.

Barbara McIntyre 321.259.7880

I can't keep up. I just can't. I'm stressed. I'm exhausted trying to figure out what we're all supposed to do, believe, and be outraged by next.

Who are the experts, and does anyone really know? Don't wear masks...wear masks, but only good ones. Wait, don't wear any mask, no, wear a mask. Oh I'm not sure, but if you don't wear a mask you are selfish because you could be an asymptomatic spreader. Oh wait, that's not a thing anymore.

It's summer, and I am dying to travel. The rules change, the statistics change, tens of thousands march arm in arm and that's ok, but a cruise ship, resort, or plane isn't?

We are seniors and travel has been our life for 30 years. This pandemic has turned our world upside down, and no one really knows what the best solution is.

However, with so few years left we practice due diligence when we make decisions. We have been in constant contact with cruise/air/hotelier CEO's and presidents. We know all the ins and outs of these venues – we know what has changed and what that means to travel. We have seen the changes being made and understand, just like after 9/11, we may have to travel differently...but we will travel.

Our first cruise is in September 2020. If you would like updated travel information contact **Chris or Betty at 321-978-5211**.

Travel safely and, in the words of Paul Coelho, "If you think adventure is dangerous, try routine, it's lethal."

*\*We donate a portion of our proceeds to Helping Seniors of Brevard.*



# 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, FL 32935  
www.rhodeslawpa.com  
321-610-4542

**The Law Office of**  
**Amy B. Van Fossen, P.A.**  
1696 W. Hibiscus Blvd., Ste A  
Melbourne, FL 32901  
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  
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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### CARE MANAGEMENT / ADVOCACY

**Total Long-Term Care Consultant Services**  
6767 N. Wickham Rd. Suite 401  
Melbourne, FL 32940  
info@tlcconsultantservices.com  
321-752-0995

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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  
www.CompassionateDownsizing4Seniors.net  
321-576-2147

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### FINANCIAL PLANNERS

**August Velten & Associates**  
2955 Pineda Plaza #104  
Melbourne, FL 32940  
www.augusthvelten.com  
321-622-7272

**Financial Cornerstone Group**  
Retirements • Investments • Insurance  
Rockledge and Palm Bay Locations  
www.yourfcg.com  
321-735-4994

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### HEALTH

**Holistic Health Center**  
Dr. Kevin Kilday  
Palm Bay, Melbourne, Merritt Island, and Viera  
www.holistichealthcenter.us  
321-549-0711

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# Helping Seniors Of Brevard

## SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

### HOME BUILDERS

**Monarch Homes of Brevard**  
Model address 1728 Tullagee Ave.  
Melbourne, FL 32940  
[www.monarchhomesofbrevard.com](http://www.monarchhomesofbrevard.com)  
321-806-3948

### HOME REPAIR

**Hansen's Handyman Services**  
Quality Home Repairs  
321-302-9441

### HOSPICE

**VITAS Healthcare**  
4450 W Eau Gallie Blvd, Ste 250  
Melbourne, FL 32934  
[www.vitas.com](http://www.vitas.com)  
321-751-6671

### IN HOME CARE

**Avid Home Care, LLC (non-medical)**  
2425 N. Courtenay Pkwy Ste 10  
[www.avidhomecareservices.com](http://www.avidhomecareservices.com)  
321-392-3400  
[traci@avidhomecareservices.com](mailto:traci@avidhomecareservices.com)

**CSI Caregiver Services, Inc.**  
2475 Palm Bay Rd NE, Palm Bay, FL 32905  
[www.csicaregiver.com](http://www.csicaregiver.com)  
321-722-0009

**Home Health Care Resources Corp.**  
Serving All of Brevard County  
[www.homehealthcrc.com](http://www.homehealthcrc.com)  
321-677-2577

**Just a Friend Elder Care**  
4650 Lipscomb St. #14, Palm Bay, FL 32905  
321-527-4019

**Seniors Helping Seniors**  
1103 W Hibiscus Blvd, Ste 400  
[www.seniorcarebrevard.com](http://www.seniorcarebrevard.com)  
321-722-2999

### INSURANCE & FINANCIAL SERVICES

**Allstate: Niki Jones Agency**  
[www.allstate/nikijones](http://www.allstate/nikijones)  
660 E. Eau Gallie Blvd, Suite 104  
Indian Harbour Beach, FL 32937  
321-773-3394

### MOBILITY SCOOTERS

**Dynamite Travel Scooters**  
PO Box 360064, Melbourne, FL 32936  
<https://www.dtscooters.com>  
1-800-697-6765 Ext. 3

### MORTGAGE

**Reverse Mortgage Funding**  
977 Long Meadow Road, Melbourne  
[www.reversefunding.com/Barbara-Mcintyre](http://www.reversefunding.com/Barbara-Mcintyre)  
321-698-4739

### MOVING

**A Mother's Touch Movers**  
[www.motouchmovers.com](http://www.motouchmovers.com)  
321-253-6040

### OPTICAL

**Eye Clinic and Laser Institute**  
Offices in Merritt Island, Melbourne, Port St.  
John and Suntree  
[www.youreyeclinic.com](http://www.youreyeclinic.com)  
321-453-3937



# Helping Seniors Of Brevard

## SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

### PEST & TERMITE CONTROL

**Beachside Termite and Pest Control**  
Serving all of Brevard County  
[www.getbeachside.com](http://www.getbeachside.com)  
321-750-4100

### 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)

### PRINTING

**Allegra Design, Print, Mail**  
2040 Murrell Road, Rockledge  
[www.allegrarockledge.com](http://www.allegrarockledge.com)  
321-242-1006

### REAL ESTATE

**Barbara Wall, Broker Associate**  
Berkshire Hathaway Home Services FL Realty  
2000 Highway A1A, Indian Harbour Beach  
[barbara@barbarawall.com](mailto:barbara@barbarawall.com)  
321-749-2444

**Brevard Relocate Realty Group**  
Specializing in 55+ Buyers and Sellers  
1894 S. Patrick Dr., #D, Indian Harbour Beach  
**FREE CONSULTATION CALL 321-428-2160**  
[www.BrevardRelocateRealty.com](http://www.BrevardRelocateRealty.com)

**Enhanced Property Investments**  
P.O. Box 236724  
Cocoa Beach, FL 32923  
[www.enhancedpropertyinvestments.com](http://www.enhancedpropertyinvestments.com)  
321-351-3222

**Veterans Realty of Brevard**  
1675 N. Atlantic Ave., Cocoa Beach, FL 32931  
321-868-1833

### SENIOR ADVOCATES

**Forget-Me-Not Senior Care Advocates**  
1894 S. Patrick Dr.  
Indian Harbour Beach, FL 32937  
[www.forgetmenotsca.com](http://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](http://www.AddingtonPlaceofTitusville.com)  
321-383-2112

**Hibiscus Court Assisted Living and Memory Care Community**  
540 E. Hibiscus Blvd, Melbourne, FL 32901  
[www.slm.net](http://www.slm.net)  
321-345-9830

**MARTHA'S House & ALF**  
6-bdrm assisted living, Heritage Isles  
3831 Funston Circle, Melbourne, FL 32940  
[www.MarthasHouseALF.com](http://www.MarthasHouseALF.com)  
321-978-5315 / FAX 321-978-5316

**Zon Beachside**  
1894 S. Patrick Drive  
Indian Harbour Beach, FL 32937  
[www.zonbeachside.com](http://www.zonbeachside.com)  
321-777-8840

### TRAVEL

**Helping Seniors of Brevard Travel Club**  
Merritt Island, FL 32952  
[travelcenterusa@gmail.com](mailto:travelcenterusa@gmail.com)  
(321) 978-5211 • Chris & Betty  
We create "trips of a lifetime" for seniors



# 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](mailto:info@HelpingSeniorsof)**

**[Brevard.org](http://Brevard.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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# Helping Seniors Of Brevard



## Building a Care Plan

*Joe Steckler  
President and Founder  
Helping Seniors of Brevard*

Putting together a care plan that changes as the senior ages is a real challenge and can become mentally and financially overwhelming. Starting early in the care process is important so that you can take advantage of affordable services that will help keep costs down.

Our nonprofit organization, Helping Seniors of Brevard, was founded in 2011 to make people aware of what's available to assist them. Although I cannot talk to all elements of care, I can make you aware of many that will help you develop a care plan.

Since all care elements are not equal in quality, it is your responsibility to research whatever care you require. A care manager is a tremendous resource to help you do this.

In this article I will refer to in-home and facility care. In addressing the elements of either type of care, there are many considerations to address, though families tend to ignore the topic until they actually need it. Since care at home is less likely to be a financial burden and the kind of care most often sought, I will address that first.

Suppose that the person at home needs hands on care. While a family member can do these services, it is likely that some professional care will be required, so the cost of services goes up. However, it might be possible in early or even advanced care situations to mix and match family and professional services. For example, a family member could help with showering, and professionals could clean the house, prepare meals, and do other tasks.

There are a zillion scenarios that can keep a person safely at home where they might want to be. And the sooner the need for services is addressed, the longer they can stay at home. In home care includes skilled care, wound care, hands on care, etc. A professional care manager can help you develop a care plan. You can also call us to seek advice. There are many services available that you should know about.

Once outside a home care setting, facility licensing becomes important, for there are various licenses a facility must hold to care for a patient. Across the United States, even here in Brevard County, there are many "mom and pop" facilities for up to three patients. These can care for patients without a license. Since there are so many different scenarios, for the purposes of my column let us talk to the needs of the patient.

Two common types of care facilities are assisted living (ALF) and nursing homes. In ALFs, the patient is still able to function with limited care by certified nursing assistants. The monthly fee for a good ALF is around \$4,500. Once the patient can no longer live without assistance, care is provided in a nursing home. This is the most expensive type of LTC, with costs closer to \$10,000 per month. How do people pay these costs?

Most people start with a good care manager. Professional care managers are very knowledgeable about facility care options and can help you qualify for different funding sources. If you have done some advance planning, long term care (LTC) insurance can be a major factor in what you can afford. Most people mix and match various financial assets like LTC insurance, social security, other insurance, and private resources to pay monthly costs. If a person has no assets, Medicaid can be used to pay for nursing home care.

Once you have placed a loved one in a facility, they do not become out of sight, out of mind. Even though you are paying for care, your responsibility has not ceased. In many cases your help is needed to assist the patient in adapting to a new environment. We sometimes read horror stories about under staffed nursing facilities. You might consider enlisting various family members to visit and help feed the patient, giving staff members a small break.

I have only touched the tip of the iceberg concerning in-home and facility care. Helping Seniors is a perfect place to start in figuring out your individual plan of action. The time to start planning is now, as you never know when such care might be needed. Call us at 321-473-7770 or visit [www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org) to discover many resources. Help is available.



# Helping Seniors Of Brevard



## Technological Options to Engage Seniors

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

As Florida continues to 'open up' following measures to protect residents from the transmission of COVID-19, some residents are still encouraged to refrain from outside contact. While these measures are important to protect vulnerable persons, the inherent social implications may result in emotional and mental decline.

Attempts to ease the psychosocial impact have resulted in some interesting options that have not been collectively utilized in the past.

The State of Florida's Project: Vital was implemented to connect Florida seniors in assisted living and skilled nursing facilities to their families through virtual technology (tablets).

As Certified Care Managers and Brevard County's only Board Certified Patient Advocates, we utilized our computer/cell phone equipment to provide virtual visits with our clients and their loved ones, as well as their physician virtual appointments. We connected one client to family members in the U.S. and England in the same call, and the emotional uplift was dramatic.

The Department of Elder Affairs has partnered with Ageless Innovation to provide Robotic Companion Pets (cat or dog that normally retail over \$100) or a pre-loaded music compilation MP3 player. These devices are provided **free** to seniors and can be requested at <http://elderaffairs.state.fl.us/>.

One of our ALF clients holds her robotic dog and strokes it as it lays on her lap. The use of this robotic pet has resulted in a significant decrease in her previous behavioral outbursts, which made it very stressful for her caregivers.

While many may not recognize the value of these technological options, we can unequivocally testify to their psychosocial benefits for seniors.



## At Home Caregivers Need More Awareness of COVID-19

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

COVID-19 is typically signaled by three key symptoms: a fever, an insistent cough, and shortness of breath. These symptoms often present differently in older adults.

Fever, for example, may be slightly elevated or absent entirely during infection for older adults. Respiratory symptoms may either be masked or exacerbated by co-occurring diseases, such as COPD, which can cause shortness of breath, or asthma, which can cause insistent coughing.

Keep a closer eye on kidney dialysis patients or people with chronic lung diseases, heart conditions, severe obesity (BMI above 40), diabetes, chronic liver diseases, or immunocompromised diseases including cancer-HIV-organ transplants.

Also be aware of seniors not acting like themselves such as sleeping more than usual, stopping eating and talking, confused or losing orientation to their surroundings, or complaining of dizziness and falling.

Heightened awareness is needed to identify COVID-19 symptoms and get seniors urgent medical care. Seniors need additional measures of care and protection at all times.

The following is the most difficult for many seniors and their family members, but it has to be done. Develop life care and end of life plans. A life care plan summarizes your health conditions, medications, healthcare providers, emergency contacts, and end-of-life plans such as living wills and final wills with advance directives. Life care plans improve overall medical management. Complete your life care and end of life plans in consultation with your medical doctors and your lawyer.

*Dr. Kevin Kilday, PhD, D.Psc, Holistic Health Center Director, Nutrition and Pastoral Consultations, Specialties: Natural Cancer Solutions, Holistic Addictions Recovery, Natural Pain Relief. 321-549-0711*



# Helping Seniors Of Brevard



## Legal Documents in the Age of Coronavirus

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

The coronavirus pandemic should make everyone review what legal documents they have in place for such an emergency. A review of your last will and testament, revocable living trust, durable power of attorney, and advance health care directives should be undertaken. Make sure these documents are up to date and express your current wishes.

Obviously in the time of a pandemic, you should have your advance health care documents in place. This includes having a designation of health care surrogate to name who would make your health care decisions if you are unable to give informed consent, as well as a living will expressing your end of life wishes. Both are very important should you be rendered incapacitated by this threat.

Similarly, a durable power of attorney should be in place naming someone to manage your financial affairs should you be unable to do so. Someone will need to pay your bills and manage your finances if you become laid up.

Lastly, it is very important to have your estate planning documents prepared. A valid last will and testament and a revocable living trust are needed. Do not forget that your beneficiary designations are likewise very important.

And if you or a loved one finds themselves in an assisted living facility, nursing home, or hospital, it may become impossible for you to sign documents because of the restricted access. So do the planning now and stay safe!

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

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