



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,

As president of Helping Seniors I can tell you that this pandemic has made life more difficult for many nonprofit organizations, and we are no exception. We started our car raffle fundraiser in October 2019. The start of most fundraisers is usually pretty slow; you pick places to sell tickets where people will do their best to support you.

We did that, yet the return was about half the year before, so we knew we had our work cut out. The year passed much too quickly, and then came coronavirus. Once a fundraising event is slowed, or the date is changed, restarting publicity is difficult. I am truly pleased and thankful that there have been so many repeat donors for tickets, as well as new donors through our social media efforts. We are not out of the woods yet, but are grateful for both old and new donors.

Mark Pieloch, owner of the American Muscle Car Museum, is working with us to follow the rules set by the Governor for events the size of ours. Once we are able to determine just what we can do, we will do our best to inform all ticket holders. I also want everyone to know that if you made a donation for tickets at any time since we started this event last fall, you are still entered in the drawing. If you have questions call 321-473-7770 or go to Helpingseniorscarraffle.com and make a donation for your tickets.

While we have had to change how we conduct meetings, programs, and classes, we have not changed our efforts to help those in need. Phone lines have been busy, and we believe all questions and needs have been met. I can tell you that this pandemic has surfaced new challenges, but we will continue to assist you. We know, more than anything, how much we are needed in the community.

We will be most thankful for your continued support.

Joe Steckler
Elder Advocate



Helping Seniors Of Brevard



Helping Seniors Senior Services Directory

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



Kim's Corner

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

Breaking news: Two of the most respected names in Senior Living – **Helping Seniors of Brevard** and **Senior Scene Magazine** – have teamed up to bring you the Space Coast’s top **Senior Services Directory!**

Combining the resources of both organizations to deliver Brevard County’s best and most frequently updated **Senior Services Directory**, this expanded resource is now available in print form – and updated monthly - in the popular (and free!) **Senior Scene Magazine** – available county-wide at 500 pickup locations and online at **HelpingSeniorsDirectory.com** in an electronic, easy-to-search tool that is mobile friendly as well. The directory is available also on both organization’s websites.

Have a business that could benefit from reaching the 250,000+ seniors 50+ (not to mention the 125,000+ seniors 65+) in Brevard County? Listings are available at just \$1/day – call us at 321-473-7770 and claim your space

The new and upgraded **Helping Seniors and Senior Scene “Space Coast Senior Services Directory”** is available to help you find the resources and tools designed to assist you!



Here at Kim’s Corner, there is always something happening. As we get ready for the various upcoming events, my phone continues to ring with people who are in need.

I get callers wanting services for the well-being of loved ones, and others who just want to share life’s memories of the past. But the story for this month is from a caller of whom I have spoken with on various occasions.

A sweet elderly lady in her late 80’s was having a medical concern (not an emergency), and decided to give me a call. She has not been to a doctor in many, many years and would much rather speak with a pharmacist for an over the counter remedy, similar to one of an apothecary with a potion to cure any ailment or condition.

As I listened to her situation, I believe she needed a medical professional for her concern and explained to her that it’s a good time to have a doctor for what I call, “unwanted and unexpected events.”

Since she did not have a family physician, (nor did she want one), I talked with her about the importance of having a doctor in case something happens to her medically. We talked for some time about this subject and by the end of the conversation, she was asking me to help her find a doctor in her area. I found one, and she thanked me for everything that I do.

Stay safe and healthy!

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



Why See a Younger Dentist?

*Lee Sheldon, DMD, PA
Solid Bite*

I'm proud to announce that my son, Dr. Matthew Sheldon, has been selected to "40 Under 40" as one of the top 40 dentists in the U.S. under the age of 40 by a national dental publication, Incisal Edge magazine.

So let me tell you a little about my son and why he has achieved this award at the age of 35.

Matthew completed his dental training at Tufts and then went on to an Advanced Education in General Dentistry program at Texas A&M Health Sciences Center, where he studied under a number of professors led by Dr. Charles Wakefield, a noted teacher and restorative dentist. He quickly made his mark as a resident.

After completing his residency, it was Matthew's chance to select a practice. He selected mine, a periodontal practice, within which to practice restorative dentistry. Instantly, he took on a challenge far beyond his years.

Our patients had far greater needs than anyone would see in a residency. Full mouth dental implant cases, cosmetic cases, periodontally compromised cases, and full reconstructions. Dentists twenty years his senior often wouldn't see the complex cases that Matthew saw the moment he started.

While I was able to mentor him, Matthew had to succeed on his own. And he did. And now, six years later, a national organization recognizes his achievements.

Some might say that the safest way is to "go with the flow." When the flow is going in the best direction, perhaps that is good advice. But the flow usually goes downhill.

The person who separates him or herself from the pack, looking at ethics as the standard, may move an entire group in the right direction. And that is what Dr. Matthew Sheldon does every day.



More Than a Melody: Music Therapy Brings Out Best

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

Peggy, a music therapist for VITAS Healthcare, strums a G chord on her guitar. "I'm in love—I'm all shook up," she sings, and she's not the only one.

VITAS patient Patricia, in her 80s and living with dementia, sings every word she remembers and mouths the handful she doesn't. Patricia sways, claps, and smiles, happy as an Elvis super fan could be.

The heartwarming music therapy session, captured on video by one of Patricia's caregivers, highlights the palliative potential of this musical intervention.

"Whenever I go to meet Patricia, her caregivers... always notice a difference after her music therapy sessions. Her mood and her affect are brighter; she's more pleasant and calmer," says Peggy.

As with any hospice or palliative care intervention, music therapy is aligned to the diverse goals and wishes of each individual patient. For a dementia patient such as Patricia, a care plan may focus on mood management and gentle sensory stimulation. For others, music therapy can encourage reminiscing, prompt creativity, or promote movement.

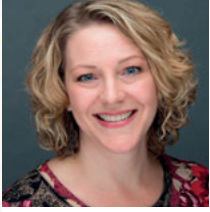
Depending on the patient's needs, goals, and level of ability, Peggy may help them write a song, improvise a melody, or practice percussive rhythm. Sometimes she works with a chaplain to contribute music to a spiritual service. Whatever the method, Peggy constantly assesses the patient's responses and adjusts as necessary.

Music therapy is a surprisingly complex modality. But in just a few words, Peggy simplifies it: "Music therapy is music with a purpose."

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.



Helping Seniors Of Brevard



Electronic Caregiver

*Jennifer Helin
Seniors Helping Seniors*

Last month Seniors Helping Seniors made the announcement of a company-wide partnership with the Electronic Caregiver. It confirmed what we already knew here in Brevard; Electronic Caregiver has great products with impressive technology. We began offering the products to Brevard County seniors in December 2019.

The announcement comes at a crucial time, as the COVID-19 pandemic continues to prove the biggest threat to the senior community. With an increased demand for Seniors Helping Seniors®, due to more people moving their loved ones to in-home care, Electronic Caregiver™ will benefit seniors on both the giving and receiving side of care.

Partnering with Electronic Caregiver™ allows us to continue to offer our services with the addition of remote patient monitoring, which will give families peace of mind that their loved ones are safe when they can't physically be there.

It can be as simple as an emergency alert button, but also includes GPS monitoring, medication reminders, and activity alerts. Remote health monitoring is also available with Bluetooth devices capable of monitoring weight, blood sugar, blood pressure, temperature, and pulse ox.

Electronic Caregiver™ is one of the fastest growing health technology providers in the U.S., offering automated solutions and safety devices nationwide. The company was founded in 2009 with the intention of improving health and safety monitoring and bettering people's lives.

Today, the brand is only a handful of nationwide service providers and has created Addison, the Virtual Caregiver™. She is a voice and visual sensing, 3D, AI-based, connected caregiver designed to transform a residence into a digital Smart Health Home.



Estate Planning: Failing to Plan is Planning to Fail

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

In today's world, there are many events which are not in our personal control, such as hurricanes and the pandemic. Fortunately, we can definitely control our estate plan, so let's take action while we can. Breaking down the process in a few simple steps will help you get the results you are looking for and put the task behind you:

First, get your legal checkup. Finding an elder law attorney who you are comfortable with and trust is very important. The right attorney will be able to help you get your plan set-up or review your existing plan. Don't wait to finalize your plan!

Secondly, know your plan. Getting your information together prior to meeting with an attorney will be helpful. This should include all of your financial accounts and family information. We all know that plans can change with family and financial specifics. You can always review your plan in the future and make appropriate changes based on changes in your relationship status, having children, changes in assets and changes in the law, just to name a few.

Finally, educate yourself. There are many educational resources which have information on wills, trusts, and advanced directives, such as a durable power of attorney, health care surrogate and living will. So how do you decide what you need? Having an idea of your goals and some basic information will help your attorney help guide you on what documents you need.

Estate planning can be a complex and emotional process, so finding an experienced attorney who can guide you through the process is highly recommended.

You can find many free educational resources on our website at www.rhodeslawpa.com. Call 321-610-4542 to schedule a free estate planning consultation and get the peace of mind of knowing you have the legal documents you need to protect yourself and provide for you and your loved ones.



Helping Seniors Of Brevard



Overcoming Crippling Fear During the Pandemic

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

People who typically worry much about their health react more strongly to health-related threats especially during a pandemic. This is what psychologists are calling **health anxiety**, a serious mental illness.

Health anxiety is characterized by an excessive and persistent fear of serious illness. It often leads to significant suffering and functional impairment.

In a recent poll, nearly half of Americans report the pandemic is harming their mental health. Emergency hot-lines for people in emotional distress registered more than a 1,000 percent increase in the last few months. Recently in one month, 20,000 people texted the federal Substance Abuse and Mental Health Services Administration hotline.

However there's some good news in this era of sheltering-in-place. While in-person talk therapy is the go to therapy to overcome a crippling fear of health threats, online therapy can be just as effective and has some significant advantages.

The online therapist can deliver the treatment regardless of the patient's geographical location. It makes it easier for people who are reluctant to seek psychological treatment due to perceived stigma. It is much more private and convenient having a session at home at any scheduled time of the day. No hassle taking time off from work or driving to a therapy session.

These are challenging times. We have to hang in there. Love God, love yourself, plus love, respect and help others. Always practice safety.

*Dr. Kevin Kilday, PhD, D.PSc, 321-549-0711,
www.holistichealthcenter.us Specialties: Pastoral
Counseling, Functional Nutrition, Nutrition Testing,
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Where Did This Behavior Come From?

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

Seniors are especially susceptible to Urinary Tract Infections (UTI) - a bacteria in the urethra, bladder or kidneys. The bacteria can grow quickly and cause extreme changes in behavior. According to Anna Treinkman, a nurse practitioner at the Rush Alzheimer's Disease Center in Chicago and president of the National Conference of Gerontological Nurse Practitioners, the immune response changes as we age, causing us to become more susceptible to infections.

The Alzheimer's Association indicates the following: "Sudden changes in behaviors and an increase in symptoms may indicate that your loved one has a UTI. Behavior changes and causes that seem to affect one's personality may include sleeping issues, anxiety, depression, confusion, aggression, delusions, hallucinations and paranoia."

While there may be those who may have 'silent' UTIs (no noticeable symptoms), many will exhibit classic signs such as dark or cloudy urine that may or may not contain visible traces of blood; strong odor; urgency to urinate, pain or pressure in the lower pelvic region; a low-grade fever; dizziness, loss of coordination, sweats, shaking or chills.

If you suspect your loved one has a UTI, contact their physician immediately. They may need to get a sample of the urine and have it cultured to determine what antibiotics the bacteria is sensitive to. Left untreated, permanent damage to kidneys, vital organs, or sepsis may occur. The sooner your loved one can get tested, the sooner their symptoms can return to normal.

*Tara Bailey, MPA, CMC, BCPA, RG, CSA, CDP
Total Long-Term Care Consultant Services
Patient Advocate Certification Board, Board of
Directors-Treasurer
Florida Aging Life Care Association, Professional
Development Committee Chair
Space Coast Guardianship Association, President*



8 Ways to Ease Into In-Home Care for Seniors

*Kelly McDavid-Rallis, Administrator
Home Health Care Resources Corp.*

You desperately need regular breaks, but your older adult absolutely refuses an in-home caregiver. What can you do?

Seniors often will not admit they need help, even if they are struggling with everyday tasks. In-home care can be a sensitive subject that leads to arguments or an immediate shutdown when you bring it up. Your older adult might see it as a waste of money, an insult to their abilities, or an invasion of privacy, or that they are losing their independence.

We have excellent advice from Home Health Care Resources Corp. with eight ways to make the transition easier.

1. **Start slowly and allow time for them to get used to the idea.**

Your older adult might need time to adjust to the idea of having someone in their house. Do not remind them that they are getting old or can no longer do daily chores or activities. Stay positive and focus on the benefits of in-home supports and their safety.

To ease the transition, start off slowly. At first, have the aide only come a few hours each week and focus on less personal tasks. Home Health Care Resources Corp. recommends four hours per visit for those who are independent and only need a little support. Then, add hours and additional tasks as your older adult becomes more comfortable with the idea and that person. Allow the aide to learn the client.

2. **Listen to your older adult's fears and reasons they do not want in-home care.**

Instead of shutting down objections, let your older adult express their feelings. They are more likely to also see the need when they have been heard and know that their opinion matters.

Understanding their concerns also helps you address those fears. Even better, involve them when you are selecting an agency so they can help choose the agency that will be caring for them.

3. Help them retain dignity by saying it is for you, not them. If you present the idea of in-home care as something that helps you rather than them, seniors might be more receptive. Let them know that getting support from Home Health Care Resources Corp. gives you peace of mind.

4. Recommend personal care if your older adult is nearing the end of skilled services like physical, occupational, or respiratory therapy to continue quality of care. Home care can even be used in conjunction with hospice to ensure extended support with activities of daily living.

5. Suggest housekeeping support as justification to keep their home sanitized and healthy with homemaking services provided by Home Health Care Resources Corp. Remember it is all about their needs rather than yours.

6. Offer to cover the cost or split the cost amongst family members. If your older adult is not directly paying for in-home care, you can suggest it is a gift for them. There are funding sources like long-term care Medicaid and grants that can help, or your older adult may have private long-term care insurance. This makes them more receptive, since they will be taking advantage of a free or reduced cost service.

7. Introduce the aide as a caregiver, not as a personal caretaker or maid. Another approach is to introduce the in-home caregiver as provided by an agency that background checks, pre-screens, and requires ongoing testing so they can feel secure that the person in their home can be trusted. That takes away the stigma of needing help and helps them trust the caregiver.

8. Tell them it is a temporary arrangement and is a trial period, no commitment and they can add or reduce hours as needed. It may be more acceptable to start using in-home care if your older adult thinks it is only temporary. Once the in-home caregiver becomes a part of their routine and they adjust to the idea, it will be easier to continue using the services.

For more information on home care services such as homemaking, personal care, companion and respite care, call Home Health Care Resources Corp. at 321-677-2577 or visit their website at www.homehealthcrc.com. **Humbly serving all of Brevard County, One Patient at a Time.*



Helping Seniors Of Brevard



Scleral Contact Lenses For Severe Dry Eyes

*Michael N. Mandese, O.D., F.A.A.O.
The Eye Institute for Medicine & Surgery*



Why Everyone Needs a Will

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

Some of the most frustrating conditions a person can experience with their eyes are blurred or distorted vision, severe dryness, excessive tearing or ongoing irritation. In many cases, the cause of these symptoms is a corneal surface that is irregular or that has some form of corneal disease.

Fortunately, there is a therapeutic treatment for such conditions known as scleral contact lenses. "Having ocular surface disease causes people to experience blurriness and distortion of their vision, and is not correctable by traditional eyeglasses or contact lenses," according to Dr. Michael N. Mandese, O.D., F.A.A.O., Optometric Physician and Chief of Neuro Eye Services at The Eye Institute for Medicine & Surgery.

Until recently there were relatively few nonsurgical treatment alternatives to help improve the quality of life for patients experiencing ocular discomfort or distorted vision due to corneal injuries or diseases.

The scleral contact lens compensates for the absence of a smooth corneal surface by providing what is, in essence, a new, enhanced ocular surface much smoother than the one that the patient presently had.

The new smooth surface created by the scleral contact lens bends light in a manner that was intended to help many people optimize their visual potential and eliminate blurriness and distortion they were previously forced to endure. Also, the space between the cornea and the back surface of a scleral lens acts as a fluid reservoir to provide comfort for people with severe dry eyes who otherwise could not tolerate contact lens wear.

Patients with severe dry eyes or corneal surface diseases may be excellent candidates for scleral contact lenses. To learn more, schedule a consultation with Dr. Mandese at 321-722-4443.

A Florida resident may benefit from having a will as soon as he or she turns 18. This may make it easier for parents of adult children or others to make medical decisions for them. This is done through a healthcare power of attorney, and a financial power of attorney may also be included in a will. Those who have gotten married or who have just had children may also benefit from a will.

A Last Will & Testament may prevent fights between a married couple and other family members if a spouse passes on. This may be especially beneficial to those who have gotten married for a second time. Parents who have a will may use it to name a guardian for their minor children. Older people may want to include a living trust and have assets flow into it through a pour-over will.

Regardless of how old a person is, it is important to consistently review the language in a will. As life events occur, it may be necessary to update it to ensure it still meets an individual's wishes. Changes to the law may also make it necessary to make changes to a will or other estate plan documents. Reviewing beneficiary designations every so often may also help a person meet his or her estate planning needs.

The use of wills and other estate planning documents may keep family disputes to a minimum or otherwise make passing assets to others as easy as possible. Therefore, beneficiaries may be able to get their inheritances in a timely manner without any hurt feelings or lingering squabbles with other parties.

It may be a good idea to talk with an attorney about drafting estate planning documents or to review documents that may already exist.



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- A 4-line Business Directory listing each month, for 12 months, in the online edition of the Helping Seniors Newsletter – published atHelpingSeniorsofBrevard.org.
- An online Business Directory listing every day, for 12 months, in the HelpingSeniorsDirectory.com online directory – receiving thousands of visits monthly – and in categories that seniors are actively searching for.
- A good feeling for supporting the work of Helping Seniors of Brevard – the Florida non-profit dedicated to operating the County's Senior Information Helpline.

(Based on annual commitment)

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The Helping Seniors 2020 Car Raffle

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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
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Grand Drawing
Saturday - October 10th 2020



HelpingSeniorsofBrevard.org

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Seniors, Don't Be Left Vulnerable

By Joe Steckler, *President, Helping Seniors of Brevard County*

Lately I have been reading various articles about seniors on fixed incomes who are out living their savings. To those of us who have reached a generous age, the mention of saving money in conjunction with senior services gets our attention. One article in particular, written by Brittany Mulligan, caught my eye because I thought the content sounded too good to be true. So, I decided to do some checking.

The article to which I am referring was published in the August 7th edition of Hometown News and titled "Brevard County Seniors Are Left Vulnerable". Indeed they are. Brevard County is the 10th most populous county in Florida, which is the third most populous state in America. Furthermore, we have over 165,000 seniors – so we need to be concerned about anything relating to us.

Brittany's article talked about programs promoted by the Senior Resource Alliance, such as Meals of Love delivered by the Brevard Alzheimer's Foundation and PEARLS, which

reduces depression in seniors through phone appointments. Although these are good programs, it shows an ongoing problem with how funding is allocated: millions of dollars are directed for care, yet not one penny goes to promoting the availability of services. Meanwhile, Florida's Medicaid program is woefully underfunded, and affordable housing is scarce.



When I first started working with SRA on the inadequacy of funding for Medicaid, my words fell on seemingly deaf ears. At that time (around 1995), I remember there were about 50,000 on the waiting list for service, and my recent check two months ago showed some 52,000 on the waiting list. We really are not making progress. It is election time now, with those in office and those running for reelection touting how much they have done to help us. If such were true, it would seem that programs such as Medicaid would have shorter waiting lists.

SENIORS, DON'T BE LEFT VULNERABLE continued on pg 47

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