



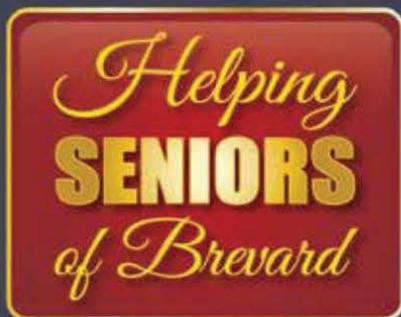
Helping Seniors Of Brevard

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,

We seem to be making progress with COVID vaccinations. I urge everyone to get vaccinated. I had my shots with no ill effects. Even after vaccination, we should continue to wear face masks, social distance, and use caution. Because there are so many unknowns with this virus, it is best that we all practice good safety measures.

The car raffle is off to a good start. Please contact us if you know a good location to show the cars and solicit ticket donations. Your support will enable us to let more people know how we might help them through our information and education programs. We also have speakers who will come to church or other local events to tell people what we do.

For years, I have written about assisted living facilities and nursing homes. My recent rehabilitation efforts showed me what excellent therapy can do to restore one's health. However, good outcomes do not just happen, it takes effort from the patient and attitude is very important. Therapists want the best results possible for their patients and generally speaking will work harder with those who strive to return to independent living.

Our senior helpline is a great resource if you are wondering about local care options or just want help getting started in the right direction to solve your problem. Call our education specialist, Kim Bernard, at 321-473-7770. She will follow up and make sure you are aware of any available assistance.

I also encourage you to read the article on page 2 by our media director, Kerry Fink, about the car raffle. Over the years you have not heard me make a money pitch in my personal column, but I will tell you that we, like many other nonprofits, are now more dependent on individual contributions, especially your support of the car raffle. We are grateful to all our donors.

Joe Steckler
Elder Advocate



Helping Seniors Of Brevard



The 2021 Helping Seniors Car Raffle is ON!

Kerry Fink
Helping Seniors of Brevard



Kim's Corner

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

We are so thrilled to be back for 2021 with our main fundraiser – the Helping Seniors Car Raffle! Your generosity is what keeps Helping Seniors (now in our 10th year) going and able to serve the fast growing senior population.

Last year's car raffle winner, Troy Darling, is zipping around the streets in his new 2020 Chevrolet Camaro, while the 2019 car raffle winner, Karen Hoodless, is enjoying her 2019 Dodge Challenger – and YOU could be the 2021 car raffle winner and choose between a 2021 Chevrolet Camaro, 2021 Dodge Challenger, 2021 Mazda Miata convertible, or a 2021 Kia Sportage from our friends at Boniface-Hiers automotive.

If I had to put a title on this month's article, it would be, "When a Friend Helps a Friend." This incoming call made me smile, and I hope as my readers that it makes you happy too. No matter your age, you can always help a senior.

The call I received was from a man in Illinois. His friend, who will remain anonymous, is 94 years of age living in Cocoa and needed his help with getting a new computer. An avid surfer of the internet (even at the age of 94), he was looking to find a place nearby that had a good price to fit his budget.

When doing a little research online, I noticed a Best Buy store nearby. I highly recommended Best Buy for any computer purchases. Although there are many places to buy a new computer including office supply stores, my experience with Best Buy has always been a positive one. I have always had great service with online sales in addition to their Geek Squad Technical Support.

By the end of the conversation, he located a computer online that not only fits his needs to surf the internet, but also his budget. Since Geek Squad offers 24/7 technical support and anti-virus software, the new computer he sent to his friend is well equipped.

A happy story for an elderly man who wanted a little help from a friend.

Kim

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



(Photo – the Helping Seniors Team was recently at the Satellite Beach Lion's Club Car Show with an amazing Dodge Challenger and a Chevrolet Camaro. Thanks to all who came out to support and buy tickets!)

The 2021 Helping Seniors Car Raffle Grand Drawing is set for Saturday, October 9, 2021, at the American Muscle Car Museum. When you donate for your car raffle tickets (\$25 each or five for \$100), each ticket is an "Admit One" to a great evening at the museum. You can get your tickets online at HelpingSeniorsCarRaffle.com, by calling 321-473-7770, or at any Boniface Hiers dealership.

Be in it to win it!



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How to Tell You Need Your Teeth Extracted Due to Periodontal Disease

*Lee Sheldon, DMD, PA
Solid Bite*

Literally every day, people are having all of their teeth extracted due to periodontal disease. They are told that they have deep pockets and that they are only going to get worse; that they need to extract the teeth before they lose all of the bone support. This is a fatalistic view of periodontal disease. And frankly, it is untrue.

Here is a general rule. If your teeth are not loose, they can be saved. The statement, "Once you have lost bone support it can't come back," is also untrue. We've seen bone come back numerous times. And if we get to the source of the problem, bone loss stops.

If you are told that you need to extract your teeth, you should make an appointment for a second opinion with a periodontist. Periodontists are not all the same. We have different philosophies, different methods of treatment. But we know how to save teeth. If you're not referred, you can go to a periodontist self-referred.

We are bombarded with commercials that say you can have all your teeth extracted, put in dental implants, and that is the end of your problem. Unfortunately, those who lose teeth to periodontal disease also have a tendency toward periodontal disease around dental implants.

In our practice, we do lots of dental implants. And, in our practice, we look at both sides of the equation, saving teeth versus replacing teeth with dental implants. And therefore, we, as periodontists, can help you make the best decision for your tooth or teeth, saving them or extracting them.

Wouldn't it be better to save your natural teeth, if at all possible? See a periodontist.



Hospice Patient Skydives, Thanks to VITAS and VR

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

From the aircraft, VITAS Healthcare patient Kim peered out through the "open door" of her virtual reality (VR) goggles. Next, she was dropping from 10,000 feet, reminding her senses: You are alive.

As she neared the end of her life, her wish to fly one last time came true, thanks to her VITAS hospice team.

"It takes a lot of coordination, but when you have a whole team coming together, you can make anything work," says Daily, VITAS volunteer services manager.

After receiving a terminal diagnosis of cirrhosis of the liver, 64-year-old Kim was referred to hospice care and started to focus on what she could feasibly achieve in the time that remained.

"One day [Kim] mentioned that she'd been skydiving in the past and wanted to do it one last time," says Tammy, Kim's nurse.

Daily and her VITAS team delivered VR technology to Kim's home as a simulated version of the skydiving experience. One of Kim's nurses stood ready with the fan as Kim donned an Oculus Rift VR headset.

At one point, Kim stood from her chair, ecstatic with the sheer sensation of it all. After "landing" safely on the ground, she immediately began showering the team with appreciation.

For Kim, the experience was a dream come true. But Tammy says that her patient still jokes about skydiving—and bringing her favorite nurse along for the ride.

For more information about end-of-life care options, call VITAS Healthcare at 321.339.2893 or visit VITAS.com.





Private Caregivers Essential to Dementia Care

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

Only 26% of family caregivers help adults with elderly dementia, making them a minority even within the caregiving community. However, significant research on the demographic points to specific challenges, including level of intensity and length of care:

- Dementia caregivers are more likely to provide “high-intensity care,” according to the level of care index, a measure medical providers use to rate how much care a recipient needs. This means people who care for loved ones with dementia offer assistance with more activities of daily living (ADLs) and spend more time each day on caregiving than non-dementia caregivers.
- Dementia caregivers also report higher amounts of strain, mental and physical health problems, and caregiver burnout, according to a study of 1,500 family caregivers in *The Gerontologist*.
- More than half of dementia caregivers provide care for four years or more, significantly longer than family caregivers for people with other age-related diseases.
- People with elderly dementia typically require more supervision, are less likely to express gratitude for the help they receive (due to inability) and are more likely to be depressed.

Emotional risks

Dementia caregivers report higher levels of stress, more depression and anxiety symptoms, and lower levels of subjective well-being than non-caregivers, according to an Alzheimer's caregivers study by researchers at the University College of London. Caregivers who feel unprepared or trapped in their role experience more significant mental health effects than those who chose or expected to provide care.
(to be continued)



Hearing Loss and Crucial Connections

*John Roberts, BC-HAS
(Board certified Hearing Aid Specialist)
Palm Bay Hearing Aid Center*

I have a poster in my office with a very interesting quote from Helen Keller. This poster causes much debate.

I am just as deaf as I am blind. The problems of deafness are deeper and more complex, if not more important than those of blindness. “Blindness separates us from things but deafness separates us from people.”
(Helen Keller)



After many years of studying the effects of hearing loss, I myself would rather be blind than deaf. With 30 years in the field I have developed the ability to understand what people actually go through when they lose their hearing.

Untreated hearing loss causes us to socially isolate ourselves.

I have seen it with my own eyes! I will never forget, I was fitting someone with his first set of hearing aids. This client was clearly not connected to the world around him. His wife was answering questions for him. He just sat in his wheelchair with a lost look in his eyes.

What happened next, changed my life forever! When I put his hearing aids on, he changed before my eyes! The light in his eyes came back on, he joined the conversation, and I swear, he was sitting taller in his wheelchair.

This is one moment that reminds me, why I do what I do. He left my office a different person and I was a part of that. A week later I received the most beautiful thank you from his wife. Her exact words were “you gave me my husband back”. I am so proud to be part of that beautiful moment and strive to help as many people as I can.

Make hearing care part of your aging plan. The effects of long-term “untreated” hearing loss are far worse than getting hearing aids.



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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)

Call Helping Seniors today to get signed up!
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Helping Seniors Of Brevard



Lymphedema - Decompressing the Problem

*Traci Graf, RN
AVID Home Care*

The most common type of lymphedema is called “secondary lymphedema” and is believed to affect 1 in 1,000 Americans.

It can be a very difficult diagnosis to accept as a patient, as it is a chronic condition that will likely always need maintenance therapies. This can be very frustrating for people who were once active. Many people survive cancer only to be left with an issue that can decrease their quality of life.

The lymph system is damaged by trauma, cancer, or surgery and the result is dysfunctional drainage of lymph fluids causing extensive swelling, usually to an arm or leg.

The lymph system is an important part of the body’s immune system. It is a series of ducts, nodes, and organs that carry fluid containing proteins, salts, water, and white blood cells that fight infection throughout the body. Lymph ducts have one way valves that carry the fluid through the nodes which filter foreign substances like tumor and bacteria cells.

Lymph nodes are found in the neck, chest, armpit, groin, and abdomen. If you are having surgery where the lymph system will be damaged or disrupted in some way, the doctor will arrange for you to see a lymphedema specialist after surgery. You will be fitted for a compression garment and be taught how to manage the condition.

Patients need to be very protective of an extremity with lymphedema, even a small cut in the skin can cause a serious infection due to the inability of the body to move the bacteria out through the filter system.

Unfortunately, as a home health nurse it was my experience to come across many patients who have lymphedema and really do not know what to do about it. Some have had no trauma to the lymph system but have chronic swelling of the legs with no cardiac or kidney related reasons.

They may lack the resources to travel to and from a clinic several times a week and, since most therapies to treat it are considered maintenance, Medicare will not pay for the services in the home long term.

Skilled nursing home care agencies that are trained in lymphedema therapy may come to the home until an open wound is healed and at that point the patient will transition to outpatient.

The primary treatment is compression garments: some are layered wraps, some are made for when you are sleeping, some for when you are awake, and most are hard to put on by yourself.

Lymphedema pumps can often be obtained through insurance for the home. Some home care agencies can help by sending staff to help apply the compression garments.

Try to keep your sodium intake under 2,000mg daily, elevate your legs 2-3 times daily above the level of your torso for 30 minutes. Applying properly fitted compression garments first thing in the morning before swelling can occur is the most successful way to manage this common problem.

Want to Help Helping Seniors?

Donate



Helping Seniors of Brevard Inc. is a registered 501(c)(3) charitable organization. Your support helps us connect thousands of vulnerable seniors to the help they need to get what we all deserve: quality of life and peace of mind.

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 help support **Helping Seniors of Brevard** every time you shop at www.smile.Amazon.com.

Thank you for your gift!



Helping Seniors Of Brevard



Helping Can Be Rewarding

*Rick Broderick, Executive Director
Helping Seniors of Brevard*

Thanks for all the warm wishes welcoming us back to the Melbourne area. My wife, Mary, was finally able to leave the brutal cold weather occurring in the Chicago area and is glad to be here enjoying time with family and friends and especially, the warm weather. Thanks for your kind words of support and encouragement.

Since joining **Helping Seniors of Brevard County**, I have become much more aware of the successful impact on seniors by this organization due to its extensive effort to inform seniors on current critical and pertinent issues by way of the radio, TV, and print media. The radio and TV media feature discussions with knowledgeable business, medical, and legal professionals on current issues affecting seniors and available resources to address these issues. The print media features additional resources and related articles.

A great number of seniors and caregivers, who were desperate for assistance, have been helped through the media effort and the work of our staff responding to telephone calls and inquires on available resources.

The staff time and costs of the media production is considerable, but the feedback from the many seniors assisted through **Helping Seniors** is a true measurement of the success. We would like to expand some of these services with additional outreach but that will take additional funding.

Fundraising, as one of my key responsibilities, is always a major challenge but particularly in this current environment with all the federal, state, and local cutbacks for non-profits. To say that we need financial help is an understatement. We appreciate your consideration in helping us financially by making a donation for tickets for the car raffle,

which is our major fundraiser, as a sponsor or major contributor. Please consider moving up a level or just continuing to give, we so appreciate your support.

We are continuing to work to better showcase our efforts with regard to helping seniors. Over the year, myself and the staff will work to identify quantifiable progress in this area. We would also like to ask for your ideas on how we can better serve and reach those in need.

Too often the ones in real need are not reaching out because they have been closed off from all outside contact. You can help us to reach them by calling and giving them our number **321-473-7770** or calling us and giving us their contact info and we'll do the rest.

Helping Seniors is here to help, especially the seniors in Brevard County, through the information provided on current issues (radio, TV, and publications), responding to the concerns of individuals, and advising seniors of available resources. Addressing and responding to the issues that resulted in a desperate need for help is a concern to all of us. **Helping Seniors** is here to help address this need and with your help, we are making a difference. Thanks and we can't do it alone. Together we can help seniors not be alone!

If you want to help, please consider making a donation to this worthy cause so we can reach out to even more seniors over the remaining year. You can make an on-line donation at:

<https://helpingseniorsofbrevard.info/donate>

or you can send a check to:

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Your Medications Could Be Causing Nutrient Depletion

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

Most people do not realize that common medications deplete their bodies of vital nutrients essential to their health. Many of the conditions physicians treat may actually be related to nutrient depletion.

I'll show you how to avoid drug-induced nutrient depletion and discuss options for replacing nutrient-robbing medications with natural supplements that may help prevent chronic diseases. Following are prescribed medications and what they deplete:

- Cholesterol lowering medications - Coenzyme Q10, Vitamin E
 - High blood pressure medications - Calcium, Magnesium, Zinc, Phosphorus, Coenzyme Q10, Melatonin, Vitamin B6
 - Steroid drugs for inflammation - Calcium, Magnesium, Potassium, Selenium, Zinc, Beta-Carotene, B6, Folic Acid, B12, C, D, DHEA, Melatonin, Protein and AminoAcids
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 - Female hormone medications - Magnesium, Vitamins B2, B6, Folic Acid
 - Antibiotics - Vitamins B1, B2, B6, B12, friendly intestinal bacteria, Folic Acid, Niacin, Vitamin K, Biotin, Inositol, Vitamin C, Calcium, Iron, Magnesium, Zinc
- Drug-induced nutrient depletion is now very

common and has been proven. For prevention purposes the best thing you can do is take a high quality multi vitamin. For more information call 321-549-0711, Dr. Kevin Kilday, PhD, Holistic Health Center, Alternative Solutions for Cancer, Addictions, Pain, and Chronic Conditions



Don't Put All Your Eggs in One Basket: Medicaid Planning

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

Easter baskets full of goodies bring back happy memories, but also remind me of the warning to not put all of your eggs in one basket.

Medicaid planning can be used as a basket to help you plan for the future costs of long-term care. Did you know nursing home care costs \$8,000 to \$12,000 a month, and that neither Medicare nor health insurance pay for long-term care?

There are three ways to pay for long-term care: self-pay, long-term care insurance, and Medicaid.

Medicaid for nursing home care has strict income and asset requirements to qualify. The asset limit for an individual is \$2,000, and the income limit is \$2,382 per month. If both spouses are applying, the combined asset limit is \$3,000, and combined income limit is \$4,764. If only one spouse is applying, then the non-applying spouse's assets are limited to \$130,380.

If you are over the asset or income limit, Medicaid planning can be used to legally qualify for Medicaid benefits, and we can help!

Most people think they will not qualify for Medicaid. I would suggest anyone over the age of 65 or anyone with a disability should contact an Elder Law Attorney to find out the facts.

Call 321-610-4542 to schedule a free Medicaid and Estate planning consultation with Elder Law Attorney, Ruth C. Rhodes, Esq.





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Monarch Homes of Brevard, LLC

www.monarchhomesofbrevard.com

321-806-3948

Next Chapter Real Estate

www.nextchapterflorida.com

321-298-5562

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

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

321-777-8840



2021 FOUNDATION CRUISE HELPING SENIORS OF BREVARD

Oct 17th - Oct 24th 2021 - 7-Night Cruise Round Trip Port Canaveral

NEW DATES FOR A SAFER CRUISE



Sail with friends and family from Brevard County! Special Exclusive Helping Seniors Programs on board plus Special Musical Guest Lorri "I'd Like to Teach the World to Sing" Hafer, Jazz/Big Band Singer, who has toured the world with the Glenn Miller Orchestra, The Tommy Dorsey Orchestra and Les Brown's Band of Renown.

BACK TO SEA SPECIAL:

Limited Time Offer

Book an Inside Cabin & receive FREE Upgrade to BALCONY CABIN!



SPECIAL 7 NIGHT CRUISE TO HELP OUR SENIORS

Interior Deluxe Stateroom	\$ 790.00 per person
Ocean View Stateroom from	\$ 890.00 per person
Ocean View Balcony Stateroom from	\$ 930.00 per person
Junior Suite from	\$1320.00 per person
Quad & Triple Cabins Available	CALL FOR PRICING

Original Birth Certificate & Photo ID Required -or- Passport

Price Includes...

- Cabin * All Port Charges * All Taxes * Travel Insurance
- * Gratuities * Admin Fee * Fundraising Donation – Helping Seniors of Brevard * Special Seminars
- * Private Cocktail Party * World Class Casino * Comedy Shows * All Meals * All Entertainment
- * Work-Out Facilities * World Class Spa * Great Dancing * Live Bands

Price does not include...

- Wine, soda, specialty coffee, bottled water or liquor drinks •Alternative Restaurants •Parking •Excursions

Itinerary...

- Sunday Oct 17th Leave Port Canaveral at 6:00PM • Monday Oct 18th Ocean Cay Private Island
- Tuesday Oct 19th Ocean Cay Private Island • Wednesday Oct 20th Fun Day at Sea
- Thursday Oct 21st Cozumel Mexico • Friday Oct 22nd Costa Maya Mexico
- Saturday Oct 23rd Fun Day at Sea • Sunday Oct 24th Arrive Port Canaveral

EARLY BOOKING INCENTIVE - Book inside & receive free upgrade to Balcony

Payment Information

Initial deposit \$400.00 per couple
 Final payment July 15, 2021
 Cancellation: \$35.00 Admin fee
 After 07/15/21 You will get Future Cruise Credit



Contact: Helping Seniors of Brevard Travel Club Office 321-978-5211
 or Chris Morse 818-430-1480 Cell
Cruising the Sea of Excellence

Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit. Helping Seniors of Brevard - Senior Resource Center - 1894 S Patrick Dr - Indian Harbour Beach FL 32937. The Helping Seniors Travel Club is operated by Senior Travel division of The Travel Center - CST # 2000881-10 FST # 14672 - who is solely responsible for all travel arrangements.. A portion of travel commissions from Helping Seniors Travel Club Members travel funds the Helping Seniors Endowment.