



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,

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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,

I am truly pleased to tell you that Mr. Kerry Fink is our new Executive Director. He has been our Media Director for many years and is fully committed to serving seniors in Brevard. Leading a nonprofit requires him to wear many hats, give freely of his time, and be flexible in meeting challenges. Kerry has stated his desire to be our leader and

has the support of the Board of Directors.

The car raffle is progressing quite well. Since it is our primary fundraiser, I am always anxious to see it succeed and improve each year. Our goal is \$100,000 – while that may seem a large number, I assure you it is needed to continue our services to the people of Brevard.

Had the County Commissioners not eliminated the \$1 million that used to be available to nonprofits in Brevard, the task of serving homeless, needy, and frail seniors would be much easier. By the way, that number was less than 1/10 of 1% of the annual county budget. Many of us thought it was money well spent and worthy of being replaced by the Commissioners.

I have not said much about COVID 19, but it is very real and has affected many we know. Still, some people refuse to wear a mask, maintain a safe social distance, and be vaccinated. This refusal I do not understand. Being a senior, I got the shot as soon as I could, as did most seniors. What I do not understand is the reluctance of middle age and young to not avail themselves of the vaccine. I do ask that all consider the danger to themselves and others for failing to take the vaccine.

If you are not aware of our car raffle, check out our display page in Senior Scene Magazine. For a minimal donation, you could win a car, get a night out, have a chance to see some beautiful muscle cars, and enjoy refreshments. We will appreciate your support, thank you.

Joe Steckler
Elder Advocate



Helping Seniors Of Brevard



Opening Back Up!

Kerry Fink
Helping Seniors of Brevard



Kim's Corner

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

As we move into May 2021, the media is reporting that half of Americans have now had at least their first Covid vaccination. It is clearly evident that all around Brevard County we are "opening back up"!

While all the CDC directives (mask wearing, social distancing, hand washing, etc.) are clearly important for us to follow – 14 months later, we have become pretty good at keeping these precautions in mind, while also seeing a larger and larger percentage of seniors being fully vaccinated.

With that in mind, we at Helping Seniors of Brevard are so excited about some amazing opportunities that are coming. You may have already met up with us at one of our Helping Seniors car raffle automobile appearances (got your tickets yet? HelpingSeniorsCarRaffle.com or call us at 321-473-7770), or you may have seen our team out at many of the senior expos and events that are now opening back up as well.

There's even more good ahead – we are working with our friends at Zon Beachside to resume our monthly community information meetings that had become quite popular in 2019 and 2020, prior to Covid taking priority. We'll be announcing a schedule in June covering the remainder of 2021 for these important learning opportunities. They will be available both as in-person events (limited seating for maximum Covid safety) and also online via Zoom – so you can participate however you are best and most comfortable.

Additionally, we will be re-organizing our activities in the Helping Seniors Advocacy Council, where we are committed to helping our area government leaders consider ways to ensure that needs of seniors are being met, particularly as our area goes through unprecedented expansion with so many seniors choosing to call the Space Coast their new home each month. (*continued on p. 6*)

This success story is one that involved a veteran who previously lost his wife.

I received a call from a lady who was concerned for the well being of her elderly father, age 89. She works full time and isn't always there to cook meals for her father, who now lives alone. Although he is independent and still drives, his ability to stand and make food is just no longer there the way it used to be.

Doing what she could with the time she does have for her father, calling around to try and find someone to come in to cook for him was a daunting task attached to a price that neither could afford. Through an online search, she found our website and decided to give us a call.

As a result, I reached out to an agency to see what we could do to make this work for him. Just by making a couple of phone calls and following up throughout the day, this elderly veteran is now going to receive Meals on Wheels.

I always encourage caregivers of veterans to make sure they inform agencies of veteran status. After all, every senior matters, including our veterans. If you are a veteran, thank you for your service. And never hesitate to give us a call. We are here to help.

Kim

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



Foundation Fundraising Cruise

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Helping Seniors Of Brevard



Calculus – the “Root” of Periodontal Disease

*Lee Sheldon, DMD, PA
Solid Bite*

Let's get down to fundamentals, fundamentals of how you can keep your teeth. Let's let go of the commercials, the promises, the TV ads, many of which say that the only answer to periodontal disease is dental implants. Let's look at the basics of healing.

In a landmark paper about to be released in the Journal of Periodontology, Drs. Charles Cobb and John Sottosanti, well-respected periodontal researchers, define the very keys to success in periodontal treatment.

The fundamental treatment for periodontal disease is calculus removal, or *scaling and root planing*. To quote Drs. Cobb and Sottosanti, “*Good clinicians understand that SRP is a technically challenging procedure.*” That is an important point.

Thorough calculus removal is often hard to come by. It requires the following: a hygienist who is superbly talented and sharp instruments that can engage the calculus and thoroughly remove it from the tooth root. A sharpening stone should therefore be a part of every root planing procedure, as instruments require resharpener during the treatment.

Calculus is more strongly bonded to the root than the calculus is to itself. That means that in the attempt to remove the calculus, the calculus may break, leaving calculus on the root. The result? Continuing periodontal disease, continuing bone loss.

A thorough scaling and root planing procedure should only need to be done once. Repeated scaling and root planing likely means that all of the calculus was not removed in the first place.

If periodontal pockets remain after scaling and root planing, then it is time for you to see a periodontist. The periodontist has advanced instrumentation as well as the “eye” to see the source of the periodontal problem, remove it, and save your teeth.



Missing Someone You Love? Try These Tips to Heal

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

Feelings of hurt, loneliness, and sadness are normal when someone you love dies. These emotions are part of the grieving process and are likely to emerge around summertime holidays like Mother's Day, Memorial Day, and Father's Day.

VITAS® Healthcare, the nation's leading hospice provider for 40+ years, offers these suggestions to recover and heal from grief.

- Think of something you want that is available and make a plan to get it.
 - Think of people who bring you happiness and call one of them.
 - Take walks, spend time with a pet, or read a good book.
 - Listen to your favorite music, sing, dance, or play your favorite musical instrument.
 - Get involved in a craft or art project.
 - Take a relaxing shower or bath. Do deep breathing exercises to calm your mind.
 - Make a list of your strengths and concentrate fully on appreciating yourself.
 - Make a list of things you feel guilty about and forgive yourself.
 - Begin something you have been putting off.
 - Write down the funniest jokes you know.
 - Make a list of things you are grateful for.
 - Give something away.
 - Plan a surprise for someone.
 - Vividly re-live a life experience that made you feel extremely loved.
 - See yourself through the eyes of someone who truly appreciates you.
 - Sign up for phone-in or Zoom grief support group at [VITAS.com/SupportGroups](https://www.vitas.com/SupportGroups)
- If your sadness turns into depression,

consider seeking professional help from a clergy member, therapist, or grief counselor.

For more information about end-of-life care options, call VITAS Healthcare at 321.339.2893 or visit [VITAS.com](https://www.vitas.com).



Helping Seniors Of Brevard



Stressed Seniors

*Jennifer Helin
Seniors Helping Seniors*

We picture seniors on the golf course or laughing at lunch. What stress? Ask any senior dealing with medical issues, insurance, or caring for an ill spouse. The golden years are not always so golden.

My mom admits that she does not handle stress like she used to. Heart and lung capacity may be decreased so the body is slower to recover. Too much stress through the years can throw hormone levels out of balance. Stress hormones may be harder to regulate, produce too much, and take longer to shut down.

Many seniors complain about not sleeping well. Inadequate sleep prevents the body from fully recovering and worsens our emotional response. Our emotional rebound may be hampered by lack of social outlets. The result of too much stress may be more “senior moments”, increase the risk of dementia, and speed up the aging process. What can we do?

- Exercise! It increases endorphins, the feel-good hormones, is great for heart and lung health, and will help you sleep better.
- A positive outlook is a simple but effective way to fight stress. A friend always says, don't have a great day, MAKE it a great day. Cultivate gratitude every day, even for the little things in your life.
- Simplify. My mom is still incredibly active. She schedules too many things, then stresses how she will get everything done. Stop, prioritize. If your huge house is too much to keep up with? Downsize.
- Stay social. You still need “girlfriends” or “pals” to talk to. Laughing, venting, sharing with family and friends releases stress and increases our mental well-being.

At Seniors Helping Seniors, we help seniors “de-stress”. By shouldering a few tasks, we lighten the load. If we can take a little stress from you or someone you love, please call! 321-722-2999



Avoid Guardianship Before It's “Nacho” Choice

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

Happy Cinco De Mayo! Please forgive our play on words in the title, but we wanted to grab your attention to the importance of planning for incapacity. Many of us fail to plan for incapacity. It could be due to procrastination, paranoia, denial, expense, or other reasons. The truth is that the necessary planning probably isn't as expensive or as overwhelming as you may think.

According to the Alzheimer's Association, 1 in 3 seniors die with dementia! Did you know that without the proper legal documents, you may need a guardianship if you lose your capacity? Rest assured that with proper legal planning, guardianship can be avoided.

The basic legal documents used to avoid Guardianship are the Durable Power of Attorney (“POA”), the Designation of Healthcare Surrogate (“HCS”), and the Living Will (“LW”). The POA allows you to appoint person(s) of your choice to assist you with your financial and property matters. The HCS allows you to appoint person(s) of your choice to assist you with your healthcare decisions. The LW tells others what your personal choices are about end-of-life medical treatment. Other legal documents can be used to avoid guardianship also.

Sometimes, even with good planning, a guardianship may be necessary. Did you know that in the State of Florida, “any interested person” can apply to be your guardian? A Declaration of Preneed Guardian (“PNG”) will provide you with great influence over who will be appointed as your guardian if one is needed. Without a PNG, the Florida Statutes and a judge who doesn't know you will determine who will be your guardian.

Consulting with an elder law attorney is an important step in making your own decisions and taking control over your own destiny before it's “nacho” choice (read it out loud). Please call Rhodes Law, P.A. at 321-610-4542 to schedule a FREE consultation today.



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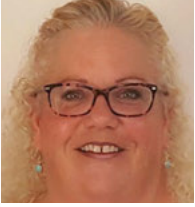
- A 5-line Business Directory listing each month, for 12 months, in the print edition of the Senior Scene Magazine – up to 14,000 copies published and distributed, free-of-charge, at over 500 locations throughout Brevard County.
- A 5-line Business Directory listing each month, for 12 months, in the online edition of the Senior Scene Magazine – published atSeniorSceneMag.com.
- A 5-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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or email us at
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Helping Seniors Of Brevard



Hip Fractures in the Elderly Population

*Traci Graf, RN
AVID Home Care*

It is estimated that more than 300,000 people over the age of 65 experience a hip fracture, mainly caused by falls.

Hip fractures are much more dangerous for the elderly, and surgery to repair them can cause a significant decline in independence. In one study, just 41% of patients over 90 treated with intensive rehabilitation became fully independent and ambulatory again. Various studies have shown a one year mortality rate of 21% for elderly patients with a hip fracture, while the 12 year mortality rate doubles.

One of the biggest risk factors for a hip fracture is being female – statistically 70% of all hip fractures occur in women! Other factors are smoking, osteoporosis, long term COPD medications, history of falling, and medications or medical conditions causing dizziness.

A femoral neck fracture is one of the most common types, occurring at the neck of the ball part of the joint. They are typical among elderly with osteoporosis and can cause a complication where blood flow to the joint is compromised, requiring emergency surgery to repair it.

The other most common fracture is an intertrochanteric fracture, which occurs about 3-4 inches below the joint and does not interrupt the blood flow to the joint. It is also usually an easier fracture to repair surgically.

Your orthopedic surgeon will choose the proper technique based on where the fracture is on the bones. Most fractures along the femoral neck or ball will require a partial or total hip replacement. Fractures farther down on the femur can be repaired with intramedullary rods or plates and screws. Intertrochanteric fractures are usually repaired with either pins or cannulated hip screws placed diagonally across the fracture line. Hairline or stress fractures of the femur are sometimes allowed to heal without surgery. During this time, patients will have a period of limited or no weight bearing.

There are some things we can all do to help prevent fractures:

- Eat a diet with sufficient levels of vitamin D and calcium.
- Exercise daily to maintain mobility.
- Have an annual eye exam to ensure your vision is good.
- Avoid smoking and excessive drinking of alcohol that can lead to balance and coordination problems.
- Remove fall hazards in the home, throw rugs, and electrical cords.
- Report any side effects of medications causing dizziness to your MD.
- Stand up slowly to avoid rapid changes in blood pressure and consider using a cane or walker if you are unsteady on your feet.

If you are over age 65 and you do fall, go to the hospital and get checked out to ensure there are no hip injuries. Be careful out there!

Donate



Want to Help Helping Seniors?

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



Senior Prom is New Beginning

*Reetu Haave
Director of Sales and Marketing
Hibiscus Court Assisted Living &
Memory Care Community*

Now that spring is here, we are looking forward to celebrating new beginnings, and this spring is especially important! Restrictions due to the pandemic are softening, and we are hopeful as we see a new beginning on the horizon.

We have learned ways to mitigate the spread with social distancing and masks. Maybe soon we can remove our masks and enjoy a smile and a hug. This is more important for our at-risk seniors who have been isolated the past year. Being able to socialize with less worry is within their grasp as we move into 2021.

For our residents at Hibiscus Court, timing couldn't be better! Many, if not all, residents and staff have received their second vaccine. Plans are in motion for our Annual Senior Prom, and we are hoping to celebrate in Hibiscus style ushering in a new beginning of many happy and healthy celebrations to come!

Imagine going to prom all over again! The excitement of a great ending and a new beginning wrapped up in a fabulous party for our residents. Morning activities include VIP hair and makeup appointments for the ladies in our beauty salon. After lunch, the staff assists residents with getting dressed for prom and all the festivities.

Families and community partners are invited to join the celebration! Between the photo shoots and limo rides, timing is key to get to the Top of the Court Ballroom to enjoy one of our favorite bands and dance the afternoon away. Prom King and Queen are chosen, and we end the afternoon with a lovely dinner!

This spring especially, we need to reach out to those who have been living in solitude since March 2020 and encourage them to celebrate spring. You can lead by example by sending cards to those far away, bringing neighbors a plate of treats, or setting up a fun karaoke afternoon or movie night in your driveway. Let April be the beginning of many happy and healthy celebrations to come!



Opening Back Up!

*Kerry Fink
Helping Seniors of Brevard*

(continued from p. 2)

And, of course, we are still looking forward to our October 17, 2021, Helping Seniors Travel Club cruise. All signals are GO for a lovely 7-night sailing from our home port of Cape Canaveral on board the luxurious MSC Divina. Check out HelpingSeniorsTravelClub.com and/or call 321-978-5211 for more information.



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Helping Seniors of Brevard is now in our tenth year of service to our community, under the guidance and vision of our president and founder, Joe Steckler. We are serving seniors in Brevard through the County's Senior Information Helpline and our extensive network of media designed to give you information to assist you in creating your own aging plan.

As Brevard County opens back up, you can be sure you will see and hear more about our work as the County's non-profit that is focused on and dedicated to the needs of seniors.

Thank you in advance for supporting the work of our organization. You can always learn more about us – and donate to – at HelpingSeniorsofBrevard.org.



Helping Seniors Of Brevard



New 4 in 1 Test – Food, Non-Food, Environment, Low Vitamins

*Kevin Kilday, PhD, D.PSc, CBHC
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Headaches, nausea, fatigue, constipation, bloating, diarrhea, acne, eczema, leaky gut... just some of the symptoms that can result from intolerance or sensitivity to a substance. A Food Intolerance Test will help you identify the foods and non-foods you need to avoid.

A food intolerance is difficulty digesting certain foods and having an unpleasant physical reaction to them. These symptoms usually happen a few hours after eating the food. It can be difficult to know whether you have a food intolerance as these are general symptoms that are typical of many other conditions.

Holistic Health Center now offers a **food intolerance test** that is a simple, non-invasive test using a few hair strands with results in a week. It is actually **4 tests in one**:

- (1) Food Intolerances (Sensitivity) covers proteins, grains, fruits, vegetables, beverages, dairy, fats, seafood, spices, sweeteners, and nuts.
- (2) Non Food Intolerances (Environmental Sensitivity) covers fabrics, cleaning materials, trees, grasses, flowers, dust mites, animals, and insects.
- (3) Vitamins Imbalances indicates which of the key vitamins, minerals, fatty acids, and amino acids the body is not absorbing properly from your food and/or supplements, and
- (4) Metals Intolerance (Sensitivity) covers over 50 heavy metals (some toxic and carcinogenic) that could be poisoning your body and causing intolerances.

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The diagnosis of a chronic disease (noncommunicable diseases such as cardiovascular disease, cancer, diabetes, and chronic respiratory disease) is wrought with emotions. Confusion, anger, fear, and denial are all common responses. Factors underlying most chronic diseases include tobacco use, harmful alcohol use, insufficient physical activity, and poor nutrition.

Health and wellness coaches can help people envision a future of healthier living and outcomes. There is solid evidence that demonstrates the positive health outcomes associated with health-coaching interventions.

The health coach supports the individual in assessing personalized options through the person's own 'expert lens', keeping the focus on what can be gained from the experience and how it aligns with their vision for the future.

As we work with clients facing a multitude of chronic ailments, we find that using our skills and consideration of social determinants of health is a tremendous benefit in assisting persons to realize a better health outcome.

The successful use of health and wellness coaching is well understood by hospitals, insurance companies, physicians, and CMS (Centers for Medicare & Medicaid Services). The focus on this healthcare initiative was originally found within the Affordable Care Act.

As a result of integrative medicine, physicians are reimbursed by Medicare based on chronic disease management outcomes. Insurance companies have now jumped on the bandwagon and are looking at the effects of chronic disease management and the associated premiums passed on to beneficiaries.

Today, the focus on improved quality healthcare and chronic disease management is taking a front seat in medical offices and will continue to shape the costs associated with improved outcomes.



Helping Seniors Of Brevard

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CarePlus Health Plans, Inc./Humana

www.careplushealthplans.com

321-751-7645

CSI Caregiver Services, Inc.

www.csicaregiver.com

321-722-0009

Ebony News Today

www.ebonynewstoday.com

321-220-4216

Enhanced Property Investments

www.enhancedpropertyinvestments.com

321-351-3222

Eye Clinic and Laser Institute

www.youreyeclinic.com

321-453-3937

Hibiscus Court Assisted Living and Memory Care

slm.net/Senior-living/fl/Melbourne/hibiscus-court/

321-345-9830

Holistic Health Center

www.holistichealthcenter.us

321-549-0711

Home Health Care Resources Corp.

www.homehealthcrc.com

321-677-2577

Hometown News

www.hometownnewsol.com

321-242-1013

Lee Sheldon, DMD - Solid Bite Dental Implants

www.drleesheldon.com

321-369-9788

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



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