

Celebrating Older Americans Month!



Aging UNBOUND

How we all benefit when older adults
remain engaged, independent,
and included.

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023



The 2023 Dodge Challenger

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MSC Seaside - Oct 12th and/or Oct 15th 2023
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Travel is Better with Friends.
HelpingSeniorsTravelClub.com

President's Message

A Word from Joe Steckler,
Our President & Founder



By the time you read this, Helping Seniors of Brevard will be installed in its new headquarters in the Senior Resource Center, located at 1344 S. Apollo Blvd., Suite 2-C in Melbourne.

In addition to our office, the Center will house a radio station, a television production studio, and a small room for conferences or meetings. One room will be dedicated to volunteers who will help implement a volunteer transportation program, teach basic computer skills to seniors, and spearhead development of a plan to bring about affordable housing.

When I sat down to start writing this message, I learned about a homeless father and disabled son who were brought to our attention late on a Friday. That is a difficult time to bring about any real help, but probably could have been done if it were possible to BEND, not BREAK, existing rules. However, I have found in my time in Brevard County that when city or county is involved there is little give and take room.

Put yourself in the place of an elderly father using a walker and a disabled son walking from Eau Gallie/US 1 to Daily Bread near downtown Melbourne. They had no transportation, no money until the end of the month, and no shelter of any kind.

There were many other problems, which I will not address other than to say I have encountered similar situations during my nonprofit work but was always able to put a temporary fix on such a problem with the contacts I had. Now I do not have those contacts, but it is my intention to again develop such capability in the new Center.

With YOUR help it will be done. Currently there are almost no facilities to assist homeless men and very few for women. We need to do better, and I assure you that improved efforts will be made through the new Center. Still, we will need your financial help. Thank you.



Need Help?
321-473-7770





Older Americans! Let's Take Over!

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

Everyone has joked from time-to-time, "Are there any adults left in the room?" And, as we celebrate Older Americans Month, we can respond with a smile, "There are more of us than there are of you!" In Brevard County, 1 in 4 is age 65+, and there are more Seniors 65+ than there are kids under 18! Literally, half of us are 50+ - and, as you know, AARP calls you Senior on your 50th Birthday!

Seriously, though, Seniors do need and deserve more attention, not only because Seniors keep things moving (paying taxes year after year and working hard to make a difference), but also because there are challenges that Seniors uniquely face and we need to work together to help as needed.

For 12 years now, Helping Seniors has operated the County's Senior Information Helpline (taking more than 5,400 calls in 2022) and the need for help is growing. With that in mind, as Helping Seniors moves into our new Senior Resource Center at the Apollo Professional Tower in Melbourne, we are embarking on a couple of ambitious projects and could use YOUR help!

We are always looking for financial help (donate to our Car Raffle, come cruising with us, send in a charitable gift), but right now we are talking about establishing the **Helping Seniors Volunteer Corps**. While this is just getting rolling, we'd love to hear from you if you are interested in helping meet and greet guests to the Center or helping directly in our service initiatives. We won't take a lot of your time, but so many have so much good experience and a heart to help, and we would value your gift of your time to us as well.

Get on the list today - give us a call at 321-473-7770 - and we'll keep you posted as we organize this important effort in the latter half of 2023. Thank you and let's do this!



Have You Thought About This?

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

Senior Living Options

Have You Thought About This?

When I think of my childhood memories, my Aunt Rose comes to mind. Aunt Rose was one of the most loving and giving people I've ever known and was also one of the most pragmatic people I have ever met.

When my aunt lost her husband of 50 years many years ago, my aunt made a bold move. She sold her home and she moved into independent living. She left her home of many years, the home that she shared with my uncle, the home where they raised their children, not an easy decision. But you see, as sentimental as Aunt Rose was, she was also practical. She knew that her beloved home for many years was too big for her to live in and maintain alone, and she enacted her Aging Plan. That's right folks, she got her ducks in a row.

When it comes to your own aging plan, it is important for you to consider where you may choose to live if your home has become too much for you to maintain. There are many independent and assisted living options here in Brevard County. The thought of moving and finding the right fit for you can seem overwhelming.

We have many trusted local Brevard County Senior Living Advisors that can help steer you in the right direction. The time to learn about and explore senior living options is now, before you need it. Consider contacting a local senior living advisor. Your local senior living advisor can take you on a tour of various independent and assisted living buildings based on your needs and wants.

For more information about a trusted local Senior Living Advisor, contact us at Helping Seniors of Brevard: 321-473-7770.



Memory Boosting Activities for Seniors

*Denise Bergman, CSA, CDP
Senior Care Authority Brevard*

As we age, our mental acuity can decline. Memory loss is a common issue for seniors, but there are activities that can help improve and maintain memory skills. Whether you are looking for an activity for an elderly relative or for yourself, here are some great activities.

Brain Games

Playing brain games such as puzzles, crosswords, and word searches can be a fun way to stimulate your brain and increase cognitive function. There are many apps available to play these games on your phone or tablet. You can also find printable versions online. These activities not only help memory but also help improve problem-solving skills, reasoning abilities, and visual processing skills.

Exercises For the Brain

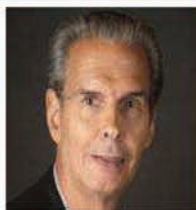
Just like physical exercise helps keep our bodies healthy, brain exercises can help keep our minds sharp. Many different exercises can boost memory, from writing down items to remember to repeating information aloud until it's memorized. Engaging in physical activities such as yoga or tai chi can also improve cognitive functioning and reduce stress levels, which may improve memory recall.

Get Talking

Storytelling is an excellent way for seniors to get creative while also exercising their brains! Storytelling encourages imagination and critical thinking while honing verbal communication skills. It's best done in groups so everyone can share stories and ideas with one another; this helps create an environment where everyone is actively engaged in the process, leading to better recall later on.

These are just a few of the ways seniors can help boost their memory. So grab your friends or family today and start getting creative – who knows what new memories will be made!

Looking for advice on how to engage with the senior in your life? We can help. Interested in eldercare consulting, in-home, or other senior living care options for your loved one? Reach out to Senior Care Authority today.



Think You Cannot Travel? Think Again!

*Chris Morse, Helping Seniors Travel Club
& The Travel Center*

For the past 40 years I have been helping seniors that think they cannot travel again travel all over the world.

As one of the few travel advisors that is Special Needs Certified and on the Board of Directors of Helping Seniors of Brevard, Betty and I have planned very special vacations for seniors who thought they could never travel again. What we do is truly not done by other travel advisors: we ask questions!! We make sure your trip is planned to fit your needs, your budget, and all your requirements. When was the last time the Internet asked questions pertaining to you and your travel needs?

For example, Senior Travel just presented our Doo Wop Cruise on Princess Cruise lines. Of the 300 seniors onboard, 23 needed scooters, 19 needed wheelchairs, 18 had special food requirements, 17 needed massages, 7 needed sleep apnea equipment, and 4 needed 24-hour personal support. We also had 4 refrigerators for diabetics, special plug ins for breathing equipment, and had ensured that the ship's doctor had supplies on hand for seniors who required shots during the trip.

This is an example of what Senior Travel can do for you when you want to take that special trip, visit relatives, or finish your travel bucket list. **YOU CAN NOW TRAVEL!**

The best way to experience travel is to join the Helping Seniors of Brevard cruise in October 2023. You will be with others from the community, the cruise gives back to our community, and we will have an amazing time together. We have a 3-day cruise for our special needs seniors, a 7-day cruise for those that can get away for a week, and our very special 10-day cruise. All these cruises include cabin, taxes, port charges, gratuities, beverage package, wi-fi and travel insurance at a fantastic price.

For travel information, to book your very special travel package, or to discuss any special needs or requirements you may have, please call Chris or Betty at 818-430-1480 or 818-618-1211.



Keeping Older Adults Engaged

*Hollie Fincher, PTA, LT, CDP, ED
Hibiscus Court Assisted Living*

How to keep older adults engaged, independent, and included:

I would like to start off by saying I have been in long-term care working very closely with residents for nearly 20 years. My goal is to end the stereotype of transitioning to assisted living as giving up or the end of life.

No, assisted living is not the home you're used to. However, the transformation I have seen throughout my years in health care from a senior being home alone with minimal activities, socialization, and mobility is more detrimental to one's health than having a fun filled day with entertaining activities, nutritious provided meals, and various outings, all while being supervised and assisted with medications and mobility if needed.

A medication error is the third leading cause of death. Having a trained medical professional assist with medications can help decrease this risk. How many of you stop and think did I take my medication today? How many of you are ensuring your medications are not expired or the dosages are correct? What does BID (twice a day) or TID (three times a day) mean? If you're asking yourself these questions, then it may be time for help.

I would say 95% of residents who transition into assisted living once acclimated truly thrive! Having an increase in mobility, walking, or peddling in a wheelchair to three meals a day is more movement than you'd get at home walking to the kitchen three times a day. With increased mobility you have increased muscle pumping, which decreases swelling.

How many of you have lower extremity swelling at the end of the day? As we age our vascular system does not work as well and the best way to decrease swelling is mobility and movement. Getting to meals alone is just the start of it. Assisted

living activities are geared towards movement and mobility. We have an exercise group each morning, various ball/balloon games, dancing, and singing to music and karaoke, which helps to maintain balance, strength, and mobility while having fun. Physical and occupational services are available as well.

How many of you have stopped going out because driving is unsafe or the hassle it takes to get in and out of the car through the store is too much anymore? Sometimes you revert to frozen meals that are quick and easy but are loaded with sodium with minimal nutrition. At assisted living you will have three nutritious meals provided, snacks as you'd like, and multiple alternatives if the meal is not to your liking. If you're a finicky eater you have your own fridge, and we assist you to the store so you can stock up on your preferences.

At assisted living our goal is to keep you as independent as long as possible and assist you where needed to allow aging in place. This means you don't have to go to a nursing home! For those of you who have been supporting and helping your parents at home, you can go back to being the child again since all aspects of care are being addressed at assisted living communities. How much more time would you have for yourself and your family if you didn't have to run and check on Mom and/or Dad on a regular basis?

If you're still not sure assisted living is the right choice, do a trial run. Here at Hibiscus Court community, we offer our Day Program where you can visit for the day. It's available from 9am-5pm with all activities, meals, medication management, and 24-hour care/supervision if needed.

Also, we offer our Respite Program where you can come for a week or a month+; there is no limit to your stay, you'll have access to all amenities, fully furnished room with cable and Wi-Fi. This allows families to vacation without worrying about their loved ones and helps with transition into assisted living.

For more information, contact Hollie Fincher at Hibiscus Court Assisted Living Community at 321-951-1050.



Helping Seniors Of Brevard



SENIOR RESOURCE
CENTER OF BREVARD



Helping Seniors of Brevard steps into a new level of service to the 300,000 age 50+ (with special focus for the 150,000 age 65+) who live in Brevard County.



The 5,500 sq ft state-of-the-art Senior Resource Center of Brevard, located in the South Apollo Professional Tower (Melbourne Florida), opening May 2023, will house the Helping Seniors Info Line (a free call for Seniors and their families at 321-473-7770), the Helping Seniors TV/Radio Media Center as well as a number of Resources designed to provide excellent service for Seniors.



Jennifer Barton, Seniors Helping Seniors owner & long-time member of Helping Seniors Board, settles into her new office, ready to serve!



The Reception Area of the Senior Resource Center of Brevard.



The Senior Resource Center of Brevard. Brevard County's Information Resource from Helping Seniors - intended to help Seniors navigate effectively through the challenges of aging.

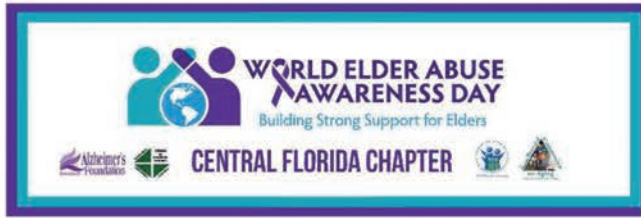
Through the generosity of the Omni Healthcare group, space in the premiere South Apollo Professional Tower, located conveniently near the hospital and medical campus in Melbourne, has been provided to Helping Seniors of Brevard for our centrally-located Senior Resource Center of Brevard.

The Helping Seniors Housing Task Force as well as the Helping Seniors Volunteer Force will headquarter here, as will a number of resource partners that help provide a solid patchwork of services to assist Seniors, and those who love and care for them, in navigating the many challenges that can come with aging.

Look for information on our Open House and special events calendar coming in June 2023!



Helping Seniors
Resource Center
1344 S Apollo Blvd
Suite 2-C
Melbourne FL 32901



Medicare Savings Programs

*Jerry Hadlock, Jr.
Medicare Insurance Agent*

World Elder Abuse Awareness Day (WEAAD) on June 15 is dedicated to raising awareness about the abuse and neglect that many elderly people face. It is an opportunity to promote respect for seniors' rights and dignity and encourage communities to take action to prevent elder abuse.

Elder abuse can include physical, financial, psychological, and sexual abuse, neglect, and abandonment. About 1 in 10 older adults experience some form of abuse or neglect, suffering significant harm to their health, well-being, and quality of life.

To prevent elder abuse, be aware of the signs, such as unexplained bruises or injuries, sudden changes behavior or mood, and financial exploitation. If you suspect an older adult is being abused or neglected, report it to the authorities or a trusted caregiver. To report abuse by phone, call the Florida Abuse Hotline (toll-free and available 24/7) at 1-800-962-2873 and press 2. To report via fax, complete the DCF fax reporting form and fax it to 1-800-914-0004.

Communities are taking many other actions to prevent elder abuse, including educating and training caregivers and healthcare providers, promoting social inclusion and engagement for older adults, and advocating for policies and programs supporting seniors' rights and dignity.

The Florida Department of Elder Affairs, Senior Resource Alliance, Brevard Alzheimer's Foundation, Brevard Commission on Aging, Aging Matters in Brevard, and other organizations are hosting a WEAAD program on June 15, 2023, from 9 a.m. to 12 p.m. at the Space Coast Health Foundation in Rockledge. The program includes information on protecting oneself from financial exploitation. Admission and parking are free, but please contact the Brevard Alzheimer's Foundation at 321-253-4430 ext. 104 to reserve your spot.

By working together to prevent elder abuse, we can help ensure that older adults can live safely and with the respect and dignity they deserve.

Get help from your state paying your Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) premiums through a Medicare Savings Program. If you qualify, Medicare Savings Programs might also pay your Part A and Part B deductibles, coinsurance, and copayments.

Apply for Medicare Savings Programs through your state. When you apply, your state determines which program(s) you qualify for. Even if you don't think you qualify, you should still apply.

In many cases, to qualify for a Medicare Savings Program, you must have income and resources below a certain limit, which go up each year. (For current limits, please go to www.medicare.gov/medicare-savings-programs).

You may still qualify for these programs even if your income or resources are higher than the limits listed. Some states don't count certain types or specific amounts of income or resources when deciding who qualifies.

1) Qualified Medicare Beneficiary Program - helps pay for Part A premiums; Part B premiums, deductibles, coinsurance, and copayments (for services and items Medicare covers). If you qualify:

- Medicare providers aren't allowed to bill you for services and items Medicare covers, such as deductibles, coinsurance, and copayments.
- You may get a bill for a small Medicaid copayment, if one applies.
- You'll pay no more than \$4.30 in 2023 for each drug covered by your Medicare drug plan.

2) Specified Low-Income Medicare Beneficiary Program - helps pay for: Part B premiums (You must have both Part A and Part B to qualify.)

3) Qualifying Individual Program - helps pay for: Part B premiums (You must have both Part A and Part B to qualify.)

Source for Information: Medicare.gov.

You can call Jerry Hadlock for Help. cell/text 321-720-4526.



The Senior Housing Crisis

*Traci Graf, RN
AVID Home Care*

Are you aware of what's happening in Merritt Island? Many large apartment complexes have been bought by a large group from Lakewood, NJ. All are zoned as "low-income housing/apartments" per the Brevard Public Appraiser site. While some residents may assume the properties will be cleaned up or crime decreased in those areas, there is also a different perspective.

These apartment complexes house people receiving state benefits and living on fixed incomes. Many tenants were hard working people all their lives but now due to age and physical disabilities can no longer work. They pay their rent and bills on time, attempt to save anything left over, their apartments are clean, they attend church and care about this community. Many of the people living in these apartments have been there 20 + years and are now in their 70's, 80's, and 90's. Many are veterans!

Their rents are being raised by \$300-\$700 a month - not sustainable for most of them. Where are they going to go as they are evicted? They are going to your yards, your streets, your parks, any wooded area they can find! The wave of homeless seniors is going to cause an increased burden on the already overworked medical field.

We do have a wonderful resource in Brevard called Senior 202 Housing, but it has a five-year waiting list. Rent is fixed and income based, utilities are covered, some even provide one meal and transportation. There are only six buildings in the county. It would be nice if the same kind of benefits in that program could apply to all senior citizens on fixed incomes no matter where they live.

What can you do? SPEAK UP! To anyone and everyone you know. Feel free to reach out to me either by email Traci@avidhomecareservices.com or at 321-506-8591. Business owners in Merritt Island need to get involved, there is power in numbers!



Is It Possible that I Don't Need Periodontal Treatment?

*Lee Sheldon, DMD
Sheldon and Furtado, PLLC*

They say I need a deep cleaning. Do I? That depends. As much as we talk about periodontal treatment in this column, many people see me for a second opinion. They've been told they have periodontal disease and need a deep cleaning. And when I see them, some don't.

Maybe they needed it and improved between their initial dental visit and their visit with me. I don't know.

Here's a rule: You don't need a deep cleaning if you have no pockets or bone loss. Loss of attachment between the tooth and the bone is the definition of periodontitis.

Gum tissue swelling and bleeding is "gingivitis." Gingivitis is caused by soft bacterial plaque and is easily reversed through good oral hygiene and regular professional cleaning.

If you are told that you have periodontitis, here's what you can look for:

1. You have periodontal pockets of 4 mm. or greater.
2. Those pockets are due to bone loss, not due to swelling of the gum tissue
3. You have dirty root surfaces with calculus (hard bacteria) below the gum line.

If you're still unconvinced, get a second opinion from a periodontist.

Unfortunately, periodontal treatment is being advertised within the dental profession as a "profit center" for their hygiene practices. Instead of health care, in an unethical practice, you become a revenue source.

You have to be careful within every business, and every profession, to be sure that the procedures that are recommended are needed. Just because it is covered by insurance doesn't necessarily mean that you need it. Be a wise consumer. Look. Ask questions. Find the best answer for yourself.



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Let's get started! Call Helping Seniors today at (321) 473-7770 or connect via email online at Info@HelpingSeniorsofBrevard.org.



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(321) 372-3090
Fyzical.com/Indialantic

Marisa Mitchell - Health Plan Markets
(321) 361-1040
Facebook MyMitchellInsurance

Medicare Solutions - Jerry Hadlock, Jr.
(321) 720-4526
Email JLDM253@aol.com

Ruth C. Rhodes, Esq. / Rhodes Law P.A.
(321) 610-4542
RhodesLawPA.com

Seniors Helping Seniors
(321) 722-2999
SeniorCareBrevard.com

Team Taranto - Keller-Willaims Realty
(321) 676-0185
TeamTaranto.KW.com

Total Long-Term Care Consultant Services
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Helping Seniors Travel Club
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Helping
SENIORS
TRAVEL CLUB

2023 3RD ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

Oct 12th & Oct 15th 2023 - 3- 7- or 10-Night Cruise Round Trip Port

3 Cruises to Choose From!



Sail with your friends and your Helping Seniors friends from Brevard County on the luxurious MSC Seaside! Choose our 3-night weekend getaway to Ocean Cay Marine Preserve, our 7-night sailing to Costa Maya, Cozumel and more, or come with us for the entire fun sailing!

**Take a 3-night getaway,
Explore the 7-night sailing
or join us for 10-nights
of fun and luxury!**



BACK TO SEA SPECIAL:
Special Pricing.
Call for Details!



Special Musical Guest

Lorri "I'd Like to Teach the World to Sing" Hafer

Lorri Hafer - who was lead singer in the "Hillside Singers", who had the world-wide hit with "I'd Like to Teach the World to Sing" - is a renowned Jazz/Big Band Singer who has toured the world with the Glenn Miller Orchestra, Buddy Morrow & the Tommy Dorsey Orchestra, Les Brown & his Band of Renown, and more.



MSC Seaside rewrites the rule book of cruise ship design, combining indoor and outdoor areas to connect you with the sea like never before. MSC Seaside features a unique seafront promenade lined with places to eat, drink, shop, swim and sunbathe. And you can enjoy superb views from two glass-floor catwalks and panoramic elevators.



3rd Annual Helping Seniors Foundation Cruise

- * Cabin * All Port Charges * All Taxes * Gratuities
- * Travel Insurance * Drink Package * Wifi Package
- * All Meals * Hafer Trio Private Entertainment
- * Special Events * Private Cocktail Party * Admin Fee
- * Fundraising Donation - Helping Seniors of Brevard
- * Work-Out Facilities * World Class Spa * Great Dancing

EARLY BOOKING INCENTIVE - Call for Special Pricing!

- 10-nights - as low as \$1,141 pp - or choose Balcony at \$1,421 pp
 - 7-night - as low as \$823 pp - or choose Balcony at \$983 pp
 - 3-night - as low as \$376 pp - or choose Balcony at \$496 pp
- (all inclusive pricing based on double-occupancy and includes amenities as listed above!)

Contact:
Helping Seniors of Brevard Travel Club
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 - P.O. Box 372936 - Satellite Beach, 32937/PO. Box 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.

The 7th Annual Helping Seniors Car Raffle

You choose the winning car! Dodge v Chevy - or pick a Kia Sportage, Mazda Miata, or Mitsubishi Outlander.



The Dodge Challenger



The Chevrolet Camaro

The 2023 Dodge v Chevy Challenge

The Final Showdown.



The Kia Sportage



The Mazda Miata



The Mitsubishi Outlander

Tickets:

HelpingSeniorsCarRaffle.com

Tickets at 321-473-7770 and at Boniface Hiers Automobile Dealerships

1 ticket for \$25 or 5 tickets for \$100 Donation.

Helping Seniors Car Raffle Grand Drawing Celebration

6pm-9pm Saturday October 7th 2023

Grand Drawing will be at the American Muscle Car Museum.

www.HelpingSeniorsofBrevard.org



Scan for Tickets



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