



Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

February 2024



Wellness Chapter #1 in Your Aging Plan!



Don't "Duck"
this Important
part of your Aging Plan!



Senior Info Helpline
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President's Message

A Word from Joe Steckler,
Our President & Founder



As President of the Board of Directors, I thank you for supporting Helping Seniors of Brevard. Having attained the young age of 90, your willingness to help develop this organization to serve others is one of the most significant milestones of my life.

The opening of the Senior Resource Center will also enable many new organizations to help others. As we live our lives, we are often unaware of the needs of others, and it will be our continuing desire to learn these needs and put programs in place to serve others and meet these needs.

So often when watching TV we hear the expression, "follow the money trail", when solving a crime. The same expression is true regarding the success or failure of a nonprofit organization. If an organization has a mission to provide something that is really needed, has a good business plan to underwrite the services, and does help those in need, then it is more likely that donors will be developed to fund the organization.

From my experience with the Brevard Alzheimer's Foundation, I knew there was a need for Helping Seniors. We are a small organization but have many sponsors and donors who help us pay the bills. The secret to success is how we control our growth and not overextend ourselves. We do have a succession plan in place, and I am comfortable with it and believe it will serve the needs of Helping Seniors.

Having said all this, I look forward to 2024, ask for your help to enable us to help seniors in true need, and wish you every success and good health as we enter a new year.

I look forward to my own efforts to unite those nonprofits serving seniors to reacquire a Brevard County budget item of \$1 million that was taken away several years ago. Providing operational money for nonprofits that often do the work that should be provided by the county is quite important.

Many thanks for your support, and I look forward to our progress in 2024.



Need Help?
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Step #1 In Your Aging Plan

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

As you know, we talk about the importance of making your own Aging Plan here at Helping Seniors. We like to call it “Get Your Ducks in Row”, and this year we are re-dedicating our efforts giving you tools to assist you in doing just that through our education and information efforts.

We launched right into 2024 with our “Don’t be an Ostrich” sub-theme - and so there is no time like the present for us to “Step Up” to “Step #1” in your Aging Plan!

Possibly because February is known for Valentine’s Day, it has also been designated as American Heart Month by the National Institutes of Health (NIH).

When you follow us on Helping Seniors social media (Facebook, Instagram, X (formerly known as Twitter), and LinkedIn), you’ll see our focus is on #OurHearts this month. As the NIH says, “You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting #OurHearts.”

Look inside this month’s Helping Seniors News and read from expert Tami Leeberg, board-certified Adult and Geriatric Primary Care Nurse Practitioner, who shares good information on this topic.

She is also headlining our every-fourth Thursday Helping Seniors CarePlus/Omni Healthcare Wellness Series at Joe’s Senior Resource Center. Check it out, February 22nd from 11am to 12:30 pm at 1344 S. Apollo Blvd., 2nd floor, Melbourne. Her Practitioners in Motion mobile primary care practice team will be onsite with free blood pressure screenings that same day.

Call us to RSVP - (321) 473-7770 - and we’ll see you soon!



Have You Thought About This?

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

Wellness means Heart Health

This month, Helping Seniors of Brevard is drawing attention to your wellness. What is wellness? Wellness is a state of being in good health. February is American Heart Month, a time to focus on understanding, preventing, and treating heart disease.

President Lyndon B. Johnson, who had heart disease and suffered heart attacks, issued the first proclamation in 1964. Since then, U.S. presidents have annually declared February American Heart Month.

According to the CDC, heart disease is the leading cause of death in the United States and coronary artery disease tops the list as the most common form of heart disease. The CDC notes that in the United States, someone has a heart attack every 40 seconds.

So, what can you do to focus on your heart health? Well, folks, this is nothing new, and yes, you have heard it before, but there are things you can do to contribute to your heart health. In many cases heart disease can be prevented, or risk reduced if folks adopt a healthy lifestyle such as not smoking or quitting smoking, getting to and maintaining a healthy weight, eating a healthy well-balanced diet, controlling blood pressure and blood sugar, limiting alcohol intake, and regular exercise. Regular checkups are important and working with your healthcare provider to treat and manage stress, depression, and chronic disease processes.

Join me as we explore your wellness and your heart health in this edition of our Helping Seniors Newsletter. It is never too late to make a healthy change. Helping Seniors wishes you well.

Helping Seniors is here to serve you, call us anytime at **321-473-7770** or go to our website at www.helpingseniorsofbrevard.org.



Heart Health

*Tami Leeberg, AAPRN
Operating Partner, Practitioners in Motion*

Hi all! I am Tami Leeberg, AAPRN with Practitioners in Motion. We are a primary care mobile medical group that provides medical care in assisted living, independent senior living communities, and private homes. We comprise nine providers with an office staff of five to assist facilities and elderly patients with their healthcare.

I was a cardiovascular and trauma nurse for 23 years prior to getting my MSN degree. Since February is American Heart Month, I would like to focus on how to keep your heart as healthy as possible.

Heart disease is the leading cause of death in the nation. Understanding, preventing, and treating heart disease is of great importance to us all. More than 874,000 Americans died of cardiovascular disease in 2019, according to the American Heart Association (AHA). It is the number 1 killer of women, causing one in three deaths.

Symptoms of a heart attack include chest pain, left arm and jaw pain, shortness of breath, nausea and vomiting, sweating, severe fatigue, and back pain.

Women tend to have less of the “common” symptoms and often complain of abdominal discomfort, gas, and extreme fatigue.

It is important if you experience any of these symptoms to be checked out by a medical provider in the emergency department. More specific information on these symptoms are as follows:

- **Chest Discomfort**

Most heart attacks involve discomfort in the center of the chest that lasts more than a few

minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. Symptoms can include pain or discomfort in one or both arms, back, neck, jaw, or stomach.

- **Shortness of Breath**

Symptoms also can include shortness of breath with or without chest discomfort.

- **Other Signs**

Other signs of a heart attack may include breaking out in a cold sweat, nausea, vomiting, lightheadedness, or extreme fatigue.

Combating heart disease can seem like an overwhelming hill to climb; however, small consistent changes can make a huge impact on your overall health.

Four main lifestyle areas to concentrate on are controlling your blood pressure, nutrition, weight control and exercise.

BLOOD PRESSURE

In addition to lowering your risk of a heart attack or stroke, keeping your blood pressure in a healthy range can really affect your quality of life. Achieving a normal blood pressure can make a healthier, happier you!

Keeping normal blood pressure readings lowers your risk for a heart attack or stroke. It also will affect your overall quality of life by improving kidney function, helps to maintain an active sex life by supporting healthy blood flow and for men and women improve their sex drive. Maintaining a normal blood pressure consistently helps reduce your risk of memory loss and dementia, prevents damaging the blood vessels of your eyes so you keep your eyesight intact, and much more.

Many people ask, “what is blood pressure” and the easiest answer is it is the measurement of how hard your blood pushes against your arteries as it moves from your heart to your other organs.

There are two numbers. The top number is called the systolic pressure. This is the force of the blood as it leaves the heart. The bottom number is called the diastolic pressure. This number represents the pressure in the heart as it is at rest.



Under new guidelines, high blood pressure is now defined as 130/80 or greater. Normal blood pressure is less than 120 /80. One in three adults in the United States with high blood pressure don't know they have it. That's because most people with high blood pressure don't have any signs or symptoms. You could be at higher risk for a heart attack or stroke but feel completely fine.

The **ONLY** way to know if your blood pressure is high is to have it checked. You can go to most pharmacies, and they will have an automated cuff you can use. Be aware these are not as precise as having a health care provider take it manually, but better than nothing. The best way is to have an arm cuff at home and measure it yourself the same time of day every day for several weeks to take with you to your doctor's appointment. That way your provider can see trends and treat appropriately.

The lifestyle changes discussed below are the main treatment for people with hypertension; however, you may need medication management. Some people also will need one or more blood pressure-lowering medications to help control their blood pressure.

People with stage 1 high blood pressure may also be likely to develop cardiovascular disease or other known risk factors such as chronic kidney disease or diabetes.

People with stage 2 hypertension (140/90 or greater) may need multiple medications, especially if your numbers are very much above your goal.

Bottom line... lowering your blood pressure can save your life. Changes to lower your blood pressure are not always easy, but they are achievable.

NUTRITION

Other ways to achieve good heart health are eating a healthier diet. The DASH diet is recommended by the AHA. This includes eating more vegetables and fruit, limiting carbohydrates and salt intake, and increasing foods high in potassium. Salt intake should be less than 1500mg/day. The following can help you pinpoint this a little more closely: ¼ tsp = 575 mg, ½ tsp = 1150mg, ¾ tsp = 1725 mg, 1tsp = 2300 mg

EXERCISE

Also recommended is to decrease your stress and to stop smoking if you smoke. One way to decrease stress and decrease your blood pressure is to add in physical activity.

This does not mean you have to run miles a day or workout in a gym for hours! Experts recommend 2 hours and 30 minutes of physical activity a week. That adds up to about 20 minutes a day. This can be done in 5–10-minute increments! Even a few minutes is good for you and much better than doing nothing.

A single session of physical activity can lower your blood pressure **right away!** It's true — and the effect can last for up to 24 hours. This includes dancing around your house to some music. Walking to your mailbox and back a few times a day or following along in an online yoga class – anything that gets you moving is beneficial.

But physical activity isn't just important for your future health — it can also improve your life right now. Being active can brighten your mood, help you sleep better, give you more energy, and lower your overall stress hormones.

Every step you take towards a healthy heart will also improve your chances of decreasing other health issues such as diabetes, poor kidney function, and memory loss issues. Many of these illnesses are preventable and can be improved upon if you stay at a healthy weight with normal blood pressure. See

your medical provider regularly and be your own advocate! Stay Heart Healthy!

FYI: the first Friday of American Heart Month, February 2nd is also National Wear RED Day as part of the AHA's



Go Red for Women Initiative. So, break out your red shirts and show support on February 2nd!



The Helping Seniors Wellness Series.

Getting Your Ducks in a Row in 2024

Welcome to 2024 and our 4th Thursday of each month **Helping Seniors Wellness Series** at Joe's Senior Resource Center located 2nd Floor of the Omni Healthcare Professional Tower at 1344 South Apollo Boulevard!

The series, produced in cooperation with CarePlus Health Plans, Omni Healthcare and Helping Seniors features a fast-pace 90-minute education format that has an "Art of Healthy Living" program presented by CarePlus Health Plans, as well as talk, by subject matter experts, directly related to making the most of "Health & Wellness" in your own Aging Plan and, following a complimentary snack and beverage pause, an interactive segment to help put into practice what we learn each session.



Nancy Deardorff, Operations Director, welcomes attendees to Helping Seniors "Wellness Series"

Join us 1100am on Thursday, February 22nd, as we continue from our January "Start Smart" with February's "Heart Smart" event.

This session begins with the CarePlus "Battling Dangerous Belly Fat" wellness topic and then learn from Tami Leeberg, AARPN, of Practitioners in Motion, on Heart Health. We'll enjoy a snack break followed by a free Blood Pressure screening by the Medical Professionals of Practitioners in Motion - RSVP today by calling (321) 473-7770.

Our March Helping Seniors Wellness Series event is Thursday, March 28th, and is titled "No (Broken!) Bones About It". CarePlus presents on "Living Healthy to 100" and then Jital Patel, OTR/L, CFPS, of Coastal Occupational Therapy Mobile Outpatient Therapy Service followed by an interactive Fall &

Balance Screening by Coastal's Therapists to check and assist you in safe movements.

The April Wellness Series event, Thursday, April 25th, focuses on with special guest and Registered Pharmacist Chrisita Cornish, PhD, MBA and RPh on "Craving Weight Loss." This edition also features a CarePlus presentation on "Good foods for your Gut" as well as an opportunity for you to review your own Prescription List with Dr. Cornish for Medication Therapy Management.

You can RSVP for these and future sessions at any time by calling Helping Seniors on our Senior Info Helpline at (321) 473-7770.



Board Certified Elder Law Attorney Ruth Rhodes, Rhodes Law P.A., talks about the important Health Care documents you want to be sure you have in place.

All of the sessions planned this year are set to enhance your ability to succeed in Wellness through application of the topics covered and interactive sessions that are part of the program.

The entire team at Helping Seniors and at Joe's Senior Resource Center of Brevard is thrilled to have this opportunity to make an impact positively on our lives together. The sessions are being recorded for broadcast on Space Coast Government TV as well as available on HelpingSeniorsofBrevard.org as well as our YouTube channel and Facebook page. All of the events are free-of-charge and educational-nature only - to make these great mornings out. Call today at (321) 473-7770 and we'll see you soon!



Nancy Deardorff, Helping Seniors Operations Director (at right) takes Questions from the audience at the Helping Seniors Wellness Series events.



Crafting Your Wellness Aging Plan: A Guide for Seniors

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



Traveling for Seniors

*Traci Graf, RN
AVID Home Care*

As we age, prioritizing our well-being becomes increasingly vital. Crafting a comprehensive wellness aging plan empowers seniors to lead fulfilling and healthy lives. Consider these key aspects when developing your personalized strategy.

1. **Physical Activity:** Incorporate exercise tailored to your abilities into your routine, such as walks, stretching, or chair exercises. Consult your healthcare provider for recommendations.
2. **Nutrition:** Embrace a balanced diet of fruits, vegetables, whole grains, and lean proteins. Stay hydrated and limit processed foods and sugar.
3. **Mental Stimulation:** Keep your mind sharp with reading, puzzles, or learning new skills. Maintain connections with friends and family to combat feelings of isolation.
4. **Regular Health Check-ups:** Schedule routine check-ups with your healthcare provider to prevent complications and enhance well-being.
5. **Quality Sleep:** Prioritize a good night's sleep. Establish a calming bedtime routine, create a comfortable sleep environment, and limit screen time before bedtime.
6. **Stress Management:** Reduce stress with meditation, deep breathing, or enjoyable hobbies to improve mental and physical health.
7. **Safety Precautions:** Assess your living environment for potential hazards. Install grab bars, ensure proper lighting, and consider technological aids to enhance safety.
8. **Financial Planning:** Secure your financial future by reviewing your retirement plan and ensuring your affairs are in order. Consult with a financial advisor to make informed decisions.

Remember, there is no one-size-fits-all approach to wellness. Tailor your plan to your unique needs and consult with healthcare professionals for advice. By proactively addressing these aspects, seniors can age with grace and vitality.

One of the things elderly people often give up is traveling. They may be afraid to travel alone, are dependent on others, or need adaptive equipment. However, there are many options to get you back on the road, in the air, or on the water.

Helping Seniors has a Senior Travel Club that is a one stop shop for all senior travel needs. They offer the best group pricing, there is no membership fee, and you don't need to join until you are ready to travel. Accommodations can be made for group or solo travel, and family members receive the same perks as you! The experts working for the club will obtain all the equipment necessary to make your trip a lifetime memory. Call 321-978-5211 or go to Info@Helpingseniorstravelclub.com.

If you want to start slower, check in with your local AARP chapter. They frequently schedule day trips to different places and can obtain group rates to keep costs low. This option is only for people who want to travel with a group. For people who no longer drive or aren't comfortable driving distances, it can be a safe, fun way to sightsee or experience things while making friends.

If you aren't comfortable traveling with others, some home care agencies can have an employee accompany you or drive you to your destination. Our staff has accompanied clients on cruises, day trips, and even in a client's private plane! If the client wants to go somewhere, we will make every effort to get them there, including renting equipment such as portable oxygen concentrators.

With assistance and planning you do not have to give up your love for travel and exploration. You may need some extra help or equipment to go, but everything can be arranged to give you a stress-free, enjoyable experience. So, if you have a craving to wander, check out one of these options to see if they have a trip that interests you, then go for it!



Principles of Practice

*Lee Sheldon, DMD
Sheldon and Furtado, PLLC*

Over the holidays, I had some “alone time,” time when the demands of life were diminished and I could make plans for 2024. We all have strengths and weaknesses. One thing I have learned is that increasing my strengths is easier than correcting my weaknesses. In fact, making my strengths stronger seems to improve my weaknesses as well.

I have a lot of satisfaction in seeing my practice flourish, with doctors and staff espousing the principles that we established and refined. I’m very fortunate to continue to see patients, not as a treating dentist, but as an examiner and advisor.

Doctors in the U.S.A. and beyond allow me to advise them as well. I wrote Principles of Practice for them. This is a consumer adaptation. They were the subject of January’s radio program, available at <https://helpingseniorsofbrevard.info/radio/>.

1. Your power to observe is at least as crucial as your power to treat.
2. The patient wants to heal. We do the minimum necessary to allow that to happen.
3. The judgment to know when not to treat has equal importance to the treatment itself. It is a key to practice building.
4. The ability to fully plan and communicate that treatment plan is the key to being the premier advisor to the patient.
5. Prevention is a lifestyle, physical, and nutrition discipline.
6. Learning alternative and complementary disciplines can be a resource that elevates your value to the patient.
7. Listening and acknowledging opens the door to explaining.
8. Seek advice but be your own advisor.
9. Address a patient by name.
10. Include the patient in any office discussions.
11. Create lists.



When Should We Consider Senior Living Options?

*Rese Garson
Assisted Living Locators*

Much consideration goes into helping you find your next perfect home to enjoy your **Golden Years**. *Is aging-in-place ideal and where it is safe to do so? So, when should we look at options?*

Now, while options and time are on your side.

What steps should I take?

1. **Observe your home environment:**

- Is the house tidy?
- Is there fresh food?
- Are the bills paid?
- Is grooming maintained?
- Is there physical or social decline?

If your observations reveal adverse changes, consider options today.

2. **Contact us to:**

- Assess your needs,
- Make recommendations,
- Tour communities together.

Because aging-in-place is ideal for most, our first goal is to connect you with senior resources and community partners to provide support at home.

When living at home is no longer a safe option, our mission is to help you find a senior living community where you can safely age in place. We help you transition to your ideal community that meets your social, medical, and budgetary needs.

I invite you to explore senior living options that fit your lifestyle, preferences, and needs, from small homes to bigger communities.

Senior Living Options Include:

- Independent Living/55+ Communities
- Assisted Living Home/Community
- Memory Care/Adult Day Services
- Nursing Homes

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TRAVEL

Helping Seniors of Brevard Travel Club

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We create "trips of a lifetime" for seniors



Helping Seniors Of Brevard



Helping Seniors Senior Resource Center Partners



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NextChapterFlorida.com



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(321) 610-4542
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Senior Care Authority
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SeniorCareAuthority.com/brevardfl



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(321) 698-4739
MutualReverse.com



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(321) 848-3838
LauraPeeryAgency.com



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Helping Seniors Silver Sponsors

Law Office of Amy B Van Fossen - (321) 426-1848
AmyBVanFossen.com

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AssistedLivingLocators.com

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AvidHomeCareServices.com

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BuenaVidaEstates.org

Chefs for Seniors - (321) 210-6953
ChefsforSeniors.com/Melbourne

ClinCloud Research - (407) 680-0534
ClinCloudResearch.com

Cristin Taylor - Public Adjuster - Coastal Claims
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Fyzical Therapy & Balance Center
(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

Platinum Events Productions
(321) 723-1454 - PlatinumEventsProduction@gmail.com

Rock Steady Boxing - (321) 693-9246
RockSteadyBoxingBrevard.com

St Francis Reflections - (321) 269-4240
ReflectionsLCS.com

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

Total Long-Term Care Consultant Services
(321) 752-0995 - TLCConsultantServices.com



Helping Seniors Info Series

Helping Seniors Resource Center Events (1344 S Apollo Dr - Ste 2-C - Melbourne)

Food Truck Tuesday

Date: Tuesday, February 6th, 11:00am - 1:00pm Call for Information – (321) 473-7770
Call your friends and make it a lunch date! This month it is "Sweets and Meats"! Food Truck Tuesday at Joe's Senior Resource Center of Brevard! Get a great lunch - your purchase benefits the work of Helping Seniors - and visit with the great team members at the Center and at OMNI Healthcare! Look for the Food Truck in the Parking Lot and then join us on the 2nd Floor at lunch!

CarePlus/Omni - Heart Smart "Health & Wellness" Series

Date: Thursday, February 22nd, 11:00am - 12:30pm Call for Information – (321) 473-7770
February is Heart Health Month, so let's keep it all moving in the healthy direction! A great presentation from our friends at CarePlus Health Plans - "Battling Dangerous Belly Fat" plus learn from Tami Leeberg, AARPN, of Practitioners in Motion, on Heart Health. Enjoy a snack break and then participate in a free Blood Pressure screening with the Medical Professionals of Practitioners in Motion. Programs brought to you by Care Plus Health Plans, Omni Health Care, and Helping Seniors of Brevard. For more information, call 321-477-7770.

"Choose Your Adventure" - Open House & Classic Car Cruise-In

Date: Saturday, Feb 22nd, 8:00am - 11:00am
Call for Information – (321) 473-7770,
Get this fun Saturday morning on your Calendar! It's a fun Open House & Classic Car Cruise-in at Joe's Senior Resource Center! Check out great Classic Cars, find great food options from the Food Trucks on site, and get your first peek at the 2024 8th Annual Helping Seniors Car Raffle "Choose Your Adventure"! And, there'll be complimentary fun, food, and entertainment on the 2nd Floor of the Omni Healthcare Professional Tower as Helping Seniors hosts an Open House at the Senior Resource Center

where you can meet many of the folks who are part of the resource team that is all about Helping Seniors. For more information, call 321-477-7770.

More Helping Seniors Events:

Renters of Palm Bay FL Housing Workshop

Saturday – February 17th, 9:00am-12:00nn

Memaw's BBQ (Banquet Room) - 4916 Babcock St - Palm Bay FL
CALLING ALL SENIORS OF THE CITY OF PALM BAY!!!
Breakfast with the Attorney - Frank Scaglione, Esq., presents on the Florida Eviction Prevention Series from the Florida Bar. If you are renting your home we have important information that you need to know. Helping Seniors of Brevard and Christian Housing Ministry, Inc. have joined forces to help you protect your rights as a renter. Call about our next workshop and schedule a free one-on-one counseling session TODAY! There is No Charge for this Workshop for Qualified Renters. Space is very limited and open to Residents of Palm Bay FL.

Helping Seniors "Choose Your Adventure" Car Raffle Appearances

The 15th Annual Higher Power Car Show 900am-200pm - Trinity Wellsprings Church - 638 S Patrick Dr, Satellite Beach, FL

The 2nd Annual European Car Show
900am-200pm - American Muscle Car Museum - 3500 Sarno Road, Melbourne FL

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm
Feb 1	Thu	Controlling Cost of RX	The Parts of Medicare	Stay Home Safe or Downsize?
Feb 2	Fri	New to Florida? Elder Law Update	In Home Care Giving	Put Kids on the Bank Account?
Feb 5	Mon	Trusts	All About Home Care	Discounted Prescriptions
Feb 6	Tue	Living Beyond Your Current Home	How a Public Adjuster Helps	What Assited Living Can Mean
Feb 7	Wed	Medicare - Questions & Answers	Avoiding Probate	Finding Good Help at Home
Feb 8	Thu	About Golden Providers	Care Management	Cosmetic Dentistry
Feb 9	Fri	Medicaid Planning - Part 1	Medicaid Planning - Part 2	Two Assisted Living Questions
Feb 12	Mon	Checking Out Zon Beachside	Printing & Direct Mail Options	Real Estate for Seniors
Feb 13	Tue	The Parts of Medicare	Ordering RX at Lower Prices	What Elder Law Attorney Can Do
Feb 14	Wed	Making Plans for Retirement	3 Top Public Benefits Questions	Aging & Legal
Feb 15	Thu	Chefs for Seniors	Periodontal Disease	Senior Mental Health
Feb 16	Fri	Assisted Living Helps Us Thrive	SRES - Things to Know	How to Cruise Successfully
Feb 19	Mon	Senior Info in Senior Scene	Safe & Secure at Home	The Vial of Life
Feb 20	Tue	Helping Seniors - 12 Years Later	Probate - What it is/How it Works	Real Estate for Seniors
Feb 21	Wed	The Dirty "D" Word - Dementia	Golden Providers B2B	Getting RX at Best Prices
Feb 22	Thu	Value of Professional Printing	Great Employment for Seniors	Your Legal Documents Checklist'
Feb 23	Fri	Importance of Evaluation	Life Enrichment	Medicare - Questions & Answers
Feb 26	Mon	Smorgasboard of Legal Matters	The Talk about Assisted Living	The Parts of Medicare
Feb 27	Tue	How SRES Helps Real Estate	Elder Law Services	How a Public Adjuster Helps
Feb 28	Wed	Care Management	Assisted Living Right For You?	Real Estate Transactions Seniors
Feb 29	Thu	Durable Power of Attorney	Too Many Teeth Being Extracted?	Cosmetic Dentistry



Date	Day	Program	Special Guest
Feb 7	Wed	Helping Seniors on Elder Law	Bill Johnson, Esq.
Feb 14	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon
Feb 21	Wed	Helping Seniors on the Radio	Kerry Fink
Feb 28	Wed	Helping Seniors on Help at Home	Jennifer Barton



THE 4TH ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

June 9-16 2024 - 7-Night Cruise Round Trip Port Canaveral

Great Family Cruising!



Sail with your friends - and bring your whole family! Meet your Helping Seniors friends from Brevard County on the luxurious MSC Seashore! Make Summer 2024 special on our 7-night sailing to the Ocean Cay Marine Preserve, Costa Maya, Cozumel and more!



4th Annual Helping Seniors Foundation Cruise

- * Cabin * All Port Charges * All Taxes
- * Gratuities * Meals * Drink Package
- * Wi-Fi * Special Events
- * Private Cocktail Party * Admin Fee
- * Donation - Helping Seniors of Brevard
- * Work-Out Facilities * World Class Spa
- * Great Dancing

Balcony - As low as \$1,320 pp including Gratuities
Outside - As low as \$1213 pp including Gratuities
Inside - As low as \$963 pp including Gratuities
 (based on double-occupancy)

Contact:

Helping Seniors of Brevard Travel Club
Chris Morse 818-430-1480 Cell



Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit. Helping Seniors of Brevard - P.O. Box 372936 - Satellite Beach, 32937PO. Box FL 32937. The Helping Seniors Travel Club is operated by Senior Travel division of The Travel Center - CST # 20000881-10 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.