



Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

MAY 2024



Celebrate Seniors!

Honor Seniors!

Respect Seniors!

Connect with Seniors!

Helping Seniors!



Powered by Connection



POWERED BY CONNECTION: MAY 2024

Inside this Edition:

- Creating an Age Friendly Home
- Medication Therapy Management
- Importance of Memory Screening for Seniors
- Who Needs a Chaplain?
- Stay Connected

“Choose Your Flavor Adventure” Helping Seniors Fundraiser

Join Chef Jillian (Chefs for Seniors)
and her Top Chefs for a Saturday Afternoon
Flavor Adventure!

President's Message

A Word from Joe Steckler,
Our President & Founder



SO MANY GREAT FLAVORS!



2PM-5PM - SATURDAY MAY 18TH 2024
JOE'S SENIOR RESOURCE CENTER
A SATURDAY AFTERNOON FLAVOR ADVENTURE!
SUPPORTING THE WORK OF HELPING SENIORS

You Are Invited!



IT'S NOT LUNCH ... IT'S NOT DINNER.
IT'S A "SIP & STROLL" AFTERNOON
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Helping Seniors in the Community!
HelpingSeniorsofBrevard.org



“Choose Your Auto Adventure!” The 8th Annual Helping Seniors Car Raffle!

Pick from 6 Great Cars!
Grand Drawing: Sunday October 27th 2024
American Muscle Car Museum!

Did You
Hear?



Helping Seniors
Car Raffle Tickets
are now Available!



CALL (321) 473-7770

HelpingSeniorsCarRaffle.com



Boniface-Hiers
AUTOMOTIVE GROUP



My wife Terry and I moved to Florida in 1988 following a 30-year career in the Navy. Most of my Navy time was on submarines, commanding two. We enjoyed our time in the Navy but never encountered the things we now see seniors experiencing. Our early perception quickly changed as we became involved in my work with the Alzheimer's programs.

In 1997, I participated in a two-day program sponsored by United Way to determine the greatest needs experienced by those living in Brevard County. Nineteen needs were identified, nine of which directly affected seniors. While the purpose of the study was to start addressing the needs identified, those nine needs still exist today. In fact, the little public funding that was available for nonprofits has been deleted, making it harder to assist those in need. Knowing that we need affordable housing for seniors and seeing nothing done here while observing such housing being built in nearby counties makes me wonder where my tax dollars are being spent.

Brevard County Housing and Human Services is funded to the tune of millions of dollars, yet I am not aware of any major tasking to build affordable housing. Staff duties should be reviewed, and new tasks assigned that would make them more proactive, for state and national money is available. This type of project is outside the scope of local nonprofits, which are busy helping people locate and apply for assistance with housing, meals, bills, and health care.

My comments today are not intended to cut jobs, rather they are a reflection on how we might better meet ongoing needs that affect people. Affordable housing is one example as there is a two to four year waiting list for housing. This is one reason we have homeless people.

I know that I am writing about complex issues, but I really do think we have to take a harder look at where we spend our money. The longer we wait the harder it will be to meet these identified needs as they continue to be with us.



Need Help?
321-473-7770





Celebrating Joe Steckler

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

It's May 2024 - and welcome to "Staying Connected" - the theme for Older Americans Month! No better example of how to do that other than our own President and Founder Joe Steckler - whom the Brevard County Board of County Commissioners recognized in their Older Americans Month Proclamation for the example he sets by remaining engaged and successful in his community.

In the Proclamation, the Board applauds his work to combat ageism and to engage with his fellow citizens throughout his county, cities, non-profit organizations, and the advocacy on behalf of seniors and their families. At age 90, Joe continues to lead and set an example worthy of all of us to follow! You go, Joe!

So many good things happening in the Month of May - including our fun fundraiser connected to our Helping Seniors "Choose Your Adventure" Car Raffle! Set aside 2 pm - 5 pm May 18th - for our first ever "Choose Your Flavor Adventure!" It's Not Lunch ... It's Not Dinner ... It's a Saturday Afternoon Flavor Adventure supporting the work of Helping Seniors and YOU ARE INVITED!

Chef Jillian Zebris (Chefs for Seniors) and her Culinary Masters are turning up the flavor and inviting you to sample 6 special creations that deliver the Ultimate Flavor Adventure! What you get: 6 great tastings and 6 great tea samplings; live music & entertainment; a lovely business casual afternoon; and your very own Collector's Edition chef's apron to take home! Info and tickets at (321) 473-7770 or online at HelpingSeniorsofBrevard.org.

Read on for great information to help you "Get Your Ducks in a Row" on your Aging Plan and we look forward to seeing you soon at Joe's Senior Resource Center!



Have You Thought About This?

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

May is Older Americans Month. This year's theme is "Powered by Connection", and the positive impact that social connections have on our overall wellbeing.

In 2023 the US Surgeon General Advisory on the Healing Effects of Social Connection & Community, Dr. Vivek H. Murthy, the 19th and 21st Surgeon General of the United States wrote "Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day, and even greater than that associated with obesity and physical inactivity." Read more here. [Our Epidemic of Loneliness and Isolation \(hhs.gov\)](https://www.hhs.gov/loneliness-isolation)

Studies show strong social connections reduce the rate of cognitive decline and dementia by up to 70%. Studies also show seniors with social connections may also lead longer lives.

The study published Feb. 20, 2019, in *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, found that older adults who interacted with people beyond their usual social circle of family and close friends were more likely to have higher levels of physical activity, greater positive moods, and fewer negative feelings.

What does this all mean for seniors? It means putting yourself out there, beyond your normal social circles. Volunteering, social clubs, senior centers, special interests' groups, and shared hobbies can all improve your connection to others and improve your overall health and longevity.

To Donate or for more information please call: Helping Seniors 321-473-7770 or go to our website at www.HelpingSeniorsofBrevard.org.



Creating an Age-Friendly Home

Denise Bergman, CSA, CDP
Senior Care Authority Brevard

Design Tips for Senior Living

As we age, our living environment plays a crucial role in maintaining independence, safety, and overall well-being. By making thoughtful design modifications, we can create an age-friendly home that caters to the unique needs and challenges of seniors. In this article, we will explore various design considerations and practical tips that can transform a house, senior living, or assisted living apartment into a safe and comfortable haven for seniors.

Prioritize Safety and Accessibility

Safety should be the top priority. Consider incorporating the following modifications:

- ❖ Install grab bars in bathrooms and near stairs to provide stability and support.
- ❖ Ensure proper lighting throughout, including hallways, stairways, and entrance areas.
- ❖ Remove tripping hazards such as loose rugs or cluttered walkways.
- ❖ Install non-slip flooring, especially in moisture-prone areas, like bathrooms and kitchens.
- ❖ Consider installing lever-style door handles that are easier to grasp than traditional doorknobs.
- ❖ Adjust the height of countertops and cabinets to avoid excessive bending or stretching.

Enhance Mobility and Ease of Navigation

To help with senior mobility challenges:

- ❖ Ensure that hallways and doorways are wide enough to accommodate walkers or wheelchairs.
- ❖ Install ramps or lifts for entryways with stairs to ensure accessibility.
- ❖ Arrange furniture to create clear pathways and minimize obstacles.
- ❖ Use contrasting colors for walls, floors, and furniture to aid depth perception and reduce the risk of falls.

- ❖ Consider using non-glare surfaces and window treatments to minimize glare and improve visibility.

Optimize Functionality and Convenience

Streamlining daily activities can enhance the comfort and convenience of senior living:

- ❖ Consider installing a walk-in shower or a seated shower bench to facilitate bathing.
- ❖ Utilize adjustable-height countertops and pull-out drawers in the kitchen for easier access to cookware and supplies.
- ❖ Install a hand-held showerhead and grab bars in the bathroom for added convenience and safety.
- ❖ Ensure that light switches and electrical outlets are easily accessible and at a convenient height.
- ❖ Implement smart home technology, such as voice-activated assistants and automated lighting, to control various functions with ease.

Comfort and Relaxation

To support emotional well-being:

- ❖ Select supportive and ergonomic furniture with features like lumbar support and high-density foam cushions. Automatic recliners and lift chairs are also available.
- ❖ Incorporate soft, non-reflective lighting to create a warm and relaxing atmosphere.
- ❖ Use window coverings that allow for natural light while maintaining privacy.
- ❖ Consider installing adjustable heating and cooling systems to ensure optimal comfort in all seasons.

Designing an age-friendly home is a transformative process that empowers seniors to maintain independence, safety, and comfort within their own living space. You can prioritize safety, accessibility, mobility, functionality, and comfort, while still creating a warm hospitable environment. With careful planning and thoughtful adjustments, homes can be transformed into havens where seniors can embrace the joy of aging. When the time comes to explore other senior living accommodations your Senior Care Authority advisor is just a phone call away at 321-341-8444.



Memories of Menten

*Danica Scuderi-Carluccio
Advocates for the Aging, Inc.*



Calling All Volunteers!

*Dr. Shelly Horn
Helping Seniors of Brevard*

The beautiful Ms. Irene Menten was born in Mainz, Germany, in 1923. Growing up in Germany in 1933 was not easy. Ms. Menten told stories of how SS guards at the Dachau camp, for instance, took four Jewish prisoners outside the gates, where they shot them. The guards claimed the victims had tried to escape. At age 16, Irene went underground and helped take people over the border to safety.

In 1941, she married Johannes Menten, who was in the Holland Military. They emigrated to the U.S. in 1954. Ms. Menten became a loving mother to her only child Louisa. Ms. Menten had a taste for high-end fabrics and made all of Louisa's clothing. Making clothing led to Ms. Menten becoming a professional model.

In 2015 she reached out to Brevard elder law attorney William Johnson. He knew she would need community support since she had outlived her family, so he contacted our team at Advocates for the Aging to care for this amazing woman!

What an honor it was to visit her home. We were always welcomed with a smile, a great story and a hot cup of tea or coffee along with homemade treats. She would say, "The secret of brewing a pot of black coffee is to add a teaspoon of cinnamon to the coffee grounds." If your week was hard or you were having a bad day you were quickly reminded of the hard life she lived.

Ms. Menten celebrated her 100th birthday at home surrounded by all her community support and her beloved kitty. Ms. Menten grew her wings on February 11, 2023, with Dignity, Respect, Love, and the smell of black cinnamon coffee in the air.

Helping Seniors is grateful to the Estate of Irene Menten for recognizing Helping Seniors of Brevard for the substantial gift that has helped us begin, in earnest, the work of establishing the Helping Seniors Foundation.



Irene Menten

As a board member of Helping Seniors of Brevard, I have been charged with establishing an organizationally based volunteer program. Our first group of recruits came on board in April. Interestingly, I discovered April 21-27 was National Volunteer Appreciation Week.

We are definitely in need of additional volunteer assistance for Helping Seniors. Opportunities to help abound in the following areas:

1. Assist with car raffle ticket sales at pre-designated times and locations (our major fundraiser).
2. Greet, orient and triage clients who visit or inquire about our services.
3. Assist in the planning and provision of monthly informative educational programs held at our new center.

We are an organization whose primary mission encompasses senior advocacy. We assist seniors in obtaining the necessary resources and referrals to meet their individual needs. We also provide information and education.

We would welcome the opportunity to have

you become an integral part of our program. I hope you will reach out to volunteer, and discover as I have, that service to others not only provides purpose but personal satisfaction. Newly formed friendships and camaraderie are an added bonus!

Please call and inquire at 321-473-7770. I will gladly personally respond.



Stay Connected to Your Past and Your Present

*Lori Peery, Financial Services Advisor
The Peery Agency*

Living our best life as “older” Americans must include preserving the Legacy of our life’s story for future generations. Documenting family and generational histories to preserve them.

Staying connected and preserving our life’s story can include a film documenting the beautiful (and sometimes tragic) history of life.

SkywriterStudios - Legacy Films helps preserve and tell your story in a beautiful film documentary to be shared by connecting generations and preserving family histories that may otherwise be lost. www.skywriterstudios.com

Connection the glue of a vibrant life.

Stay connected to-

To people,
Things that excite you,
To passion,
To purpose

Stay connected to-

Your history,
Your story,
Your legacy

Stay connected to -

Your values
Your ideals
Your ideology

Stay connected by-

Loving
Serving
Helping those less fortunate

Stay connected to Your Creator

Trust Him with your journey
Trust Him with your outcomes
Trust Him with your Eternity

Connection the glue of a vibrant life.



The Importance of Memory Screens

*Karem Sapp
ClinCloud Research*

Many of us worry about “senior moments” happening more often as we age. A memory screen can help differentiate between normal changes and signs of more serious cognitive impairment. This clarity can alleviate anxiety and help seniors take proactive steps to maintain their cognitive health.

Rosemary Laird, MD, Principal Investigator at ClinCloud Research in Viera, recommends a baseline screen at age 50 followed by annual screens starting at age 65. Many forms of dementia progress slowly over time. Catching changes early offers more opportunity to slow the progression of cognitive decline and improve quality of life.

“Memory screens can help seniors experiencing cognitive impairment get access to medical care and support services,” explains Dr. Laird. “For example, someone identified as at risk for dementia can be referred to specialists or possibly clinical research studies for further evaluation and diagnosis. From there, they can access a range of interventions and treatments.”

Early detection and intervention can also reduce the burden on families, caregivers, and healthcare systems. By identifying cognitive impairment early, seniors and their families can make informed decisions about future care plans, clinical trial participation, financial arrangements, and long-term living arrangements, thereby minimizing stress and uncertainty.

If you’ve decided to get a baseline memory assessment, congratulations! You are taking an important step. Check with your primary care provider to see if they offer memory screening.

You can also come see us at ClinCloud! ClinCloud Research offers no-cost memory screens every weekday in Viera. For details, visit www.clincloudresearch.com. If you agree, we can share results with your primary care provider.



Who Needs a Chaplain?

*Chaplain Ken Cornish
Faith Walk By Two*

Many people ask what a chaplain is. The simple answer is that a chaplain is someone willing to support you and walk through life events with you. Some things are difficult, such as the death of a loved one or end stage health issues. Others are joyful, such as weddings or other celebrations. Sometimes it's just dealing with life and loneliness.

It's important to know that a chaplain is not the same as a pastor. Although I am ordained and a Christian, my goal is not to evangelize or force my faith on anyone. My goal is to support you in your beliefs and help you manage whatever challenges life brings your way. I will never ask anyone to compromise their spiritual beliefs and I won't compromise mine.

Many seniors need someone to listen to them and care about their needs. I can visit shut-ins, assisted living centers, hospitals, or hospice care locations, to meet with seniors directly, or meet with family members when the need arises.

I am currently planning for grief support groups at Joe's Senior Resource Center, located at 1344 S. Apollo Boulevard, Suite 2-C in Melbourne. Individual sessions are also available by appointment.

Please reach out to me if you have any questions or would like to schedule a visit or time to talk. I can also do virtual meetings if you are not local or need to include someone remotely.

- Email me at chaplainken@faithwalkbytwo.org
- Send a request through the contact us page on <https://faithwalkbytwo.org>.
- Call me directly at 321-381-5980
- Call Joe's Senior Resource Center at 321-473-7770



Medication Therapy Management for Patients & Caregivers

*Chrisita Cornish, PhD, MBA, RPh
Faith Walk By Two*

One of the major issues that Seniors have is understanding their medications. Do you know how your food interacts with your medicines? Do you know how your meds work together? Do you get prescriptions from different doctors? Were your meds changed in the hospital? Are you cutting down on your meds because of the cost? Do you experience side effects that make you skip doses?

I have been a pharmacist for many years and helped many patients manage their medications. Some even claimed their lives were saved because of an interaction or contraindication I discussed with them. Their doctors agreed and changed or eliminated harmful combinations of medications.

I can help you to identify medication-related problems, develop a prioritized list of medication-related problems, and create a plan to resolve them.

It is a free service. Here are some frequent issues:

- Combination of blood thinners - bleeding
- Statins and grapefruit juice - muscle aches
- Combinations of stress and anxiety meds – serotonin syndrome
- Opioids and muscle relaxers – breathing and sudden death
- Antibiotics and other meds – diarrhea effects
- Antacids and other meds - change pH of stomach
- OTC meds e.g. Omeprazole - muscle aches/electrolyte imbalances

Schedule an appointment with me today!

Please include your name, best contact method, and time. **DO NOT INCLUDE ANY MEDICAL DETAILS ON EMAIL**

- Contact Us form on our website <https://faithwalkbytwo.org>
- Email drchrisita@faithwalkbytwo.org
- Call me at 321-222-6442



Sundowner's Syndrome in the End of Life

*Traci Graf, RN
AVID Home Care*

Many people in the last 3-6 months of their lives experience difficult behavior called “sundowning syndrome”, which can include visual and auditory hallucinations, communicating with relatives who have already passed, agitation, confusion, pacing or wandering, shadowing a person, or sadness and crying. Symptoms usually get worse around dusk and continue for a few hours. Many patients are acting normal by bedtime. This is a tough time for caregivers, but there are some ways to help decrease the anxiety:

- Keep a regular schedule and control the environment.
- As daylight ends many patients see shadows and misinterpret them as objects. Have well-lit areas and use nightlights.
- People can create delusions out of something they are watching or reading. Keep TV programs light, nothing complex or upsetting.
- Plan activities for the morning and allow time for breaks. Overstimulation can worsen sundowning.
- Play soothing music or sounds as the afternoon rolls into evening.
- Do not try to correct them if they are talking about past relatives; instead ask them about the person and watch as they relive memories.

There are medications for sundowner's syndrome. Melatonin is a natural supplement, and the doctor can recommend an effective dosage. Mood stabilizers can decrease mood swings. Even a mild sedative given at the proper time can assist in reducing anxiety. As with any complex patient issue, you can find what works for your loved ones. It may take some time, trials, and observation of their specific behavior issues, but with the assistance of your medical team there is help available.



You Can Always Extract the Tooth

*Lee Sheldon, DMD
Sheldon and Furtado, PLLC*

You go to a dentist who says a tooth needs to be extracted. It doesn't bother you, and it isn't loose. What do you do?

A lot of that answer has to do with the orientation of the dentist who tells you that. Is the dentist aware of all the methods a tooth can be saved? Did the dentist give you options or tell you what it would take to save a tooth? Because there are always options. The fact is that most teeth with periodontal disease can be saved. And some dentists, even some periodontists, are not as comfortable saving teeth as others.

The body is always poised to heal. We have to give it the right environment to do so. Even though our practice has a reputation for dental implants, we are just as proud of our ability to save teeth.

I recently participated in an online forum reviewing a case of severe periodontitis and what we would do. Several said, “Extract all the teeth.” Another group said that they have had great success in treating the patient with no or minimal extractions. It was quite a discussion. One of those who recommended complete extraction said that he had never seen a case like that successfully treated. He is a great dentist! Others of us treat cases like that routinely.

When you receive an opinion on anything, the opinion is based on the training and biases of the professional making the opinion. That's why a second opinion is so important. Only some physicians or dentists are the right fit for you. You have to choose. When you and the doctor match, you'll know it. And that doctor will be your ally, your friend forever.

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 We create "trips of a lifetime" for seniors



Helping Seniors Of Brevard



Helping Seniors Senior Resource Center Partners



Advocates for the Aging, Inc.
(321) 953-2273
AdvocatesfortheAging.com



Aqua Home Care
(321) 574-1180
Melbourne.AquaHC.com



Canadian Meds of Melbourne
(321) 574-6976
CanadianMeds-Melbourne.com



Coastal Occupational Therapy
(321) 361-8040
CoastalTherapyFL.com



Faith Walk by Two
(321) 381-5988
FaithWalkbyTwo.org



Moore Insurance Solutions
(321) 272-0218
LinkedIn.com/in/vmoorehealthplans



Next Chapter Real Estate
(321) 321-8289
NextChapterFlorida.com



Practitioners in Motion
(321) 216-2288
BringingCaretoYou.com



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



Senior Care Authority
(321) 341-8444
SeniorCareAuthority.com/brevardfl



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



Helping Seniors Gold Sponsors



CarePlus Health Plans
(321) 751-7645
CarePlusHealthPlans.com



Hibiscus Court Assisted Living
(321) 345-9830
HibiscusCourtMelbourne.net



The Peery Agency (Lori Peery)
(321) 848-3838
LauraPeeryAgency.com



Wuesthoff Brevard Hospice
(321) 253-2222
LHCGroup.com



Helping Seniors Platinum Sponsors



Monarch Homes of Brevard
(321) 806-3948
MonarchHomesofBrevard.com



The Residences at Zon
(321) 777-8840
ZonBeachside.com



Sheldon & Furtado, PLLC
(321) 802-2810
DrLeeSheldon.com



William A. Johnson, P.A.
(321) 253-1667
FloridaElderLaw.net

WILLIAM A. JOHNSON, P.A.



Zon Beachside Assisted Living
(321) 777-8840
ZonBeachside.com



Helping Seniors Silver Sponsors

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

Assisted Living Locators - (321) 367-3520
AssistedLivingLocators.com

Avid Home Care Services - (321) 392-3400
AvidHomeCareServices.com

Buena Vida Estates - (321) 351-3082
BuenaVidaEstates.org

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

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

David's Handcures - (321) 961-9870
Email - Beachside123@Yahoo.com

Fabulous After 50 / Hardy House Media
Contact@JenHardy.net / JenHardy.net

Medicare Solutions - Jerry Hadlock, Jr.
(321) 720-4526 - Email JLD253@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

Synergy Home Care / Carlos Cuesta
(321) 340-3828 - SynergyHomeCare.com

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



Helping
SENIORS
TRAVEL CLUB

THE 5TH ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

Jan/Feb 2025 - 3-Night/7-Night/10-Night Cruises Round Trip Port Canaveral

Sail with your Brevard Friends!



Sail with your friends - and your whole family! Meet your Helping Seniors friends from Brevard County on the luxurious MSC Seashore! Start your 2025 with a 3-night, 7-night or 10-night sailing to visit Ocean Cay Marine Preserve, the MSC Private Island Reserve, and more!



Your Own Private Island
MSC Ocean Cay Marine Reserve



Balcony Stateroom
MSC Seashore



3-Night Bahamas
Jan 30 - Feb 2 2025



7-Night West Caribbean
Feb 2 - Feb 9 2025



10-Night Bahamas/Mexico
Jan 30 - Feb 9 2025

The 5th Annual Helping Seniors Foundation Cruise (Choose All Inclusive for Maximum Savings or Ala Carte - as you please!)

Sail All-Inclusive with:

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

Helping Seniors Travel Club Jan/Feb All Inclusive Sailing Pricing

	3-Night	7-Night	10-Night
Inside	\$632	\$1,163	\$1,590
Balcony	\$742	\$1,443	\$1,960

Prices are Per-Person based on Double-Occupancy.
Call for pricing for Outside Staterooms and Yacht Club Availability.
Come Sail with your friends at Helping Seniors of Brevard



**Helping Seniors Travel Club 321-473-7770
or call Chris Morse 818-430-1480 (mobile)**

Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit. Helping Seniors of Brevard - P.O. Box 372936 - Satellite Beach, 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.



Helping Seniors Info Series

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

“Choose Your Ultimate Flavor Adventure” Fundraiser
Date: Saturday, May 18th, 2:00pm - 5:00pm
Call for Tickets & Information – (321) 473-7770

Join us for a delightful Saturday Afternoon! It's Not Lunch ... It's Not Dinner. It's a "Sip & Stroll" Afternoon Adventure Flavor Tasting presented by top culinary experts to support work of helping Seniors!

YOU ARE INVITED! Our Culinary Masters, led by Chef Jillian Zebris, of Chefs for Seniors, are turning up the flavor and inviting you to sample 6 special creations that deliver the Ultimate Flavor Adventure!

What You Get: 6 great Tastings and 6 great Tea Samplings; Live Music & Entertainment; A Lovely Business Casual Afternoon; and your very own Collector's Edition Chef's Apron to take home! Tickets: \$85/ticket or \$150/couple Call (321) 473-7770 or visit HelpingSeniorsOfBrevard.org for Info & Tickets

Food Truck Tuesday
Date: Tuesday, May 7th, 11:00am - 1:00pm
Call for Information – (321) 473-7770

Call your friends and make it a lunch date! 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!

Knowledge College for Aging - Your Aging Plan
Date: Thursday, May 16th, 10:00am - 11:00am
Call for Information – (321) 473-7770

April sees the launch of our "Get Your Ducks in a Row" Knowledge College for Aging certificate program. It is a FREE monthly series, 10am-11 am on the 2nd Tuesday of the month at Joe's Senior Resource Center, designed to help you learn the 7 key Chapters in your own aging plan. Kerry Fink, Helping Seniors Executive Director, moderates the series with the help of subject matter experts. He is join by Lori Peery, Dame Ramsey Endorsed Local Provider, of the Peery Agency who shares on Long-Term Insurance planning.

This month - gain a 35,000-foot overview of the components that make up your Aging Plan so you are ready for the road ahead! Join us for Coffee/Snack and a complimentary take-home lunch for those who are RSVP'd.

Helping Seniors Wellness Series - Decompress from Stress
Date: Thursday, May 23rd, 11:00am - 12:30pm
Call for Information & RSVP – (321) 473-7770

Seems like we live in a busy and complex world! Let's hear from our panel of Senior providers who share ideas and way so to live with a more calm and balanced approach to life's daily chaos. Great speakers with good information to share, including from Kristine Quattorne, of CarePlus Health Plans, on "Healthy Sleep" Programs - and great refreshments - brought to you by Care Plus Health Plans, Omni Health Care, and Helping Seniors of Brevard.

Helping Seniors / How to Use AI to Save Hours a Day
Date: Friday, May 24th, 11:00am - 3:00pm
Call for Registration & Information – (321) 473-7770

Jen Hardy, of the Fabulous Over 50 Podcast and Hardy House Media, leads this special business-oriented "How to Use AI to Save

Hours a Day" MasterClass with the goal of helping use free or low-cost AI technology to help us in writing, posting, and sharing information with others on-line in our businesses, non-profits, and organizational outreach and marketing efforts. Don't miss the class from the American Writing Awards 2024 Podcast of the Year and GoodPods #1 Podcast (on Aging & Retirement) producer and host Jen Hardy.

More Helping Seniors Events:

Renters of Palm Bay FL Housing Workshop
Saturday – May 18th, 9:00am- 2:00pm
 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 Appearance-Friendly's Car, Truck & Bike Show - Thursday - May 9th 2024
5:00pm-8:00pm - Friendly's Car Truck & Bike Show

Friendly's - 1101 E Eau Gallie Blvd - Indian Harbour Beach FL 32937

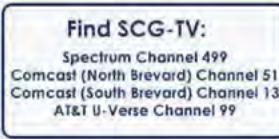
Dunkin' Car Show - Saturday - May 18th 2024 8:00am-12:00pm - Dunkin' Car Show

Dunkin' Beachside - 1220 N Highway A1A - Indialantic FL 32903

Golden Providers Network Meeting - Tuesday - May 21st 2024
11:00am-12:30pm - Golden Providers Business-to-Business Meeting

(for those who Serve Seniors with Excellence - GoldenProviders.org)
 Hibiscus Court - 540 E Hibiscus Blvd - Melbourne FL 32901

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
May 1	Wed	AI Dia Today	Printing and Direct Mail Options	Top 3 Public Benefits Questions	Is Assisted Living Right for You?
May 2	Thu	Controlling Cost of RX Medications	Chefs for Seniors	About Golden Providers	Assisted Living Options Hibiscus
May 3	Fri	Medicare Questions & Answers	Hometown News / AARP	The Parts of Medicare	Capital Update
May 6	Mon	How Assisted Living Benefits	Real Estate for Seniors	Senior Expos and Events	Debt Relief for Seniors
May 7	Tue	The Dirty "D" Word - Dementia	Senior Info in Senior Scene	How Seniors Helping Seniors Helps	New to Florida? Elder Law Updates
May 8	Wed	Your Legal Options Checklist	Periodontal Disease	Care Management	Value of Professional Printing
May 9	Thu	The Helping Seniors Directory	How to Cruise Successfully	Probate - What it is/What it Does	Discounted Prescriptions
May 10	Fri	Two Assisted Living Questions	Safe & Secure at Home	Reverse Mortgages - Now is It's Time?	Capital Update
May 13	Mon	The Parts of Medicare	When to Call Adult Abuse Line	Senior Mental Health	Value of a Second Opinion
May 14	Tue	A Smorgasbord of Legal Matters	Ordering RX at Lowest Prices	Checking Out Zon Beachside	Technology and Home Care
May 15	Wed	Making Plans for Retirement	3 Reasons for Reverse Mortgage	The "Talk" About Assisted Living	Chefs for Seniors
May 16	Thu	Golden Providers Biz-to-Biz	Get Your Ducks in a Row - Part 1	Senior Travel - Safe & Fun	How SRES Helps Real Estate
May 17	Fri	Durable Power of Attorney	Get Your Ducks in a Row - Part 2	Put Kids on House Title?	Capital Update
May 20	Mon	Helping Seniors Travel Club	5 Steps to Staying Safely at Home	Avoiding Probate	Information Needs for Seniors
May 21	Tue	A Beautiful Smile	How Assisted Living Helps Thrive	In Home Care Giving	The Parts of Medicare
May 22	Wed	Care Management	All About Home Health Care	Getting RX at Best Prices	Hometown News / AARP
May 23	Thu	Senior Real Estate (Things to Know)	Trusts	Great Employment for Seniors	AI Dia Today
May 24	Fri	The Vial of Life	Life Enrichment	Power of Attorney/Super Powers	Capital Update
May 27	Mon	Finding Good Help at Home	The Parts of Medicare	Printing and Direct Mail Options	Medicare Questions & Answers
May 28	Tue	Discount Prescriptions	What an Elder Law Attorney Can Do	What Assisted Living Can Mean	About Golden Providers
May 29	Wed	Value of Professional Printing	Information Sources for Seniors	Is Assisted Living Right for You?	The Helping Seniors Directory
May 30	Thu	Elder Law Services	Senior Expos and Events	Stay Home or Downsize?	When is Assisted Living Appropriate
May 31	Fri	Chefs for Seniors	Guardianship	Why Dental Implant not always Best	Capital Update



Date	Day	Program	Special Guest
May 1	Wed	Helping Seniors on Elder Law	William A. Johnson P.A.
May 8	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon
May 15	Wed	Helping Seniors on Senior Living	Janibell Coger
May 22	Wed	Helping Seniors on Help at Home	Jennifer Barton (Seniors Helping)
May 29	Wed	Helping Seniors on Senior Living	Carlos Cuesta (Synergy HomeCare)