



Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

JUNE 2024

Your Stay at Home Safely Plan. Chapter #4 of Your Aging Plan



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The 8th Annual Helping Seniors Car Raffle!

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Grand Drawing: Sunday October 27th 2024
American Muscle Car Museum!



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President's Message

A Word from Joe Steckler,
Our President & Founder



Every once in a while, we see warnings about scams of the elderly. For many years my wife and I took a lady to church who was convinced she had won a million dollars through Publishers Clearing House. While not a scam, the mailing convinced her that she had won a million dollars and nothing we could do would change her mind.

While not a scam of the type to which we are referring, you need to be very careful of any mailing, postal or internet, that says you are eligible to receive a certain amount of money, all you need do is pay a small amount to ensure the transfer of funds.

Most often, any mail of any type or phone call that asks you for money in any way is a scam. I have known many people involved with questionable roofing practices, family members in a hospital in a foreign country or needing an attorney in order to remain out of jail.

Where we can really fall into a trap is responding to official looking documents that pop up on our computers and scare us to no end. They can be very official looking and most often need to be ignored. For instance, I sometimes receive messages that tell me not to turn off my computer. I do so and my computer works fine. Do not be forced into doing something because of the use of scare tactics.

While I do not usually comment in my columns on people passing, I wish to acknowledge a very special lady who was with me for almost the entire time that I have been involved with the care of those with Alzheimer's disease to include two of her husbands, many under her care and now herself. She is a beautiful person with a wonderful outlook on life. If you have time for a special prayer, say it for Terry. No, not my Terry, but another very special lady.



Need Help?
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Stay Home Safely!

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

This month we keep our Aging Plan series moving right along as we work together to “Get Our Ducks in a Row!” Already this year, we have covered such good topics as “Wellness”, “Legal”, and “Financial” - if you missed any of these, please visit HelpingSeniorsofBrevard.org and check out the “Helping Seniors News” tab.

This month let’s look at ideas and resources that help us Age in Place. According to AARP, nearly 90 percent of adults over 65 want to remain in their homes as they grow older - and so, let’s learn how we can make the adjustments that keep our living environments safe for us as we grow older.

You’ll find so many excellent articles packed in this edition of **Helping Seniors News** - all presented by subject matter experts who really understand all aspects of maintaining our help, our safety, and our finances with a “Stay at Home” chapter in our Aging Plan.

As always, we are here to serve you and want to let you know we have a new date for our first-ever “Choose Your Flavor Adventure!” fundraiser, a Sip & Stroll presented by Chef Jillian Zebris (Chefs for Seniors) and her Culinary Masters. The event is now set for 2-5pm on July 27th, featuring a special early-bird ticket pricing special - \$45/ticket or two tickets for \$75 when purchased by July 1, 2024.

With your ticket donation, you get six great tastings and six great tea samplings, live music and entertainment, a lovely business casual afternoon at Joe’s Senior Resource Center, as well as your own Collector’s Edition Chef’s Apron to take home! Information and tickets are available at (321) 473-7770 or online at HelpingSeniorsofBrevard.org.

Thanks for supporting the work of Helping Seniors - we pledge to provide you with information and resources that will help you succeed best in your Aging Plan! Let’s journey on together!



Have You Thought About This?

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

According to AARP’s definition of a senior, I am in fact a senior. If you’re like me, then perhaps you too, feel younger than your age. They say age is just a number, but inevitably, with age, comes some changes.

Some common issues that come along with aging for some folks, especially women, are things like osteoporosis which makes bones more vulnerable to fracture.

Vision changes associated with age and conditions such as diabetes, glaucoma and cataracts can cause low vision and can increase the risk of falls. In fact, one in four American’s 65 and older fall each year. Falls are the leading cause of fatal and nonfatal injuries among older adults and fall risk increases with age. Changes in balance, flexibility and even muscle mass can also occur as we age.

I don’t mean to sound all gloom and doom when talking about aging, but there are safety issues to consider as we age, so that we can remain as independent as possible and hopefully remain young at heart.

Last year I wrote that when it comes to safety, an ounce of prevention is worth a pound of cure. Helping Seniors of Brevard provides information, education, and resources with a mission to help seniors live the best quality of life possible. In this month’s Helping Seniors Newsletter, we focus on safety.

Read on for some great information about safety concerns and resources for seniors to stay safe, and keep the golden years, golden.

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



What Is a Life Care Expert?

Catherine Rowlands
Total Long-Term Care Consultant Services

In the United States, the baby boomer population has been turning 65 at the rate of 10,000 per day since 2011. Representing nearly 22% of the American population, the first boomer was born when life expectancy was 63; today it is 79.

With such a large percentage of the population getting older, the profession formerly known as Geriatric Care Manager has both grown and re-branded in keeping with its clients continued youthful view. Today, an Aging Life Care Expert is part of a \$43,000,000,000 industry.

The Bureau of Labor Statistics projects 32.5 percent employment growth for medical and health services managers between 2020 and 2030. This is huge growth and, while it represents a great opportunity for those seeking employment in the health field, it also makes it a bit more difficult to determine: who is the best, capable fit for your family's needs?

By and large, these professionals belong to the Aging Life Care Association, which seeks high levels of education and professional certification for its members. With multiple levels of membership, each one calls for some degree of education in health care and/or its management plus adherence to ALCA's code of ethics and standards of practice.

While the growth of a national organization helps standardize levels and practice of private care in a sprawling, fragmented health care industry, it also runs counter to traditions of family caring for aging or chronically ill family. A loving and exhausting role, especially when matters of physical distance or bad feelings exist, care can encompass matters of banking, real estate, investments, health decisions, social and religious matters that no family

member should have to make alone, even if they are qualified to do so.

There are individuals who advertise themselves as care managers yet who lack the education, training, and experience that a certified care manager would possess. Even if a family chooses to hire a professional to assist with an aging loved one, it's imperative to inquire about the applicant's education, experience and certification as well as obtain references.

Your professional aging life care expert can help you make informed decisions, based on careful assessment with long-term needs in mind. She/ he will also act as your family's advocate to assure all relevant assistance or care needs are met in the most cost-effective and least restrictive setting. Most importantly, your professional life care expert is ready to help 24/7 when a crisis arises.

An aging life care expert will monitor and provide support beyond your family and senior client. She/he will also ensure you are safe in your living accommodations, that your bills are being paid on time, that health-related issues are managed, and that help is provided to ensure your safety while maintaining dignity and independence.

This is not the same as 'case management' where the focus is on the patient's actual care and help transitioning between treatments and stages of care. Case management encompasses the entire rehabilitation and recovery process. It deals with every aspect of the process and creates one clear path to better health.

The aging life care expert aims to improve patient care and reduce the need for medical services by enhancing coordination of care, eliminating duplication, and helping clients and their caregivers more effectively manage long-term health conditions.

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Safety with Home Care

*Traci Graf, RN
AVID Home Care*

When shopping for home care services it is important to know the basics. Most agencies are regulated by the Agency for Healthcare Administration (AHCA). There are several types:

1. Skilled nursing services come after a hospital or rehab stay or a new diagnosis. They are paid by Medicare and can provide RN/PT/OT, speech therapy, and social workers. They require a doctor's order.
2. Nonskilled home care agencies provide CNA/HHA/Companions and are out of pocket pay. They can assist clients with all types of care in the home.
3. Companion services can only help clients that do not need hands-on assistance. It is against AHCA regulations for them to physically touch a client. Surprisingly, they are completely free to do what they want as AHCA does not hold them to any standards.
4. Nurse registries are staffing agencies that do abide by AHCA regulations when it comes to background checks. They are different than an actual home care agency.

Only use agencies that are licensed, bonded, and insured to protect you and their employees. That needs to include liability and workers comp insurance. Privately paid caregivers that are not taking taxes out can result in the client being responsible for paying the required taxes. Clients are at high risk for theft.

Agencies love to say they do federal level 2 background checks. The more important question for potential clients should be, "Do you hire staff with exemptions?" Exemptions are obtained through AHCA and allow people with criminal backgrounds to work in healthcare. We do not accept staff with exemptions at Avid Home Care Services.

When looking a new employee up in AHCA I can see if they have a criminal history. If they do and they are listed as eligible, they have an exemption. This is the most important thing I learned in this career and something we are dedicated to maintaining. As an independent agency I have every right to deny employment to staff with exemptions.

Agencies should never ask you to pay for services upfront, sometimes referred to as escrow or a deposit. A nurse directly employed by the agency should come out to your home before starting services. There is standard home care state required documents to sign. Please make sure you are not signing a contract! Services should be all about you and what you need!

All agencies in Brevard County except Avid have an hourly minimum. This means you must pay for the agreed block of time even if you do not use it all. Sometimes agencies will complete the requested tasks and leave the shift early. They will be paid for the block of time agreed on during your admission visit. Avid Home Care Services is the **ONLY AGENCY WITH NO HOURLY MINIMUM SINCE 4/28/2017.**

Avid is not a chain or a franchise and originated when two friends of mine listened to my opinions as an experienced RN on what was wrong with non-skilled home care. They took those ideas and created Avid in 2017. My husband and I bought it from them in 2019 and have been a driving force in our community for quality, professional, affordable care to all socioeconomic levels.

We are committed to providing customized, quality care in the home for Brevard seniors. I also provide care management for our clients at no extra charge. At some other agencies, this service has an extra cost of up to \$120/hr. Care management can help prevent complications from chronic health issues, avoid hospitalizations, and coordinate with different levels of care requiring other resources. I have a vast amount of medical knowledge and truly enjoy sharing it to enrich clients' lives. Contact us at 321-392-3400 or www.avidhomecareservices.com.



Safety First

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

I practiced as a Registered Nurse for over 33 years in a variety of settings. Like most nurses I started out my practice in the hospital setting, but most of my nursing career was spent in skilled home health care. Topping the list of concerns in any healthcare setting was patient safety, and this holds true today.

As the Operations Director and Senior Care Navigator for Helping Seniors and using my years of experience as a nurse in skilled home health care, I want to share with you two of the top safety issues that seniors face at home, and some valuable information and resources.

FALLS

One of the major safety concerns for seniors at home is falls. I have already mentioned to you that one in four American's 65 and older fall each year. Falls are the leading cause of fatal and nonfatal injuries among older adults and fall risk increases with age. Let's look at some reasons why seniors fall and what you can do to reduce your risk for a fall.

Seniors with difficulty in walking, weakness, balance disorders, vertigo, and other conditions have a higher likelihood of experiencing a fall. Vestibular and balance rehabilitation, physical therapy, and occupational therapy can be provided on an out-patient basis or in your home by a licensed Therapist with a prescription from your physician and is covered by Medicare.

At Joe's Resource Center of Brevard, Coastal Occupational Therapy provides in-home occupational therapy to assist seniors with strengthening and balance exercises and gait training

to help seniors reduce the risk of falls.

Removing throw rugs, installing non-skid mats and grab bars in the bath and shower, donning proper footwear (not flip flops!), ensuring adequate lighting, and clearing pathways of clutter can all help reduce your chances of a fall.

MEDICATIONS

Medication mismanagement is a common and major health and safety issue for seniors. Medication errors such as missing doses, taking extra doses, medication interactions, side effects, adverse effects, and polypharmacy (defined as taking five or more different medications per day) can increase unplanned hospitalizations and contributes to increased morbidity and mortality of seniors each year in the U.S.

What can you do to improve medication management?

- Use one pharmacy and ask the pharmacist to review your list of medications. Your pharmacist is an important member of your healthcare team.
- Have an up-to-date list of all your medications, both prescription and over-the-counter, and bring this list to every doctor's appointment.
- Use a medication weekly planner.
- Take medications as directed.
- Talk to your doctor before starting or stopping any medications.

Dr. Chrisita Cornish, PhD, MBA, RPh is a pharmacist and one of Helping Seniors of Brevard's many trusted resources. Dr. Cornish is available by appointment if you would like to have your medications reviewed.

If you would like more information or to schedule an appointment with Dr. Cornish, or to connect with resources, give us a call at Helping Seniors of Brevard at 321-473-7770.



Essential Services to Stay Home Safe

Carlos E. Costa
SYNERGY HomeCare of Palm Bay



Saving Money with Prescription Drug Laws

Jerry Hadlock
Medicare Solutions

Homecare services for seniors to remain safely at home encompass a broad range of support. Here's a breakdown of some essential services:

1. **Personal Care Assistance** - help with activities of daily living (bathing, dressing, grooming, toileting, and mobility assistance).
2. **Medication Management** - ensuring seniors take their medications correctly and on time, as prescribed by their healthcare providers.
3. **Meal Preparation and Nutrition** - preparing nutritious meals tailored to dietary needs, plus assistance with feeding if necessary.
4. **Housekeeping and Laundry** - keeping the home clean, organized, and safe by sweeping, mopping, dusting, and doing laundry.
5. **Companionship and Emotional Support** - providing companionship and engaging in conversations and activities to alleviate loneliness and promote mental well-being.
6. **Transportation Assistance** - transporting seniors to medical appointments, grocery shopping, social outings, and other errands.
7. **Home Safety Assessments/Modifications** - identifying potential hazards in the home and making recommendations to improve safety (installing grab bars, ramps, or handrails).
8. **Fall Prevention** - reducing the risk of falls by removing tripping hazards, installing proper lighting, and providing mobility aids.
9. **Health Monitoring and Reporting** - tracking vital signs and health conditions; reporting any concerns to family or healthcare professionals.
10. **Respite Care for Family Caregivers** - giving relief and support to family caregivers through professional care for their loved ones.

Contact us at 321-340-3828, at synergyhomecare.com/fl-palm-bay-32905/, or at 1501 Robert J Conlan Blvd. NE, Ste 140, Palm Bay.

A new prescription drug law that went into effect January 1, 2023, will help save money for people with Medicare. Here's what it means for you:

More vaccines covered. People with Medicare Part D drug coverage now pay nothing out-of-pocket for even more vaccines, including shingles, whooping cough, and more.

Lower costs for insulin. You can't be charged you more than \$35 for a one-month supply of insulin covered under Part D, Medicare Advantage, or Part B and Medicare Supplement Insurance, or if you use an insulin pump that's covered under Part B's durable medical equipment benefit, and you don't have to pay a deductible.

Lower out-of-pocket drug costs

- You might pay a lower coinsurance amount for certain drugs covered by Part B, if their prices have increased higher than inflation.
- If you have drug costs high enough to reach the catastrophic coverage phase in your Medicare drug coverage, you won't have to pay a co-payment or coinsurance.
- People who qualify for Extra Help generally will pay no more than \$4.50 for each generic drug and \$11.20 for each brand-name drug.
- Your yearly Part D out-of-pocket costs will be capped at \$2,000, starting in 2025. You also can pay out-of-pocket costs in monthly amounts over the plan year.
- If the price of a drug covered by Part B increased faster than inflation, you might pay less than 20% coinsurance for that drug.

Medicare will negotiate to get you lower drug prices. For the first time, Medicare will be able to negotiate directly with manufacturers for the price of certain high-spending brand-name Medicare Part B and Part D drugs that don't have competition. Source: Medicare.gov



Staying Safe at Home: Essential Tips for Seniors

*Michael Folkerds
Aqua Home Care*

As seniors age, maintaining a safe home environment is very important so that they can enjoy the comfort and independence of their homes while minimizing risks.

To prevent falls, seniors should keep living spaces clutter-free, remove loose rugs, secure electrical cords, and install grab bars in bathrooms. It is also beneficial to use non-slip mats in the shower, ensure good lighting throughout the house, wear appropriate footwear, and use mobility aids.

Seniors should maintain an up-to-date list of medications and use pill organizers to avoid missed or double doses. Regular reviews with a healthcare provider can prevent adverse interactions and side effects. Setting alarms or reminders for medication times can also be helpful.

Caregivers play a crucial role in home safety, from a few hours a day to 24/7 live-in support. They provide companionship and ensure that seniors stay active and engaged, while helping with daily tasks, medication management, transportation, and meal preparation.

Medical alert systems offer a direct line to emergency services at the push of a button around the neck or by using a watch. They often include features like fall detection, GPS tracking, and two-way communication, which ensure help is always within reach.

Staying socially connected through phone calls, video chats, or community activities can help combat loneliness and depression. Engaging in regular exercise, whether through home workouts or gentle activities like walking, can improve both physical and mental health.

By taking these proactive steps, utilizing caregiver support, and investing in a medical alert system, seniors can create a secure home, enabling them to live independently and safely.



Braces at My Age?

*Lee Sheldon, DMD
Sheldon and Furtado, PLLC*

There are many reasons to get braces (orthodontics) done as an adult.

1. Cosmetics - don't we want to look our best?
2. To balance the "load" on each tooth. Most of us grind and clench our teeth. If some teeth don't touch each other, there is even more force on the teeth that do touch. Orthodontic treatment can help balance this "load" on each tooth, reducing the chance of wear and loosening of teeth.
3. To line teeth up so dental work such as bridgework may be properly done. Uneven teeth make dental work more difficult for the dentist and for you.
4. To even out the gum line. The teeth are attached to the gum and bone. As the teeth move, so do the gums and bone. If your gums have an "up and down look," moving the teeth may be the easiest way of lining up the gum line and avoiding gum surgery for some people.
5. To create bone for a dental implant. If the gum and bone are vertically deficient in an area, we can slowly erupt the tooth, moving the gum and bone with it to create more bone and gum, avoiding a bone graft in some circumstances.
6. To erupt a tooth that is decayed below the gum line. "Forced eruption" can quickly move the diseased portion of the tooth out of the gum and bone to make it restorable.
7. As we age, teeth move to the midline, so the slight crowding we experienced when we were younger often worsens. The earlier the crowding is detected, the quicker and easier the orthodontic solution.

Orthodontics can help you achieve optimal dental results.



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www.proclaim-services.com
 321-209-0171

SPIRITUAL / MENTAL HEALTH

Faith Walk By Two SILVER SPONSOR
 Chaplain Ken Cornish
chaplainken@faithwalkbytwo.org
 321-381-5988

TRAVEL

Helping Seniors of Brevard Travel Club
travelcenterusa@gmail.com
 Chris & Betty | 321-978-5211
 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



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.

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



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

Fyzical Therapy & Balance Center
(321) 372-3090 - Fyzical.com/Indialantic

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 Info Series

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

Knowledge College for Aging - Your Aging Plan
Date: Thursday, June 27th, 10:00am - 11:00am
Call for Information - (321) 473-7770

Join us for the launch of our "Get Your Ducks in a Row" Knowledge College for Aging certificate program. It is a FREE monthly series, 10 am-11 am on the 4th Thursday of the month at Joe's Senior Resource Center! It is 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 joined 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 - Skin Health & Summer Sun
Date: Thursday, June 27th, 11:00am - 12:30pm
Call for Information & RSVP - (321) 473-7770

Learn some good summer do's and don'ts to stay "skin safe" in the Summer Sun! 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.

More Helping Seniors Events:

Renters of Palm Bay FL Housing Workshop
Saturday - June 22nd, 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
Friendly's Car, Truck & Bike Show - Thursday - June 13th 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 - June 15th 2024 8:00am-12:00pm - Dunkin' Car Show

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

More Helping Seniors Key Events

Golden Providers Network Meeting - Tuesday - June 18th 2024 11:00am-12:30pm - Golden Providers Business-to-Business Meeting

(for those who Serve Seniors with Excellence - GoldenProviders.org)
 Glenbrooke Senior Living - 815 Briar Creek Blvd NE - Palm Bay FL.

Upcoming Spotlight Event:

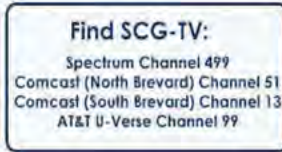
"Choose Your Ultimate Flavor Adventure" Fundraiser
Date: Saturday, July 27th, 2:00pm - 5:00pm
Call for Tickets & Information - (321) 473-7770

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: \$45/ticket or \$75/couple when purchased by July 1st 2024. Call (321) 473-7770 or visit HelpingSeniorsofBrevard.org for Info & Tickets

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Jun 3	Mon	The Dirty "D" Word - Dementia	Stay at Home Safe or Downsize?	Periodontal Disease	Two Assisted Living Questions
Jun 4	Tue	Discounted Prescriptions	Senior Expos & Events	Care Management	Trusts
Jun 5	Wed	Chefs for Seniors	A Smorgasbord of Legal Matters	Finding good place for Mom or Dad	Best Home Care Ideas
Jun 6	Thu	About Golden Providers	Info Sources for Seniors	How to Cruise Successfully	Considerations in Assisted Living
Jun 7	Fri	Hometown News	Making Plans for Retirement	Aging and Legal	Capital Update
Jun 10	Mon	Guardianship	Safe & Secure at Home	In Home Care Giving	Avoiding Probate
Jun 11	Tue	Inclusive Dentistry	Top 3 Public Benefits Questions	Is Assisted Living Right for You?	Living Beyond Current Home
Jun 12	Wed	Helping Seniors Travel Club	Printing & Direct Mail Options	Ordering RX at Lower Prices	Finding Trustworthy Senior Services
Jun 13	Thu	Checking out Zon Beachside	Parts of Medicare	Hometown News / AARP	Chefs for Seniors
Jun 14	Fri	Considerations in Assisted Living	Best Home Care Ideas	Info Needs for Seniors	Capital Update
Jun 17	Mon	Finding Good Help at Home	Hometown News/Compass Research	Cosmetic Dentistry	Reverse Mortgages - Now is Time?
Jun 18	Tue	Senior Info in Senior Scene	Importance of Dental Diagnosis	Al Dia Today Newspaper	Things to Know Elder Law
Jun 19	Wed	Senior Real Estate (Things to Know)	Let's Talk Medical	Life Enrichment	Senior Travel: Safe & Fun
Jun 20	Thu	Finding good place for Mom or Dad	Getting RX at Best Prices	Probate - What it is/How to Avoid	5 Steps to Say Safe at Home
Jun 21	Fri	What an Elder Law Attorney Can Do	Golden Providers Biz-2-Biz	The Value of Professional Printing	Capital Update
Jun 24	Mon	Helping Seniors 12 Years Later	Care Management	New to Florida? Elder Law	Finding good place for Mom or Dad
Jun 25	Tue	Parts of Medicare	Helping Seniors Travel Club	Considerations in Assisted Living	Controlling Cost of RX Prescriptions
Jun 26	Wed	Assisted Living Care	Technology and Home Care	Senior Expos & Events	Hometown News / AARP
Jun 27	Thu	Power of Attorney/Super Powers	Chefs for Seniors	Real Estate for Seniors	Top 5 Reasons for Hospital Stays
Jun 28	Fri	VA Aid & Attendance Benefits	The Dental Experience	Why Dental Implant not always Best	Capital Update



Date	Day	Program	Special Guest
Jun 5	Wed	Helping Seniors on Elder Law	Bill Johnson Esq.,(William A Johnson) Lori Peery (Peery Agency) Long Term Care Planning
Jun 12	Wed	Helping Seniors on Your Smile	Dr. Lee N, Sheldon Sheldon & Furtado, PLLC Dental Health & Related
Jun 19	Wed	Helping Seniors on Senior Living	Kerry Fink Helping Seniors of Brevard Best Ideas for Senior Living
Jun 26	Wed	Helping Seniors on Help at Home	Jennifer Barton (Seniors Helping) Greg Vestia (West Melbourne PD) Good People for our Seniors



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 # 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.