

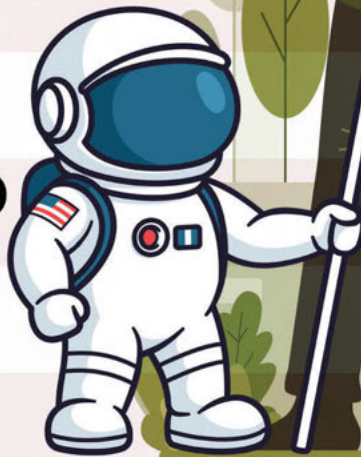
This Month:

Celebrating

Honoring

and

Getting Our
Ducks in a Row!



Senior Info Helpline
(321) 473-7770



SENIOR RESOURCE
CENTER OF BREVARD

1344 S Apollo Blvd - 2nd Floor
Melbourne FL 32901



Inside this Edition:

- Serving our Veterans
- You Need the Full Picture!
- Benefits of Music Therapy
- Doctors Orders for Your Diet?
- When to Consider Senior Living Options

It's On!
The 8th Annual Helping Seniors Car Raffle!
 "Choose Your Adventure"
 Pick from 6 Great Cars!
 Grand Drawing: Sunday October 27th 2024
 American Muscle Car Museum!

- You Choose the Winning Car! -

The 8th Annual "Choose Your Adventure" Helping Seniors Car Raffle



 For the Exploring Adventure... 2024 Jeep Compass Sport	 For the Hauling Adventure... 2024 Chevrolet Colorado	 For the Stylish Adventure... 2024 Mitsubishi Outlander
 For the Elegant Adventure... 2024 Mazda3 Sedan	 For the Racing Adventure ... 2024 Dodge Hornet	 For the Upscale Adventure ... 2024 Kia Sportage

1 ticket for \$25 / 5 tickets for \$100 Donation
 Grand Drawing - 1pm-4pm - Sunday October 27th 2024
 at the American Muscle Car Museum

Support the Work of Helping Seniors
HelpingSeniorsCarRaffle.com



A Tasty Way to Support the Work of Helping Seniors:

SO MANY GREAT FLAVORS!

2PM-5PM - SATURDAY JULY 27TH 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
 ADVENTURE FLAVOR TASTING
 PRESENTED BY TOP CULINARY EXPERTS
 TO SUPPORT WORK OF HELPING SENIORS!

GET YOUR TICKETS TODAY!

Find Your Way to the Senior Resource Center of Brevard
 Apollo Professional Tower - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL

CALL (321) 473-7770 FOR TIX/INFO

Helping Seniors in the Community!
HelpingSeniorsofBrevard.org



President's Message

A Word from Joe Steckler,
 Our President & Founder



Every month I am tasked with writing my President's message for the forthcoming issue of Senior Scene Magazine. I have written this column for 13 years and it has always been my pleasure to do so.

Being able to reach thousands of senior citizens through one publication is most meaningful. There are so many stories, ways to do things, do things better and even do them better by not doing them at all. Life is full of challenges, and discerning these challenges at an earlier date is most helpful.

One of my most often experienced challenges is brought about by misplacing my wallet. For many years I spent a lot of time looking for the wallet, only losing it once. The real loss was my military I.D. and the effort required to replace several documents, especially while confined to a wheelchair.

My solution was to find one, and only one place I would put the wallet and that has helped a great deal. That was, until I recently lost it again when it fell out of the pocket in which I had placed it.

Growing older is a challenge. My challenge is my wallet---what is yours? Perhaps the greatest challenge of all is admitting we have challenges which we need to address and overcome. Please give some thought to my words and it may help save you time and a lot of frustration. We can make growing older a lesser challenge.



A non-profit organization dedicated to improving quality of life for SENIORS through provision of information, education and resources.

Need Help?
 Call 321-473-7770



SENIOR looking for assistance in finding services?

Medical, Legal, Financial, Household or other Needs?
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 Senior Info Help Line



The Senior Information Helpline - (321) 473-7770
HelpingSeniorsofBrevard.org

Senior Resource Center
 1344 S Apollo Blvd - Ste 2C
 Melbourne FL 32901



Helping Seniors Of Brevard



Great Adventures Ahead!

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

Summertime, and the weather is fine - as the song said - and it is a time for GREAT Adventure ahead as we have fun with and work ahead on our fund-raising to ensure our success as a 100% local to Brevard Charity focused Helping Seniors going into next year and beyond.

Thank you in advance for looking through our July edition of Helping Seniors News and exploring our best ideas for your help and support in our fund-raising time - we have so many neat things ahead.

You'll read about our July 27th Saturday afternoon Sip & Stroll - hope to see you at Joe's Senior Resource Center that afternoon 2pm-5pm - for "Choose Your Flavor Adventure" presented by Chef Jillian Zebris (of Chefs for Seniors).

You also get up to speed on the latest in our 8th Annual Helping Seniors Car Raffle - which we titled "Choose Your Adventure" - as the winner (Sunday October 27th at the American Muscle Car Museum) gets to decide what they want to drive home with from among an interesting variety of six amazing cars and trucks.

And, we recap the June Helping Seniors Foundation Cruise - and all the fun on board - as well as preview great sailing opportunities with our Jan/Feb 2025 5th Annual Helping Seniors Foundation Cruise.

Meanwhile, our serious work of serving the more than 250,000 seniors (borrowing from AARP's definition of those of us aged 50+) in Brevard County continues at top speed as we work through hundreds of phone calls monthly as well as do our best to provide information and resources through our education programs and via Joe's Senior Resource Center as well. Thank you for supporting our work - we are so grateful!



Have You Thought About This?

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

Did you know that the largest percentage of the population for Brevard County is seniors? Seniors comprise 24.7% of the total population in our county, more than people under the age of 18. Have you thought about this?

As with most of the country, Brevard struggles to provide adequate services and resources to our senior population. But it is not all gloom and doom. There are resources available and that is exactly why Helping Seniors of Brevard exists.

This is our 13th year of service operating Brevard's Senior Information Helpline. We have connected thousands of callers to the resources they need to age well and educated many more through TV, radio, print, and online media efforts.

As a non-profit organization, Helping Seniors of Brevard exists, frankly, on the generous donations of donors, sponsorships and our fundraisers. We need your help. 100% of our donations stay right here in Brevard County.

We have an exciting and tasty fundraiser coming up, mark your calendar for Saturday, July 27th from 2PM-5PM at Joe's Resource Center of Brevard, 1344 S. Apollo Blvd, suite 2-C, Melbourne FL, 32901. The "Choose Your Flavor Adventure" features Chef Jillian and her team of chefs who will provide you with six great tastings of chef-prepared food, all paired with six exotic tea samplings.

This is a fundraiser, so please come out and support Helping Seniors of Brevard as we tempt your taste buds. Tickets are \$50 per person or \$90 per couple. Keep in mind folks that this is a donation all to benefit Helping Seniors of Brevard. Please help us continue our mission in Helping Seniors of Brevard and get your tickets now. For tickets and more information, call 321-473-7770 or go to our website at Helpingseniorsofbrevard.org.



**We Salute You,
Veterans of Brevard!**

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

Did you know that Florida has the 3rd largest veteran population in the nation, just behind California and Texas, and in Brevard County there are over 66,000 veterans, the seventh largest veteran population by county in the state?

As the Senior Care Navigator with Helping Seniors of Brevard, I often get calls from veterans or the families of veterans on what resources are available. As with most resources, there are never enough, however Brevard County does have many services available to veterans. Sadly, many veterans do not know what resources exist or what services and benefits they may qualify for.

In this month's Helping Seniors Newsletter, we want to pay tribute to our veterans. Thank you, veterans, for your service.

As a veteran, you are eligible for certain benefits that non-veterans are not entitled to, but it can be difficult to know what you are eligible for and how. There also may be benefits to the spouse of a veteran. The key to knowing what you are entitled to is to ask questions.

Veterans may be entitled to free medical benefits, certain discounts such as hotel rooms, even free fishing licenses and more.

How do you know what you don't know? The answer is you don't. So, it is important to ask questions and know how you can contact resources that can help you.

For instance, Brevard County Veteran Services can assist veterans and their families to connect them to ensure they receive full benefits earned by the veteran's military service. They also will assist in the completion and submission of claims for VA and state veterans benefits and ensure

all necessary documentation is available and provided.

An important benefit for veterans is VA Aid and Attendance for those veterans who may need home care services. A wartime veteran and their surviving spouse may be eligible for a tax-free benefit of Aid and Attendance provided through the Department of Veteran Affairs. The benefit of this program is to help assist with the cost of long-term care for those who need assistance in their home with activities of daily living such as bathing, transferring and toileting. This program allows veterans to age in place at home for as long as possible.

Also, there is a benefit available for those veterans who qualify for a vet assistance program called the Program of Comprehensive Assistance for Family Caregivers which can provide financial assistance from \$1800 to \$3000 monthly to help offset the cost of caregiving. The money is paid to the primary caregiver. The VA clinic in Brevard also has information on benefits for a hearing aid program, plus eye and dental benefits. For more information call 321-633-2012.

Helping Seniors of Brevard can connect veterans to important veteran services and resources. If you are a veteran or a friend or family of a veteran that needs resources, please call the Helping Seniors of Brevard information line at 321-473-7770.

Helping Seniors of Brevard is a non-for-profit organization, and we operate based on private donations, business sponsorships and our charity fundraising events. We need YOU to continue our mission of helping seniors enjoy a better quality of life.

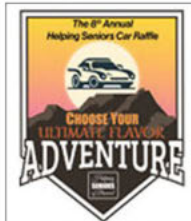


For more information or to donate call our Helping Seniors Information line at 321-473-7770 or go to our website at

www.HelpingSeniorsofBrevard.org.



Helping Seniors Of Brevard



So Many Great Tastes!

"Choose Your Flavor Adventure"
Helping Seniors Fundraiser.



Choose Your Adventure!

The 8th Annual
Helping Seniors Car Raffle
Fundraiser.

So Many Great Flavors!

2pm-5pm – Saturday July 27th 2024
at Joe's Senior Resource Center.

A Saturday Afternoon Flavor Adventure!
Supporting the work of Helping Seniors



Chef Jillian Zebris

YOU ARE INVITED!

Our Culinary Masters are turning up the flavor and inviting you to sample 6 special creations that deliver the Ultimate Flavor Adventure!



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!

Chef Jillian Zebris, of Chefs for Seniors Melbourne, has assembled a group of Top Chefs to present a cornucopia of flavors through 6 very special Tastings (paired with 6 very special Teas) and all honoring the six automotive "Choose Your Adventure" themes embodied in the 8th Annual Helping Seniors Car Raffle offerings.

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!

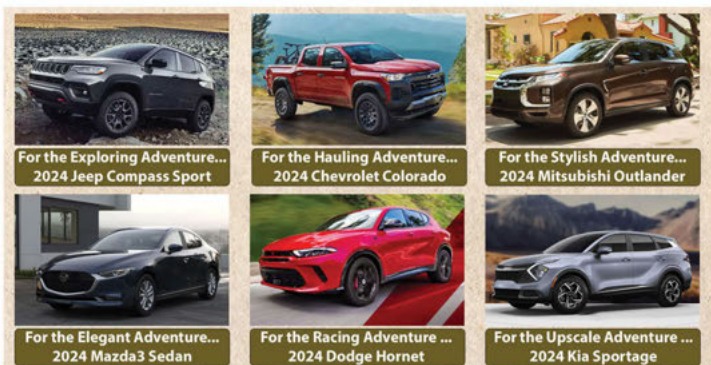
The event takes place at Joe's Senior Resource Center of Brevard, located at 1344 S Apollo Blvd - 2nd Floor - Melbourne FL and is a fun "Eat at Joe's" afternoon with very special gourmet tastings in store for you!

Tickets: \$50/ticket or \$90/couple. Early Bird Special: \$45/ticket or \$75/couple (when purchased on or before July 10th 2024)

Call (321) 473-7770 or visit HelpingSeniorsofBrevard.org for Info & Tickets

So exciting to be back with the 2024 8th Annual "Choose Your Adventure" Helping Seniors Car Raffle! Joe Steckler, our President & Founder, instrumental in establishing the area's "Joe's Clubs", named after him, formed Helping Seniors to make a difference locally and, together with his friends, began the Helping Seniors Car Raffle as a way to generate funds – in a fun way – to benefit Seniors and to ensure the work of Helping Seniors can continue each year.

This year - our winner (might as well be YOU!) chooses from a wide variety of 6 amazing and unique automotive selections:



American Muscle Car Museum Owner Mark Pieloch has again invited Raffle ticket holders to this great Celebration at his amazing Museum. Your 2024 Helping Seniors Car Raffle ticket is your "Admit One" to the "Sunday at the Museum" Grand Drawing event 1 pm – 4 pm on Sunday, October 27th, although you do not have to be present to win.

Your ticket includes access to the Front Showroom at the Museum and to all outdoor exhibits as well as complimentary soda/bottled water and cookies (while supplies last). (Please note: 2 tickets are required per adult for Entry to the American Muscle Car Museum Main Collection in the Rear Showroom. Additional tickets will be available on-site on the day of the Grand Drawing event.) It will be a fun and family-friendly afternoon at the Museum, and this year, child admission (ages 3-9) is included free with each Car Raffle ticket holding adult (limit 2 children per adult)!

Call (321) 473-7770 or visit HelpingSeniorsCarRaffle.com to secure your ticket today!



Helping Seniors Of Brevard



Helping Seniors Foundation Cruise

The 5th Annual Helping Seniors Cruise

The 4th Annual Helping Seniors Foundation Cruise on board MSC Seashore was great travel for all who joined us and great help in the work of Helping Seniors - and so good that we are heading out, with sailing options including January 31st and February 2nd 2025, on the same lovely ship for our 5th Annual Helping Seniors Foundation Cruise.



Many of the amazing folks who came sailing with us on the 4th Annual Helping Seniors Foundation Cruise June 9th-16th 2024

In addition to the wonderful shipboard entertainment, activities and ports of call, the June sailing featured excellent training with our friends at Coastal Occupation Therapy as Owner Jital Patel and one of her interns provided daily sessions and talks geared for long-term mobility and wellness.

The 5th Annual Cruise offers 3-night (Jan 31st) and 7-night (Feb 2nd), and a 10-night combo sailing from Port Canaveral on MSC Seashore. Once again, special needs certified Travel Agent Chris Morse, of Senior Travel, has negotiated a very favorable All-Inclusive pricing for this sailing.



The beautiful MSC Seashore at Ocean Cay Marine Reserve Bahamas

Call Helping Seniors today at (321) 473-7770 for more information on how you can join us and/or check online for information at HelpingSeniorsTravelClub.com



Selling or Buying a Home During Hurricane Season

Mark Gallegos, Realtor
REAL Broker, LLC

The 2024 hurricane season brings heightened concerns for homeowners and buyers. As a seasoned real estate professional, I understand the anxiety surrounding higher property insurance bills, selling challenges, and potential disruptions in the closing process during a named storm.

Market Overview

Brevard County (April 2024):

- Median Sold Price: \$380,000 (+6%)
- New Listings: 1,261 (+23%)
- Monthly Inventory: 3.5 months (up from 2)
- Median Days to Contract: 38 days (up from 31)

Florida's real estate market remains robust. The S&P CoreLogic Case-Shiller US National Home Price Index saw a 6.5% year-over-year increase in March, indicating strong demand amid a persistent housing supply shortage.

Interest Rates and Mortgage Market

With no expected Fed interest rate reduction this summer, mortgage rates are crucial for buyers and sellers; keep watch to understand market dynamics.

Addressing Concerns

For Sellers:

- Market your property effectively.
- Stay updated on insurance costs and address buyer concerns.
- Prepare for closing delays during storms.

For Buyers:

- Conduct thorough property inspections.
- Secure mortgage pre-approval, monitor rates.
- Plan for potential delays due to storms.

We Are Here to Help

Each property has a unique story, and every buyer or seller has individual needs. We are here to listen and provide tailored support to navigate the real estate market during hurricane season. We're here to help. Call 305-761-8500.



Following Doctor's Orders for Your Diet

*Jillian Zebris
Chefs for Seniors*

Deciding what to eat for dinner is already a task. When we are told by our doctor to eat a certain way, that task becomes even more challenging.

At Chefs For Seniors, we take the hassle out of mealtime and help navigate through the confusion of a special diet. Our menus can be customized to fit the doctor's orders. The types of diets on our menu include Low Sodium, Gluten-free, Vegetarian, Vegan, Dairy-Free, Low-Carb, Diabetic Friendly and Low Cholesterol.

We also implement a revolutionary nutrition plan called the MIND diet, which can have an impact on Alzheimer's prevention for seniors. The name MIND diet surprisingly isn't in reference to the diet's supposed ability to improve cognitive functioning. Rather, it stands for Mediterranean-DASH Intervention for Neurodegenerative Delay.

The MIND diet meal plan is essentially a combination of two popular diets, the Mediterranean and DASH, with an emphasis on brain foods shown to improve cognitive functioning.

Our services start with a free consultation to discuss your food likes and dislikes and any dietary concerns. Afterwards, we build your customized meal plan and schedule your chef visit. For your visit, you can sit back and relax while your personal chef does the rest! Call 321-210-6953



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 & habits:**

- Is the entire house utilized?
- Are the home and lawn maintained?
- Are you maintaining socialization?
- Maintaining hobbies and activities?

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 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, before the need arises, meeting social, medical, geographical, and budgetary needs.

I invite you to explore options that fit your lifestyle, preferences, and needs. Whether you choose to downsize or have an event that prevents you from safely returning home, we are here to help with your immediate and future needs.

Senior Living Options Include:

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

At **NO-COST** to you, we work with you every step of the way to help you transition to your next perfect home! **Call 321-367-3520 Today.** ❤️



Benefits of Music Therapy

*Traci Graf, RN
AVID Home Care*

Recently, I had a friend tell me how much music helped her get through difficult times after the loss of her husband. She told me that during her deepest grief, music gave her a way of expressing her emotions when she could not find the words.

As always, I started some more serious research for this article and was pleasantly surprised at the advancements in music therapy, especially the effects it has on people with dementia.

According to a 2020 study by the National Institutes of Health (NIH), over 50 million people worldwide live with dementia. Playing music can improve areas of the brain involved in speech, learning, attention, and memory, even for people no longer able to verbally communicate. Music can directly connect us to memories, experiences, and emotions. Musical memories are often untouched by Alzheimer's and accessing them can help someone relive wonderful experiences from their past.

There are two types of formal music therapy. Active is where the person participates in picking the music, playing an instrument, or singing along to the lyrics. Receptive music therapy involves mindful listening to carefully chosen songs that can reflect the person's culture, generation, and personal experiences. You can incorporate music therapy into your life simply by listening to music you love. Let the choice reflect your current feelings. Sadness and grief can be expressed in a short song allowing a safe place for intense feelings.

There are no long-term benefits from music therapy, the effects do not last long after the music ends. However, using music in your life to benefit your physical and mental health can be very beneficial at any age. Consider helping a senior in your life create a Pandora or Spotify playlist full of songs from their youth that they can easily access for hours of enjoyment.



You Need the Full Picture

*Lee Sheldon, DMD
Sheldon and Furtado, PLLC*

"I need an upper implant," the patient said. "I was told I need a sinus lift, too." When I looked at the patient, I saw that there was a way of replacing the missing teeth with an implant without the need to work with the sinus. However, there was severe periodontal disease in an adjacent tooth, and all her upper teeth were loose.

Why do I bring this up? Before isolating the treatment down to a single tooth, we need the whole picture to determine the following:

1. Is what you want the best treatment?
2. Is what you want the most predictable treatment?
3. Are there variables that will interfere with long-term success?
4. What is the priority of treatment for my overall health, as well as my dental health?

We started our practice in 1980. At that time, we had two exams, a limited exam and a full exam. I quickly learned that a limited exam also "limited" the thinking process. The limited exam was based on what other doctors had told the patient or what the patient thought was most important to him or her.

We want to know what is bothering you. And if you are referred by another dentist, we want to know that dentist's concerns, too. Once we have that, we then conduct a comprehensive examination, meticulously looking at missing teeth, periodontal disease, decayed teeth, jaw function, and medical considerations to map out a plan for success. That is why every one of our patients receives a complete examination.

Your needs and priorities are our top concern. The full examination will give both you and us the context to determine how those priorities fit in with predictability and cost-effectiveness, ensuring a personalized and effective treatment plan.

ADVOCATE & SENIOR PLACEMENT

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 Debbie Beard, Broker 321-298-5562
 55+ Real Estate & Downsizing Expert
www.NextChapterFlorida.com

SENIOR LIVING / MEMORY CARE

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 2129 W. New Haven Ave., W. Melbourne
www.buenavidaestates.org
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Hibiscus Court Assisted Living and Memory Care Community GOLD SPONSOR
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www.slm.net | 321-345-9830

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 3821 Sunnyside Ct., Rockledge
www.palmcottagesfl.com
 321-633-1819

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www.theresidencesatzonbeachside.com
 321-777-8840

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 321-777-8840

SPEECH THERAPY

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 Services – Outpatient Speech Therapy
www.proclaim-services.com
 321-209-0171

SPIRITUAL / MENTAL HEALTH

Faith Walk By Two SILVER SPONSOR CENTER 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.
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AdvocatesfortheAging.com



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Melbourne.AquaHC.com



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



Coastal Occupational Therapy
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CoastalTherapyFL.com



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



Fabulous Over 50 Podcast
Hardy House Media
JenHardy.net



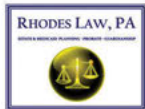
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Next Chapter Real Estate
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NextChapterFlorida.com



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



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



Senior Care Authority
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SeniorCareAuthority.com/brevardfl



Seniors Helping Seniors
(321) 722-2999
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Helping Seniors Gold Sponsors



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DrLeeSheldon.com



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(321) 253-1667
FloridaElderLaw.net



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



Helping Seniors Silver Sponsors

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(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

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

Mark Gallegos
(305) 761-8500 - Real Broker, LLC

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

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

St. Francis Reflections Lifestage Care
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Synergy HomeCare of Palm Bay
(321) 340-3828 - SynergyHomeCare.com

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(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)

Headline Events:

Knowledge College for Aging - Your Aging Plan (Building Blocks)

Date: Thursday, July 25th, 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. 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/Snacks and great information.

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 refresh-

ments - 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 - July 20th, 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 - July 11th 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 - July 20th 2024

8:00am-12:00pm - Dunkin' Car Show

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

More Helping Seniors Key Events

Golden Providers Network Meeting - Tuesday - July 16th 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.

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Jul 1	Mon	Let's Talk Transportation	Understanding Medicare Options	Why a Public Adjuster Helps	About Golden Providers
Jul 2	Tue	Hometown News / AARP	Living Beyond Your Current Home	Senior Events & Expos	New to Florida? Elder Law
Jul 3	Wed	Senior Information in Senior Scene	Care Management	Probate - What it is/What it does	Medicare: Questions & Answers
Jul 4	Thu	Checking Out Zon Beachside	Elder Law Services	Periodontal Disease	How to Cruise Successfully
Jul 5	Fri	The Parts of Medicare	All About Home Health Care	Technology & Home Care	Capital Update
Jul 8	Mon	Durable Power of Attorney	Considerations in Assisted Living	Top 5 Reasons for Hospital Stays	Controlling Cost of Prescriptions
Jul 9	Tue	Discounted Prescriptions	Great Employment for Seniors	Case Management - What it is	Put Kids on the Bank Account?
Jul 10	Wed	Cosmetic Dentistry	Avoiding Probate	Is Assisted Living Right for You?	Stay Home Safe or Downsize?
Jul 11	Thu	Safe & Secure at Home	The Helping Seniors Travel Club	Chefs for Seniors	The Parts of Medicare
Jul 12	Fri	Reverse Mortgages - Now is Time?	Case Management - What it Is	Two Assisted Living Questions	Capital Update
Jul 15	Mon	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2	Ordering RX at Lower Prices	Helping Seniors Directory
Jul 16	Tue	Holistic Approach to Pain Relief	Helping Seniors 12 Years Later	Senior Travel - Safe & Fun	Care Management
Jul 17	Wed	Senior Real Estate Things to Know	Updating Your Estate Plan	AI Dia Today	Importance of Evaluation
Jul 18	Thu	What Elder Law Attorney Can Do	Life Enrichment	Senior Information in Senior Scene	Power of Attorney & Super Powers
Jul 19	Fri	Golden Providers Biz-to-Biz	The Dirty "D" Word - Dementia	Updating Your Estate Plan	Capital Update
Jul 22	Mon	When to Call Adult Abuse Hotline	Value of Professional Printing	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2
Jul 23	Tue	Finding Good Help at Home	Too Many Teeth Being Extracted?	Dry Eyes	Senior Mental Health
Jul 24	Wed	Things to Know - Elder Law	The Parts of Medicare	How SRES Helps	Understanding Medicare Options
Jul 25	Thu	Senior Events & Expos	Top 3 Public Benefits Questions	5 Ideas on Financial Checklist	Hometown News / AARP
Jul 26	Fri	Let's Talk Transportation	Gettings RX at Best Prices	Considerations in Assisted Living	Capital Update
Jul 29	Mon	Care Management	Chefs for Seniors	Your Aging Plan - What it Is	Guardianship
Jul 30	Tue	The Helping Seniors Travel Club	In Home Care Giving	A Smorgasbord of Legal Matters	When Assisted Living is Appropriate
Jul 30	Wed	Real Estate for Seniors	3 Reasons for Reverse Mortgage	How Medical Office Team Helps	Let's Talk Medical



Date	Day	Program	Special Guest		
Jul 3	Wed	Helping Seniors on Elder Law	Bill Johnson Esq.	William A Johnson, P.A.	Elder Law & Related
Jul 10	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon	Sheldon & Furtado, PLLC	Dental Health & Related
Jul 17	Wed	Helping Seniors on Senior Living	Elana Pitcher	St. Francis Reflections Lifestage	We Honor Veterans
Jul 24	Wed	Helping Seniors on Help at Home	Jennifer Barton (Seniors Helping)	Karem Sapp (ClinCloud)	Advances in Medical Treatment
Jul 31	Wed	Helping Seniors on Senior Living	Danica S. Carluccio (Advocates)	Karen Wernlund (Emerald Care)	Care Management