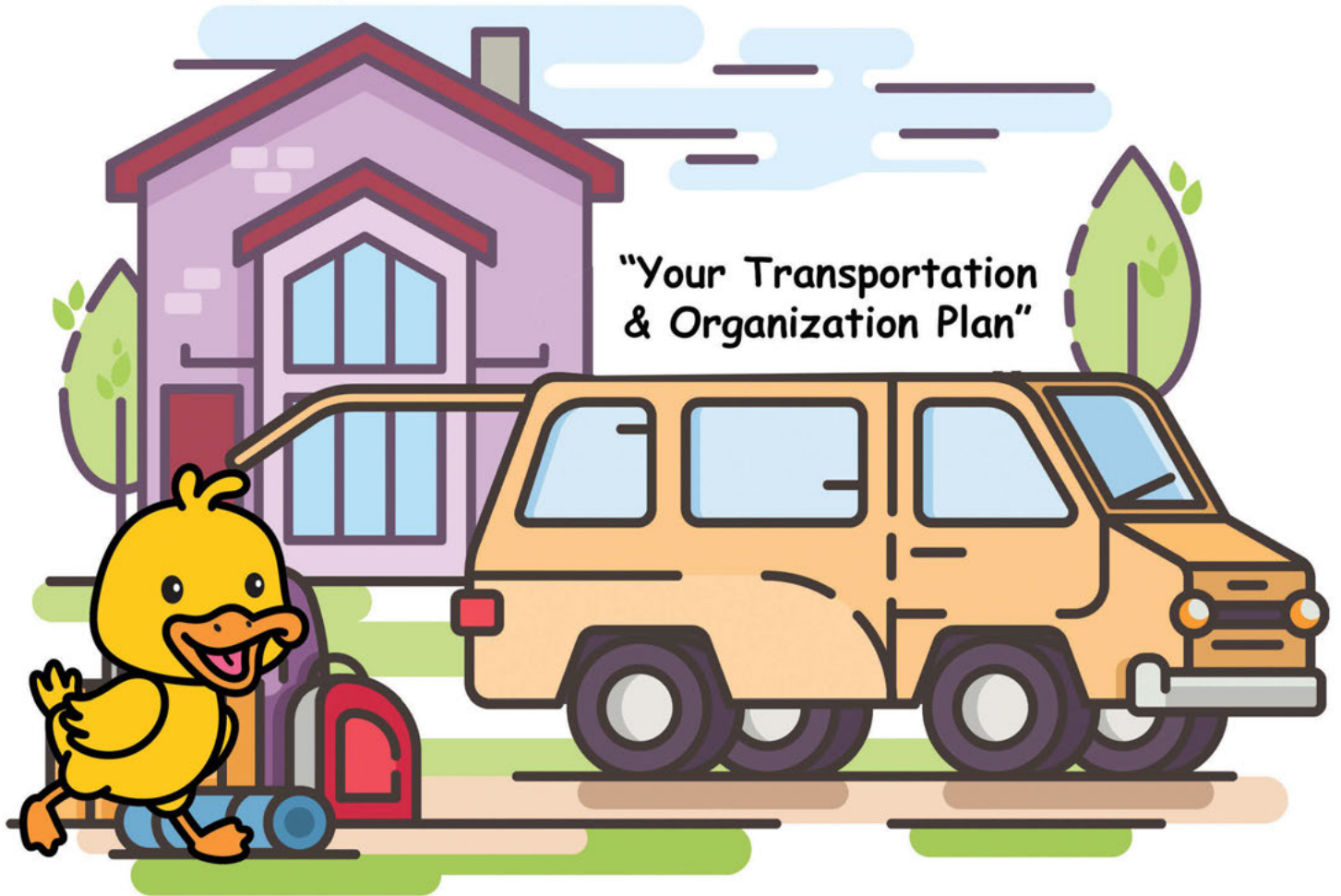


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Inside this Edition:

- Transportation and Organization
- Navigating the Road of Independence







Plus: "Choose Your Adventure" Car Raffle Update

Get Your Tickets Today!




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 For the Exploring Adventure... 2024 Jeep Compass Sport	 For the Hauling Adventure... 2024 Chevrolet Colorado	 For the Stylish Adventure... 2024 Mitsubishi Outlander
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The Helping Seniors 8th Annual "Choose Your Adventure" Car Raffle Grand Drawing Celebration
 1pm-4pm Sunday October 27th 2024
 at the American Muscle Car Museum.
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The 2024 Helping Seniors Car Raffle
 Choose Your 2024 Car: Jeep Compass Sport; Chevrolet Colorado WT Truck; Kia Sportage LX; Dodge Hornet GT; Mazda3 Sedan S; or Mitsubishi Outlander Sport 2.0 S
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Be In It to Win It!

Scan for Tickets
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Call (321) 473-7770 or Get Tickets Online
[Helping Seniors Car Raffle.com](http://HelpingSeniorsCarRaffle.com)



The 8th Annual Helping Seniors "Choose Your Adventure" Car Raffle Grand Drawing Celebration!
 1pm-4pm - Sunday Afternoon - October 27th 2024
 at the



Cars shown and/or pictured are for illustrative purposes only. Base model provided. Upgrade at winner's cost/discretion. Each ticket is Entry in Grand Drawing & Invite to Grand Drawing Event (2 tickets for Entry to American Muscle Car Museum Full Collection). Need not be Present to Win. See Official Rules for complete details. Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit.



Transportation & Organization
*Kerry Fink, Executive Director
 Helping Seniors of Brevard*

On behalf of Joe Steckler, our President/Founder, it is such a privilege to work together to help get our "Aging Plan" organized. One very important aspect is a chapter considering Transportation & Organization. We tackle some ideas about all of this in this edition of Helping Seniors News.

While we are on the transportation topic, let me say that, as of September 1st, there are just 57 "shopping" days left before the 8th Annual Helping Seniors "Choose Your Adventure" Car Raffle Fundraiser Grand Drawing on Sunday afternoon, October 27th, at the American Muscle Car Museum. Be in it to win it - get your tickets today!

It's a fun way to support the work of Helping Seniors. When you donate \$25 for one ticket or \$100 for five tickets, each ticket is (a) donation to our 100% local to Brevard charity, (b) a chance to win your pick of 1 of 7 amazing brand new 2024 cars, and (c) your ticket to a fun Sunday afternoon (although need not be present to win) at the American Muscle Car Museum!

And, on transportation (and while we are talking about fundraisers that help keep our good work going!), please consider joining us for our 5th Annual Helping Seniors Foundation Cruise from Port Canaveral on board MSC Seashore! (3-night & 10-night sailing January 30th and 7-night sailing February 2nd). Great fun and great pricing and your contribution to Helping Seniors is built in. Come sail with your Helping Seniors friends and with the comfort of having your travel agents on board!

Visit www.HelpingSeniorsofBrevard.org to stay up to date with our events tab! Thanks for helping us with our work today!



Need Help?
 321-473-7770





Transportation and Organization

Corina Savelle
Total Long-Term Care Consultant Services

As we mature, natural changes take place in our bodies. According to the Florida Department of Transportation, we should be aware of these changes and how they impact us.

Natural changes occur to our vision, cognition, and physical ability (see fdot.info/leo for details). Eye conditions can make it harder to see road signs, navigate construction, and drive at night. Cognition changes reduce response times. Physical changes such as neuropathy, muscle weakness, and limited range of motion can impact your ability to control your vehicle.

Changes in your driving habits should be a progression as your situation dictates; eventually, it is not safe for you to drive on busy roadways.

What can you do? First, start with a refresher on the rules of the road. Visit SafeMobilityFL.com or contact your local AARP or AAA office for local clinics and courses for mature drivers (a benefit could be your insurance costs decrease). Next, you might reduce the amount of driving, stay local, avoid rush hour traffic, and do not drive at night or sunset.

If you know it is unsafe for you to drive, then reach out to alternate modes of transportation. In Brevard, there is SCAT (321transit.com) for bus schedules, special services for seniors, people with disabilities, and more. If you are a veteran, contact the VA for transportation services. The Brevard Alzheimer's Foundation or Aging Matters in Brevard also have transportation assistance.

Check your Medicare Advantage plan if you have one—most have transportation services included in their benefits. Once you know and sign up for the services it becomes second nature to take

advantage of them.

Mature humans have “stuff” busy lives, inertia and time can mean you have “stuff” you can clean out. Downsizing and filtering through 30 years of paperwork does not sound like fun but it can make you feel better and can be a safety factor in preventing falls. Keeping clutter to a minimum gives you a sense of control over your life. Decision-making and the physical act of decluttering are great exercises for mental and physical health.

Clutter and paper make great places for dust mites, bugs, and rodents when things get out of control. Hoarding is an issue in the elderly, even those who never had the problem can evolve into a hoarding situation as they age.

Organize your important papers and information, be sure to tell someone where these things are, and keep them together in a container.

Remember, having it all on a computer or in the cloud is great unless password-protected and you have not told someone that password. If all your bills and important accounts are online, be sure to have those passwords and logins stored so someone knows. It is hard to know what accounts someone has if they are all online and the computer or phone is password protected. That makes it hard because you need to keep things secure and have them protected. More on this another time.

TLC Consultant Services is committed to enhancing the ability of disabled or elderly adults to live safely in their Brevard County community with dignity and independence. We are problem solvers with skills in evaluating, planning and monitoring. Our goal as professional care managers and patient advocates is to ensure that you receive the most appropriate and cost-effective services designed to address your unique health, psycho-social and functional needs in the least restrictive and most cost-effective setting.

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Navigating the Road of Independence

Amber Payne
 Director Elder Care Coordination
 Law Office of Amy B. Van Fossen

For many older adults, driving represents freedom and independence. However, as people age, changes in physical and mental abilities can make driving riskier, not only for the elderly drivers but also for other road users. Recognizing these risks and knowing when it might be time to hang up the keys is crucial for everyone's safety.

The Impact of Physical Changes on Driving

Aging brings physical changes that can affect driving skills. Vision impairment can make it hard to judge distances, see peripherally, and handle glare from headlights, especially in low-light conditions or bad weather. Hearing loss can prevent drivers from hearing car horns, emergency vehicle sirens, or noises indicating problems with their vehicle.

Reflexes and Response Times

Quick reflexes and response times are vital for safe driving. Aging can slow these reflexes, making it harder to react swiftly to unexpected events on the road. Also, decreased flexibility and muscle strength can hinder an older driver's ability to steer, brake, or check blind spots effectively.

Cognitive Changes

Cognitive changes, such as those caused by dementia or Alzheimer's, can significantly impair driving ability. These conditions can affect judgment, decision-making, and memory, leading to confusion, getting lost, or failing to recognize traffic signs and signals.

Supporting Older Drivers

Families play a crucial role helping elderly loved ones maintain their safety on the road. Encouraging regular health check-ups, including vision and hearing tests, is essential. Watch for signs of confusion or anxiety while driving and note any unexplained dents or scratches on the car.

When warning signs appear, it's time to consider alternative transportation options. Emphasize their benefits, such as reduced stress and increased safety. Additionally, driver rehabilitation programs can assess their driving abilities and offer strategies to help them drive more safely.

Approaching the Conversation

Discussing the possibility of not driving is challenging and often met with resistance. Approach the topic with empathy and respect, focusing on safety concerns. Navigating the delicate issue of driving and aging requires patience, understanding, and open communication. By staying informed and vigilant, families can help their elderly loved ones transition from driver to passenger, ensuring safety and preserving their independence in other ways.

Options for free transportation

- Resource Center for Disability Solutions
321-633-6011
Need to be disabled; must apply and register. Once registered, appointments need to be scheduled in advance.
- Aging Matters – 321-639-87720
Senior TranServ – takes elders to medical appointments, stores, and visits with loved ones. Must be 55+ years of age, ambulatory, and capable of entering and exiting a vehicle unassisted. Once established, seven-day advance notice is required for all requests.
Vets Driving Vets - transportation to the Veteran's Administration Outpatient Clinic, other health care providers, and basic needs destinations. Veterans must be ambulatory and capable of entering and exiting a vehicle by themselves. Once established, seven-day advance notice is required for all requests.

Options for paid transportation –

- Stellar Transport – 321-222-6222
Ambulatory - \$45 Round Trip \$2.50/mile
Non-Ambulatory - \$80 Round Trip \$2.50/mile
- Private Duty Home Care - usually, transportation is included with homecare services, charged at your regular hourly rate plus IRS mileage rate of 65.5 cents/mile. A list of agencies in your area can be found at www.floridahealthfinder.gov

DriveAbility

Unsure if you or a loved one should continue to drive or need some assistance in retraining? DriveAbility offers comprehensive driving evaluations, driving rehabilitation, and preparation to be licensed to drive with adaptive driving equipment. Call 321-361-8040.

Helping Seniors Of Brevard



Thank You!

Great time on Saturday, July 27th at Joe's Senior Resource Center with "Choose Your Flavor Adventure" Fundraiser for Helping Seniors!



Chef Jillian Zebris (Chefs for Seniors) and her team of Executive Chefs pulled out all the stops to create this exquisite "Sip'n'Stroll" Saturday afternoon tasting event fundraiser for Helping Seniors.

Great tastings to match great automotive choices in the fast approaching 8th Annual Helping Seniors "Choose Your Adventure" Car Raffle with great musical soundtrack with Jerry Zee & Company made this an afternoon to remember and all who attended took home their own personal "Helping Seniors" Chef's apron to commemorate the day.



Helping Seniors Executive Director Kerry Fink visits with One Senior Place's Angie Higgins and Lisa Conway on Facebook Live Broadcast from the event.

Amazing Tastes - including the oh-so-tasty & popular BBQ Bacon with Chicken Waffle Bite - just one of the amazing tastes from Chef Jillian.

Each sample also featured its own tea or smoothie beverage and don't forget the Macha Ice Cream!



Thank you to all the great organizations who sponsored to make this event a true fundraiser for Helping Seniors and thank you for great photos from Amy Decker Photography! Reach Amy for your next event at Amy@Decker-Photography.com. Keep the good going-donate at HelpingSeniorsOfBrevard.org!

Helping Seniors Of Brevard

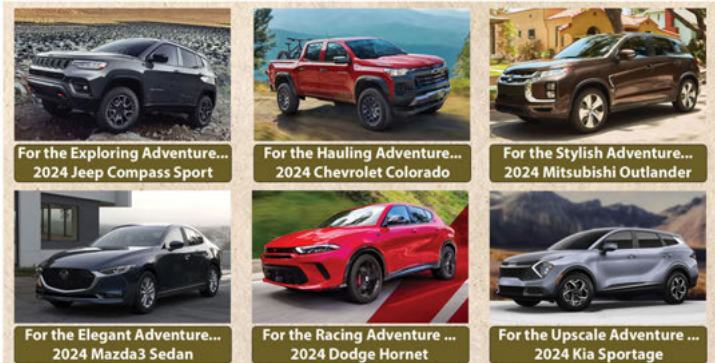


The 8th Annual Helping Seniors Car Raffle “Choose Your Adventure” fundraiser is underway and you can get your tickets to support the work of Helping Seniors and take keys to the car YOU choose when you win the Grand Drawing Sunday afternoon, October 27th, at the American Muscle Car Museum in Melbourne Florida!



The 2024 Mazda Miata Convertible is 1 of 7 great choices you can choose from when we draw your winning ticket from the golden hopper!

This year - you choose from 7 great 2024 driving adventures - the Chevy Colorado midsize truck, the Jeep Compass Sport, the Dodge Hornet, the Mazda3, the Mitsubishi Outlander, the Kia Sportage, or the just added Mazda Miata convertible! While you don't have to decide until you win, there are some amazing choices to pick from!



When Mark Pieloch, owner of the American Muscle Car Museum, reads out that winning ticket number, let's hope he calls out your name!



Mark Pieloch, owner of American Muscle Car Museum, reads out the winning ticket!

While you don't have to be present to win, make sure you put Sunday, October 27th down 1pm-4pm to join us for a family friendly fun Sunday at the Museum! So many fun things to see and explore this year - inside and out!



There'll be fun inside and outside this year - and daylight both arriving and departing to make it easy to access the event. And, this year, it'll be a fun family outing as child admission (ages 3-9) is included free with each Car Raffle ticket holding adult (limit 2 children per adult)! You'll discover Mark's amazing car collection, find lots of fun adventures outside as well, and create fun family memories with your kids and grandkids - especially when YOU win! :-)

Be sure to get your tickets today - call us today at (321) 473-7770, come by Joe's Senior Resource Center, purchase online at HelpingSeniorsCarRaffle.com or drop by any Boniface Hiers Auto Dealership. As always, 1 ticket is \$25 or get 5 tickets for \$100 donation and thank you, in advance for supporting our work!

Please visit us online at HelpingSeniorsCarRaffle.com for Official Rules and all details concerning the 2024 “Choose Your Adventure” Helping Seniors Car Raffle and we look forward to welcoming you to the Museum on October 27th!

Be in it ... to win it!



Scan for Tickets



Choosing the Right Medicare Plan

*Vicki Moore
Moore Insurance Solutions*

Medicare plans vary widely, and selecting the right one depends on individual circumstances, including access to transportation and the ability to manage healthcare services efficiently.

For those who rely on public transportation or have limited mobility, a Medicare Advantage plan (Part C) might be more suitable. Many of these plans include transportation services as part of their benefits, offering rides to medical appointments, pharmacies, or other healthcare-related destinations. This can help individuals in urban areas or those who do not drive.

Organization is another critical factor. Original Medicare (Parts A and B) including Medicare supplements/Medigap plans offers broad access to healthcare providers but often requires more effort to manage, as beneficiaries must coordinate their own care, may handle multiple bills, and must purchase a separate Part D plan for prescription drugs. On the other hand, Medicare Advantage plans often bundle these services, providing a more streamlined approach with a single point of contact for all healthcare needs, including prescription coverage, vision, and dental services.

If you prefer a hands-off approach with integrated care and additional benefits like transportation, a Medicare Advantage plan may be more suitable. However, if you prefer having broader provider options and are comfortable managing multiple aspects of your care, Original Medicare might be the better choice.

As a licensed local sales agent, I can conduct a needs analysis and then find the perfect plan that meets your needs. I am proud to serve on the Helping Seniors Board of Directors. My office is located at Joe's Senior Resource Center, 1344 S Apollo Blvd. Suite 2C Melbourne. Please call 321-272-0218 to schedule a house or office visit today.



Licensed, Bonded, and Insured – Why Does It Matter?

*Traci Graf, RN
AVID Home Care*

There are two different types of home care agencies. Both can provide light housekeeping, help with safe showering, laundry, meal prep, transportation and companionship. To the consumer the agencies look the same. But there are differences, some which can place clients at risk.

A **nurse registry** offers health care related contracts for nurses, home health aides, certified nursing assistants, homemakers, and companions. They do not now the independent contractors they send into your home, are not permitted to supervise, train, or monitor them, and cannot confirm they came for the shift.

At the end of the year a 1099 statement is given to the contractor for tax purposes. If they choose not to pay their taxes, the homeowner, as the employer, will be responsible for paying social security and unemployment taxes. Nurse registries have no liability or workers compensation insurance and no accountability for the behavior or actions of the contractor in your home.

Home care agencies provide skilled services and/or unskilled services to patients in their homes. These agencies have liability and workers compensation insurance to protect clients and staff. Workers are vetted W2 employees.

Home care agencies typically send a nurse to first meet with you, discuss your needs, and create a plan of care. The agency can then monitor, supervise, and train their staff within the scope of practice for the agency. Skilled agencies come after a hospital stay, fall, or new diagnosis and require a doctor's order. Nonskilled agencies can help with almost anything around the home and often function like a personal assistant to the client.

When you need help at home, play it safe and look for those three words; "licensed, bonded, and insured" because they definitely matter!



It's Not Your Grandmother's Long-Term Care Policy!

Lori Peery, Financial Services Advisor
The Peery Agency

All well-designed retirement plans should include long-term care planning to protect retirement income, 401(k), and assets from being depleted due to an unexpected extended long-term care need. A well-designed Aging Plan eases the burden for loved ones.

Every Aging Plan should include an affordable, customized long-term care/extended care policy that can pay cash or reimburse claims for the cost of home care, home modifications, adult day care, assisted living, skilled nursing or memory care.

For affordable and accurate quotes, schedule a 15-minute phone call with me, a national Long-Term Care Plan Specialist, endorsed by Dave Ramsey, and recognized as a LTC Ramsey-Trusted Pro. <https://lnkd.in/em4NVpGM>.

Discover the cost of care where you live, along with tax incentives and the availability of Long-Term Care Partnership policies, at <https://lnkd.in/eWzV7pZx>

If your loved one needs quality care now, use the LTC NEWS Caregiver Directory - www.ltcnews.com/care



financial planners let's collaborate to assist your clients nationwide.

If you're a Medicare Agent or Long-Term Care Insurance professional seeking a home, consider joining forces with our team.

Insurance agents, CPAs, lawyers, and



The Power of Choice

Lee Sheldon, DMD
Sheldon and Furtado, PLLC

We all have our biases. I do, too. So understand that this comes from my viewpoint. That viewpoint is simple: Private independent practice is the best way to achieve your desired dental result.

Why is that? When a private practitioner decides to open a practice, he or she has decided to put herself or himself on the line. All philosophies come from that doctor.

When I opened my practice, I had a certain viewpoint, which I developed over my career. I am more skilled now at understanding your viewpoint than I was thirty years ago. I no longer practice dentistry, but I do help patients determine the direction they want to take during our comprehensive dental examination.

Part of the right direction is giving you the power of choice. You determine, within the parameters of good dental decision-making, the direction of your dental care. That direction is influenced by your desires, my philosophy of care, and our ability to produce what you want. It's done without the outside influence of a corporate entity.

We do some of the most interesting and complex procedures in dentistry. Yet we also see those who just want a "good cleaning." Why? Because each of those patients has found a viewpoint and a philosophy that matches theirs.

During the examination, I encourage my assistants to ask me questions about your care, sometimes even challenge me. Why? Because they learn from that. My assistants are thinking of the questions that you might ask but are afraid to.

But the overriding philosophy is your power of choice. When you have the power of choice, you are comfortable knowing that you are determining the direction of your care within our philosophy of good dental practice.

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Family Home Care Central Florida - (407) 641-4306
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Fyzical Therapy & Balance Center
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Mark Gallegos (Real Broker, LLC)
(305) 761-8500 - ValueREMSG@gmail.com

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

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

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

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

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)

Headline Events:

Knowledge College for Aging - Your Aging Plan (Medicare/Medicaid). Date: **Thursday, September 26th, 10:00am - 11:00am** Call for Information – (321) 473-7770. Join us for 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: get ready to learn what you need to know about Medicare/Medicaid - especially as the Annual Enrollment Period is coming up! Join us for Coffee/Snacks and great information.

Helping Seniors Wellness Series - Let’s Stay

Safe & Well. Date: **Thursday, September 26th, 11:00am - 12:00pm.** Call for Information & RSVP – (321) 473-7770. Join us for this panel discussion - secure your safety and focus on your wellness. Learn from our panel of experts in this group discussion that will provide you some great tips on maximizing your safety - personal and at home - so that you can stay “Safe & Well!”. Great speakers with good information to share - this month join Traci Graf, RN, as she shares about Staying Well. Brought to you by Omni Health Care and Helping Seniors of Brevard.

Helping Seniors - AI Master Class - Beginner

Date: **Monday, Sept 16th, 11:00am - 4:30pm** Call for Information & Registration – (321) 473-7770. How to Use AI to Save Hours a Day - Course Instructor: Jen Hardy (Fabulous over 50 Podcast).

Course Cost: \$50 (Proceeds benefit Helping Seniors); Maximum Class Size: 10. Time is Your Most Valuable Asset. Create Time Through Innovation! Creativity isn’t just about having ideas—it’s about having the time to bring them to life. That’s where this Master Class comes in. By learning how to speak AI, you will learn how to streamline everyday tasks, automate the repetitive, and uncover extra hours you never knew you had. Let us help you bend time in your favor, turning every moment into an opportunity to create something truly extraordinary.

Helping Seniors “Choose Your Adventure” Car Raffle Appearances. Burger Inn Car Show -

Thursday - September 5th 2024 5:00pm-8:00pm - The Burger Inn Car Show, Burger Inn - 1819 N Harbor City Blvd - Melbourne FL 32935

Tint World Melbourne - Saturday - September

7th 2024 9:00am-12:00pm -

Orlando Cars & Coffee on the Coast Tint World - 3495 W Eau Gallie Blvd - Melbourne FL 32934

Friendly’s Car, Truck & Bike Show -

Thursday - September 12th

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 -

Sept 21st 2024 8:00am-12:00pm

- Dunkin’ Car Show. Dunkin’ Beachside - 1220 N Highway A1A - Indialantic FL 32903

True Value Car Show - Saturday -

September 22nd 2024 9:00am-

12:00pm - True Value Melbourne. True Value Hardware - 2444 N Wickham Rd - Melbourne FL 32935

Urban Prime Car Show - Satur-

day - September 22nd 2024

3:00pm-7:00pm - Urban Prime True Value Hardware - 2435 Metfield Dr - Melbourne FL 32940

Satellite Beach Lions Club Car

Show - Saturday - Sept 28th

2024 9:00am-2:00pm - American

Muscle Car Museum - 3500 Sarno Road - Melbourne FL 32934

AARP Chapter 1413 Social -

Friday - Sept 6th 2024 11:30am-

1:30pm - AARP Chapter 1413

Social Gleason Community Center - 1233 Yacht Club Blvd - Indian Harbour Beach FL 32937

Space Coast Podcasters - Tues-

day - Sept 10th 2024 6:00pm-

8:00pm - SpaceCoastPodcasters.com

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

Brevard Recovery Fest - Sat- Sept

14th 2024 10:00am-2:00pm -

BrevardRecoveryFest.org. Wickham

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Sep 2	Mon	How a Care Manager Can Help	Supplement or Advantage Plan?	Long Term Care Insurance	AI Dia Today
Sep 3	Tue	Printing & Direct Mail Options	Elder Law Services	Best Home Care Ideas	Top 5 Reasons for Hospital Stays
Sep 4	Wed	Considerations in Assisted Living	Getting Prescriptions at Best Prices	Chefs for Seniors	Occupational Therapy
Sep 5	Thu	5 Steps to Staying Safely at Home	About Golden Providers	Understanding Medicare Options	Real Estate for Seniors
Sep 6	Fri	Senior Expos & Events	Wellness Series: Heart Smart	The Parts of Medicare	Capital Update
Sep 9	Mon	What Elder Law Attorney Can Do	Case & Care Management	Finding a Place for Mom (or Dad!)	Senior Info in Senior Scene
Sep 10	Tue	Great Employment for Seniors	How SRES Helps Real Estate	Periodontal Disease	Myths About Hospice
Sep 11	Wed	Knowledge College: Long Term Care	Let’s Talk Medical	Care Management	Trusts
Sep 12	Thu	Durable Power of Attorney	How to Cruise Successfully	How a Care Manager Can Help	Ordering RX at Lower Prices
Sep 13	Fri	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2	Two Assisted Living Questions	Capital Update
Sep 16	Mon	Cosmetic Dentistry	Finding Right Place for Mom	Is Assisted Living Right for You?	New to Florida? Elder Law.
Sep 17	Tue	Helping Seniors Travel Club	Info Needs for Seniors	Technology & Home Care	Considerations in Assisted Living
Sep 18	Wed	Legal Documents Checklist	Occupational Therapy	Senior Real Estate -- to Know	The Parts of Medicare
Sep 19	Thu	AI Dia Today	Best Home Care Ideas	How a Care Manager Can Help	Value of Professional Printing
Sep 20	Fri	Discounted Prescriptions	Long Term Care Insurance	Supplement or Advantage Plan?	Capital Update
Sep 23	Mon	Chefs for Seniors	Top 3 Public Benefits Questions	Probate - What it is/How it Works	Importance of Evaluation
Sep 24	Tue	Turning 65? All About Medicare	Two Assisted Living Questions	Case & Care Management	Golden Providers - Biz to Biz
Sep 25	Wed	Myths About Hospice	Care and Case Management	Debt Relief for Seniors	Wellness Series: Heart Smart
Sep 26	Thu	Helping Seniors Directory	Finding a Place for Mom (or Dad!)	Controlling Cost of RX Medications	Senior Expos & Events
Sep 27	Fri	The Dirty “D” Word - Dementia	Stay Home Safe or Downsize?	Occupational Therapy	Capital Update
Sep 30	Mon	A Smorgasbord of Legal Matters	Considerations in Assisted Living	Put Kids on the Bank Account?	Knowledge College: Long Term Car



Date	Day	Program	Special Guest
Sep 4	Wed	Helping Seniors on Elder Law	Bill Johnson Esq., William A Johnson, P.A. Elder Law & Related
Sep 11	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon Sheldon & Furtado, PLLC Dental Health & Related
Sep 18	Wed	Helping Seniors on Elder Law	Ruth Rhodes Esq., Rhodes Law, P.A. Legal for Your Aging Plan
Sep 25	Wed	Helping Seniors on Help at Home	Jennifer Barton (Seniors Helping) Amber Payne (Amy Van Fossen) Elder Care Management

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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.