



Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

AUGUST 2025

Helping You Get Your
Ducks in a Row for 15 years!



This Month:
Senior Living Options



SENIOR RESOURCE
CENTER OF BREVARD



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HELPING SENIORS OF BREVARD WELLNESS SERIES

4th Thursday Series
Brought to you by:



10am - August 28th
Knowledge College
Senior Home Care
Carlos Cuesta
Synergy HomeCare



11am - August 28th
Wellness Series
Here comes the Winter Skin
Jessica Anastaso
Mobile Derm Health

Thursday August 28th - Learning Series
Free & Fun Morning at
Joe's Senior Resource Center
1344 S Apollo Blvd - 2nd Floor - Melbourne FL
Call to RSVP: 321-473-7770

Stay Connected!



Learn about our free
"Stay Connected"
Initiative!
Call (321) 473-7770

Let's Figure This Aging Stuff Out Together.

HelpingSeniorsofBrevard.org



Stay Connected provides FREE weekly phone check-ins for homebound Brevard County residents age 60+. We provide reassurance and comfort that connects senior citizens with an aging network for support and information. It is designed to combat isolation and promote social engagement.



Becoming Tech Savvy

Kerry Fink
Executive Director
Helping Seniors

Amazing to think that we've only had smartphones since 2007—yet they've completely revolutionized how we live and interact!

Today, we're expected to manage almost everything through the apps on our phones—from checking bank balances and depositing checks, to tracking prescriptions, confirming doctor's appointments, and so much more.

Our smartphones have also become the hub of our family connections—from FaceTime to Facebook. It's a powerful way to stay in touch. BUT—what happens when we don't know how to use the features we're being asked to rely on?

The running joke is to "ask your grandchild" for help with your smartphone. But maybe it's time for a better plan: investing a little time to learn how to confidently use this technology ourselves. After all, smartphones and their apps are becoming more and more essential in our daily lives!

Helping Seniors, in keeping with our mission to inform, educate, and connect, introduces our new series: "Senior Tech Talks" with Brianna Prentice.

Brianna is a local community advocate and proud "elder millennial" who's passionate about making technology more accessible and less intimidating for seniors. A longtime supporter of senior-focused causes, Brianna is excited to help others feel confident and empowered when using technology.

Our first Senior Tech Talk will be held on Friday, August 8th | 1:00 PM – 2:30 PM at Joe's Senior Resource Center, 1344 S Apollo Blvd, 2nd Floor

Come meet Brianna and take the first step on your journey to mastering your smartphone—so it can work for you even more than it already does!

The event is free to attend, but please RSVP so we know to expect you. ☎ Call our Senior Information Helpline at (321) 473-7770

Together, let's tackle tech! We're excited to offer this innovative program that helps turn "smart" phones into tools that make us smarter, too.



The Best Time to Plan Your End of Life Wishes is Now.

Bill Johnson, Esq.
William A. Johnson, P.A.

In Florida, we have two documents that deal with your end of life wishes. The Living Will allows you to put your end-of-life wishes concerning ongoing treatment in writing. The other is the Do Not Resuscitate Order or DNR. This document allows you to indicate if you do not want to be brought back to life if you expire.

For a Living Will, think ventilator or feeding tube. For a Do Not Resuscitate Order, think heart paddles. One covers your wishes while you're alive and the other covers your wishes if you pass.

In a Living Will, you indicate whether you want life sustaining treatment in the event that you are incapacitated and in either a terminal condition, an end stage condition, or a persistent vegetative state. You can also indicate whether you want the artificial administration of food or water if they only prolong the dying process.

There is a standard statutory form that must be signed in the presence of two witnesses, one of whom cannot be a relative. You can obtain a Living Will from an elder or estate planning attorney, your physician, or the hospital.

In a Do Not Resuscitate Order, you indicate whether you want to be brought back to life if you die. You obtain a Do Not Resuscitate Order from your physician. It must be on yellow paper, signed by you and your physician, and prominently displayed.



Senior Living Options

Nancy Deardorff
Operations Director

When it comes to senior living options and aging, it is probably safe to say that most people plan to age in place right in their own home. However, you know what they say about the best laid plans. So, it is important to learn about your senior living options.

What are the options for senior living and things to consider?

Aging in place at home is certainly an option. Consider the physical and cognitive status of the individual. Are they able to or do they have help to maintain the home? Do they have the financial means to afford the homeowners association fees, property taxes and homeowner's insurance? What about home repairs or updates such as a new roof? Can the individual prepare meals for themselves, pay their bills, and do they have transportation?

Assisted Living may be a great option for many. There are many options when it comes to Assisted Living. Assisted Living provides help with medication, laundry, bathing, and other daily activities.

Many Assisted Living facilities offer private apartments, chef prepared meals, in-house bistros & pubs, movie theaters, transportation and more.

There are so many options for Assisted Living to consider. Read on in this edition to learn more about your Senior Living options, as Denise Bergman with Senior Care Authority breaks it all down for you.

To donate or for more information contact us at

Helping Seniors of Brevard.

321-473-7770

www.Helpingseniorsofbrevard.org



Senior Living Options: Navigating the Right Path Forward

By Denise Bergman, CSA, CDP, SLP
Senior Care Authority, Brevard County

As a senior placement agent here in Brevard County, I'm often approached by families who feel overwhelmed by the choices available when it comes to senior living. "Where do we even begin?" they ask. It's a fair question and one I'm always honored to help answer.

Today's seniors have more living options than ever before, but that abundance can make decisions feel more complicated. Whether you're planning for your own future or helping a loved one, understanding the differences between each level of care is the first step toward peace of mind.

Independent Living is ideal for active older adults who want to enjoy a maintenance-free lifestyle filled with social opportunities, without the worries of home upkeep. It's a great option for those who are still fully independent but enjoy having access to amenities and community life.

Assisted Living offers support with everyday tasks like bathing, dressing, or medication management, while preserving independence. It's a safe and empowering option for seniors who need a bit of help but do not require full-time medical care.

Memory Care is designed specifically for individuals living with Alzheimer's or other types of dementia. These communities provide a higher level of structure, specialized care, and security, helping residents feel safe and supported.

Small Residential Care Homes, also known as adult family care or group homes, are another wonderful option. These are licensed homes that care for a small number of residents (typically 5-6), offering a cozy, homelike environment with personalized attention.



Skilled Nursing Facilities (SNF), often called nursing homes, provide 24/7 medical oversight and are typically best choice for those with complex or chronic needs that require licensed nursing care.

In-home Care is also a popular option, especially for those who prefer to age in place. From companionship to skilled nursing, many services can now be brought right into the home.

Choosing the right option depends on many factors: current health, future care needs, mobility, cognitive status, social preferences, and finances. As a Certified Senior Advisor (CSA), Certified Dementia Practitioner (CDP), and Speech Language Pathologist (SLP), I understand how to assess these factors and guide families toward choices that support both safety and quality of life.

My goal is always to make this process easier, to walk beside you through every step, from understanding options to touring communities and making a smooth transition. I've built relationships with trusted providers across Brevard County, including excellent small care homes, and I tailor my recommendations to each family's unique situation.

Older adults deserve to live with dignity, safety, and joy. Having a plan in place and understanding your senior living options can provide just that. If you or someone you love is considering a move or simply wants to explore possibilities, I'm here to help.

Denise Bergman, CSA, CDP, SLP

Senior Placement Agent – Brevard County. 321-341-8444



Helping Seniors Of Brevard



Tropic Optics Mobile Optician

Daniel Singer, LDO

Hello, my name is Daniel Singer, LDO and I am the owner of Tropic Optics Mobile Optician, LLC. I am a Florida Board Certified Licensed Optician (LDO), License #DO4948. I have proudly called Brevard County home since 1976 and have worked as a Licensed Optician for over 25 years.

Over the course of my career, I have gained valuable experience in both private eye care practices and retail optical settings.

In early 2024, I launched Tropic Optics Mobile Optician, LLC with the mission to better serve our community. After decades in the optical industry, I noticed a recurring problem: many patients with vision needs face barriers because of limited time and/or transportation.

Too often, I met individuals whose glasses were damaged, ill-fitting, or outdated simply because they could not make it to an optical location for routine care such as repairs, adjustments, cleanings, or replacement eyewear.

This inspired me to bring professional optical services directly to your doorstep, ensuring that no one has to compromise their vision because of time or mobility challenges.

I am truly passionate about helping people see clearly and comfortably. I welcome the opportunity to meet with you to discuss how I can support you and your loved one's vision needs. Please feel free to call or email me to schedule a visit or to learn more.

Tropic Optics Mobile Optician

Daniel Singer, LDO

321-345-9041

TropicOpticsLlc@gmail.com



Physical Therapy Benefits in the Comfort of Home

Laura Hill PT, DPT, GCS

“Will my Medicare cover that?” It’s a question I am asked all the time when approached about physical therapy (PT) benefits. The short answer is yes!

Under Medicare Part B, medically necessary outpatient PT services are paid for. Coverage is obtained once a person meets the Part B deductible, which is \$257. After the deductible is met, a person is responsible for 20% of the Medicare-approved amount. Many times, this 20% is paid under a person’s supplemental insurance plan.

Although Medicare does not have a spending limit on physical therapy sessions, once the cost exceeds \$2,410, continued care must meet strict guidelines that indicate medical necessity.

Your physical therapist will create a plan of care to include a recommended number of sessions, treatment types, and goals. Every 10 sessions, the PT will reevaluate the plan until the person meets their treatment goals or no longer benefits from physical therapy.

When PT services exceed \$3,000, Medicare may require a targeted medical review to ensure the cost of the therapy is appropriate with medical necessity as the top priority.

Mobile outpatient PT is an alternative to traditional in-clinic outpatient physical therapy.

We bring the PT clinic to you! Imagine a PT session done in the comfort of your home, utilizing the items you use every day while supplementing areas you may need help with unique and specific 1-on-1 PT treatment. And yes, Medicare covers that!

Island Mobile Physical Therapy

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Helping Seniors Of Brevard



Helping Seniors Car Raffle

The 9th Annual
Helping Seniors Car Raffle



Support the work of Helping Seniors and (maybe!) drive home in a new car on Sunday October 26th! That is the date for our 9th Annual Helping Seniors Car Raffle fundraiser!

Your winning ticket entitles you to select from your pick of 7 amazing vehicles - including the Chevy Colorado truck - just like 2024 winner, Jim Neumann, of Cocoa Florida - chose as his new ride!

It's an easy and fun way to help support our work! 1 ticket is \$25 and 5 tickets for \$100 donation and each ticket entitles you to a chance in the drawing, as well as an "Admit One" to our October 26th Grand Drawing event fun at the American Muscle Car Museum - featuring close to 500 amazing cars in this fabulous collection!

You can check the entire line-up of excellent cars offered for your selection in our Car Raffle fundraiser and get full details online by visiting our special webpage at HelpingSeniorsCarRaffle.com.

You can get your tickets now - delivered by mail - simply by calling (321) 473-7770 or secure them online today at HelpingSeniorsCarRaffle.com.

Be in it ... to win it!



FREE, fun, family friendly event.

A collaborative effort of over 100 community partners, dedicated to ending the stigma of addictions and mental health. Spearheaded by Executive Director, Laura McCarthy, Brevard Recovery Fest, launched in 2022, celebrates National Recovery Month to bring awareness, education and resources for treatment and recovery of Substance Use Disorders and Mental Health.

Live music Free food and drinks by City Bistro, hydration products from Carroll Distributing, and Espresso Yourself Coffee Truck.

The Brevard County Sheriff's office will host their teen driving simulator with drunk goggles and K-9 Unit for demonstration. Wings of Grace will have flight simulators onsite. Free T-shirts, a selection of inflatable games, & face painting from Bounce Around Brevard and giveaways, ALL FREE!

On site Mobile Units include free HIV/HEP C testing from Curative Care, HUG, Circles of Care, Daily Bread, Melbourne Police Department, and STEPS. Live entertainment by East Narrative, Rich Brown Blues, Jack Maloney, and Space Coast Drum and Dance.

This year's Fest is from 10am to 2:pm, Saturday, September 13th at its new location MELBOURNE AUDITORIUM at 625 E. Hibiscus Blvd. Melbourne,

The festive and non-judgmental atmosphere helps to raise awareness of lifesaving information and resources in a family friendly environment. Narcan Distribution will be available from Family Partnerships of Central Florida. Proceeds from this event will go towards Client Care Grants assisting supportive services for those in need.

For information visit www.brevardrecoveryfest.org.



Helping Seniors Of Brevard



Step Into Health with AARP Florida's "Walk With a Doc" in Merritt Island

Lydia Rivera, ARNP
AARP Walk with a Doc



If you're in Brevard County, on the second Friday of each month, head to Merritt Square Mall for a unique blend of wellness, movement, and community. AARP Florida and Helping Seniors of Brevard proudly sponsor the local chapter of Walk with a Doc, a national nonprofit that encourages older adults to take "steps" toward healthier living.

Each walk is led by Lydia Rivera, a retired nurse practitioner and lead AARP Florida volunteer. In both Spanish and English, Rivera shares insights on timely wellness topics, answers health questions, and guides participants on a group walk—all for free.

"As a nurse practitioner, my passion has always been rooted in prevention and empowering people to take charge of their health. Leading the Walk with a Doc program in Merritt Island has been one of the most rewarding parts of my career," explains Rivera.

Since launching in January, Merritt Island's Walk with a Doc has grown steadily, now drawing more than 25 walkers each month. According to a recent AARP report, 91% of adults over 50 say walking improves their physical health, and 75% say it boosts their mental wellbeing.

Even more meaningful than the miles are the connections made. "Watching our community come together has been incredible. Every step we take together is a reminder of the power of connection, movement, and health education," Rivera notes.

Join us for the next walk! [AARP.org/WWADFL](https://www.aarp.org/WWADFL)



The Brevard County Housing Market

Mark Gallegos
Full Time Real Estate Professional

As we continue through the heat of the Central Florida summer, the Palm Bay housing market is somewhat competitive. Homes in Palm Bay receive 2 offers on average and sell in around 79 days.

We focus on staging the home when selling a home. Staged homes spent 50% less time on the market than homes that were not staged; Staged homes sold for more than 6% above asking price. Homes staged prior to listing sold 79% faster than homes staged after listing.

It is recommended:

1. The home must feel new to reflect ease of upkeep.
2. When painting, neutralize the home regarding personal taste, so buyers can easily envision the home as it would be outfitted in their taste. An effective way to do this is to paint all rooms in a neutral color.
3. Focus on furniture, less is more. An open space makes it easier for the potential buyer to envision using the space to fit their individual lifestyle.
4. Emotional Cues: Creating atmosphere is crucial to make the home desirable.
5. To Stay or Not to Stay: Pros of moving out - showing the home is much more convenient but a vacant home can suggest urgency of selling and that the seller is "motivated to sell quickly" because the empty home is nevertheless an ongoing expense to the seller.

Your home, your dream our commitment

© MARK GALLEGOS,

ValueREmsg@gmail.com

text/phone: 305-761-8500



**Stay Happy, Healthy,
and Home.**

**Tami Leeberg – AGPCNP-BC
Senior Solutions Mind & Body**

At Senior Solutions Mind & Body, we specialize in caring for the geriatric population, older adults who often face unique physical and mental health challenges. Our mission is to help seniors live with dignity, independence, and vitality by focusing on preventive care and holistic well-being. One of the most effective ways to achieve this is through regular visits with your medical provider and routine lab work.

For geriatric patients, consistent medical monitoring is even more critical. Aging bodies respond differently to illness, medication, and stress, and health changes can happen more quickly. Regular visits help identify early signs of chronic conditions like diabetes, high blood pressure, and heart disease, common in older adult, and allow for timely adjustments in treatment. Routine labs provide essential insight into internal health, helping your practitioner prevent complications before they escalate.

Mental health is just as important. At Senior Solutions Mind & Body, we understand that issues like depression, memory loss, and anxiety are often underdiagnosed in seniors. Our integrated approach ensures these concerns are addressed alongside physical health, offering a complete and more compassionate model of care.

Our goal is to keep our patients where they thrive most: at home. With consistent care and early intervention, hospitalizations can be reduced, and quality of life greatly improved. At Senior Solutions Mind & Body, we're committed to helping every senior stay happy, healthy, and home—because that's where they belong.

Tami Leeberg – AGPCNP-BC
SesoMindBody@gmail.com - 321-429-2677



**Surgical Skill Makes the
Difference in Full-Mouth
Implant Cases.**

Dr. Lee Sheldon
Drs. Sheldon & Furtado / Solid Bit

Many years ago, we were proud to perform the first computer-generated full-arch dental implant procedure in Central Florid right here in Brevard County. But the science has moved forward, and I'm proud to say it's under the continued leadership of Dr. Michel Furtado and Dr. Matt Sheldon that we've made the greatest strides.

The traditional approach required removing viable bone to hide a large ceramic prosthesis beneath the upper lip. That prosthesis had to be thick, both to mask the junction and to prevent breakage. But the price was steep: more surgery, greater adjustment for speech and hygiene, and a bulky result.

Now, with Solid Bite Precision, everything has changed. Through advanced surgical planning with our lab and 3D software, we now place implants into natural tooth sockets without cutting away healthy bone. We often augment the gum tissue to preserve what nature gave us and the prosthesis is built to fit the original contour of the mouth.

The key? Surgical precision. It takes more finesse, but the result is transformative.

We've been refining this protocol for nearly three years. Now, Solid Bite Precision is our signature approach offering patients a life-like, durable solution without the bulk and trauma of older methods. It's unlike what most practices are doing, and the difference shows.

Visit <https://youtu.be/Xkg90JVhAmg>. In 90 seconds, you'll see how surgical skill and thoughtful planning make all the difference.

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321-341-8444

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AmyBVanFossen.com
321-345-5945; (fax) 321-345-5417

Law Office of Cheryl A. Ward, P.L. **SILVER**

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CAWLawOffice.com
321-372-8177

Ruth Rhodes, Esq. Rhodes Law, P.A. **SILVER**

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321-610-4542

Truman Scarborough Law Office

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TrumanScarborough.com - 321-267-4770

William Johnson, P.A. **PLATINUM**

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Dr. Chrisita Cornish, PhD, MBA, RPh
DrChrisita@FaithWalkbyTwo.org | 321-381-5988

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Melbourne.MedicineShoppe.com
321-242-2440

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FYZICAL Therapy & Balance Center

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Helping Seniors Of Brevard



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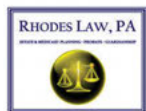
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The
Official



SENIOR SERVICES DIRECTORY

HelpingSeniorsDirectory.com



So Much Good Ahead for Seniors in Brevard County

By Kerry Fink, VP/Exec Director, Helping Seniors of Brevard

Nearly 15 years ago, Joe Steckler founded Helping Seniors with a bold vision—building on his earlier success organizing the Brevard Alzheimer's Foundation and launching the Joe's Clubs—to make Brevard County the #1 place in the nation for caring for our Seniors.

There's still much work to be done to bring Joe's vision to full reality, but every great journey starts with a dream. As the saying goes, "Write the vision and make it plain, so that all who read it can run with it." And today, that vision is clearer and more achievable than ever.

The good news? We're already making meaningful progress. Brevard is home to many outstanding programs aimed at supporting Seniors—thanks to organizations like Aging Matters, the Brevard Alzheimer's Foundation, and so many others who care deeply about our aging population.

I remember a conversation I had with Joe. We were discussing the need for strong programs for Seniors, and I asked him: Is the problem that the programs don't exist, or is it that people don't know where to turn for help? That question became a driving force behind Helping Seniors. Our mission is

to ensure that Seniors and their families do know where help exists. That's why we operate our free Senior Helpline—(321) 473-7770—and why we invest so much effort into providing clear, accessible information through media, education, and outreach.


This is just one piece of the puzzle. As we celebrate key milestones—60 years of Aging Matters, 30 years of the Brevard Alzheimer's Foundation, and 15 years of Helping Seniors—we're encouraged by the momentum.

But there are still chapters of this story left to write. We must identify sustainable funding solutions that address critical needs: affordable housing, in-home care, senior living options, and better management of chronic medical issues that often overwhelm aging individuals.

We also need to strengthen support for caregivers—many of whom are overburdened family members doing their best under great stress. These unsung heroes deserve the resources and respite they need to continue providing care without burning out.

So Much Good Ahead for Seniors... continued on pg 47

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*These statements have not been evaluated by the FDA. CBD is not intended to diagnose, treat, cure, or prevent any disease. It is advised you check with your physician before starting any new dietary supplements

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Helping Seniors Info Series

AUGUST 2025

Helping Seniors Resource Center Events

(1344 S Apollo Dr - Ste 2-C - Melbourne)

Headline Events:

Senior TechTalk - Friday August 8th - 100pm-230pm

Introducing Senior Tech Talk: Helping Seniors Feel Confident with Technology.

In today's fast-paced digitally driven world, it can be easy to feel left behind – as more aspects of daily life shift to a digital format, the ability to navigate technology safely and efficiently is no longer optional – it is essential. Free! RSVP at (321) 473-7770

Knowledge College for Aging - Thursday August 28th - 10am-11am

Senior Home Care Considerations - Carlos Cuesta, owner of Synergy HomeCare of Melbourne & Palm Bay shares his expertise on finding good and safe help at home as you consider your best Senior Living plans. Kerry Fink, Helping Seniors Executive Director, moderates with great subject matter experts. Coffee/Snacks and great info! RSVP at (321) 473-7770

Helping Seniors Wellness - Thursday August 28th - 11am-12nn

Wrapping up the summer, here comes the winter skin - Jessica Anastasio, Mobile Derm Health, shares skin safety techniques and how to best protect your skin for years to come. The "Wellness" series is helping

you get the most out of life! Great topics to help you age with maximum success! Coffee/Snacks and great info! RSVP at (321) 473-7770

AARP/Helping Seniors Events:

AARP AI & Disinformation Workshop - Monday August 4th - 1100am-230pm

Zon Beachside - 1894 S Patrick Dr - Indian Harbour Beach FL. Join AARP for this free dynamic one day two-part series that dives deep into the world of AI and shows you how to protect yourself online.

AARP Walk with a Doc - Friday August 8th - 845am-945am

Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL. Meet Lydia Rivera, ARNP, Family Medicine & friends from Helping Seniors on-site! Free T-Shirts, Pedometers, Snacks & Beverages

and great 2nd Friday fun & wellness!

AARP Florida Advocacy - Tuesday August 12th - 1100am-300pm

DHG Medical - 431 N Wickham Rd - Melbourne FL

Join the action! Be an AARP Florida Advocacy Volunteer! You have the power to use your talents and abilities to make a difference as an AARP Advocacy Volunteer.

More Great Events:

Golden Providers B2B Networking Lunch - Tues August 19th - 1100am-1230pm

Glenbrooke Senior Living - 815 Briar Creek Blvd NE - Palm Bay FL. Great Business-to-Business Learning & Networking for those who serve Seniors

Helping Senior Car Raffle Fun: Cars & Coffee at Tint World - Saturday August 2nd - 11am-2pm

Tint World - 3945 W Eau Gallie Blvd - Melbourne FL

Tide & Tonic Car Show - Saturday August 16th - 8am-12nn

Dunkin' - 1940 Jimmy Buffet Mem Hwy - Indian Harbour Beach FL

Ascension Catholic Church - All Masses - Aug16th & 17th
Ascension Catholic Church - 2950 N. Harbor City Blvd - Melbourne FL

Titus Landing Car Show - Sunday August 23rd
Titus Landing - US Hwy 1 & Harrison St - Titusville FL

CALENDAR HIGHLIGHTS

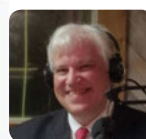


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| Date | Day | 8:00am | 8:30am | 5:00pm | 5:30pm |
|--------|-----|--------------------------------------|--------------------------------------|-------------------------------------|-----------------------------------|
| Aug 1 | Fri | KCA: DeClutter,Downsize,Organize | Wellness: Social Workers Help | Wellness: College of Natural Health | Capital Update |
| Aug 4 | Mon | Volunteering at Helping Seniors | Chaplaincy - What it Means | AARP / Hometown News | Two Assisted Living Questions |
| Aug 5 | Tue | Durable Power of Attorney | Helping Seniors & MSC Cruises | Care Management: What it Is | Considerations in Best Home Care |
| Aug 6 | Wed | Periodontal Disease | Great Employment for Seniors | What is a Care Plan? | Senior Info in Senior Scene |
| Aug 7 | Thu | Finding Good Place for Mom or Dad | Rock Steady Boxing | Guardianship: The Basics | The Parts of Medicare |
| Aug 8 | Fri | Wellness Series: Virtual Family Care | Wellness: Footcare & Wellness | KCA Advances in Medical Research | Capital Update |
| Aug 11 | Mon | Buying/Selling/Invest Real Estate | What Chaplaincy Means | Faith College of Natural Health | Best Home Care Ideas |
| Aug 12 | Tue | Faith College of Natural Health | Updating Your Estate Plan | Cosmetic Dentistry | Volunteering at Helping Seniors |
| Aug 13 | Wed | Probate: The Basics | Checking Out Zon Beachside | Understanding Medicare Options | The "Business" of Helping Seniors |
| Aug 14 | Thu | Helping Seniors-15 Years of Service | Turning 65? All about Medicare | Probate - What it is/How it Works | Helping Seniors Travel Club |
| Aug 15 | Fri | What is Case Management? | Your Aging Plan: Long Term Care | Wellness: Technology | Capital Update |
| Aug 18 | Mon | VA Aid & Attendance Benefits | Power of Attorney & Super Powers | The "Business" of Helping Seniors | Your Aging Plan - What it is |
| Aug 19 | Tue | Understanding Medicare Options | Myths About Hospice | Life Enrichment | Don't Go Broke on Nursing Home |
| Aug 20 | Wed | Considerations in Best Home Care | Helping Seniors-15 Years of Service | Helping Seniors Services Directory | What is Case Management? |
| Aug 21 | Thu | Senior Expos & Events | Importance of Evaluation | Volunteering at Helping Seniors | Great Employment for Seniors |
| Aug 22 | Fri | KCA Advances in Medical Research | Senior Travel: Safe & Fun | KCA: DeClutter,Downsize,Organize | Capital Update |
| Aug 25 | Mon | What Chaplaincy Means | Faith College of Natural Health | How to Cruise Successfully | Technology in Home care |
| Aug 26 | Tue | Medicare Supplement or Advantage | What is a Care Plan? | Finding Good Place for Mom or Dad | Things to Know - Elder Law |
| Aug 27 | Wed | Care Management: What it is | New to Florida? Need to Know ... | Considerations in Best Home Care | Too Many Teeth Extracted? |
| Aug 28 | Thu | Top 3 Public Benefits Questions | Best Home Care Ideas | Chaplaincy - What it Means | Faith College of Natural Health |
| Aug 29 | Fri | Two Assisted Living Questions | Wellness Series: Virtual Family Care | Wellness: Social Workers Help | Capital Update |



**12pm - 1pm
Wednesdays**
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|--------|-----|----------------------------------|-----------------------------------|-----------------------------------|-------------------------|
| Aug 6 | Wed | Helping Seniors on Elder Law | Bill Johnson Esq. | William A Johnson, P.A. | Elder Law & Related |
| Aug 13 | Wed | Helping Seniors on Your Smile | Dr. Lee N. Sheldon | Sheldon & Furtado, PLLC | Dental Health & Related |
| Aug 20 | Wed | Helping Seniors on Senior Living | Laura McCarthy | Brevard Recovery Fest | Brevard Recovery Fest |
| Aug 27 | Wed | Helping Seniors on Help at Home | Jennifer Barton (Srs Helping Srs) | Denise Bergman (Senior Care Auth) | Senior Living Options |



THE 6TH ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

Jan 24-31 2026 - 7-Night Cruise Round Trip Port Canaveral

Sail with your Brevard Friends!



Sail with your friends - and bring your whole family! Meet your Helping Seniors friends from Brevard County on the luxurious MSC Grandiosa! Make January 2026 special on our 7-night sailing to Nassau Bahamas, San Juan Puerto Rico and Puerto Plata Dominican Republic!



6th Annual Helping Seniors Foundation Cruise

BOOK YOUR CABIN BY JUNE 30 & RECEIVE A \$25.00 CAR RAFFLE TICKET FOR THE FAMOUS HSOB CAR RAFFLE & ENTRANCE TO THE "MUSCLE CAR MUSEUM"

Balcony - As low as \$1308 pp
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Based on double occupancy

Includes: Cabin, Port Charges, Beverage Package, Wi-Fi, Gratuities, Travel Insurance (under 80)

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



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THE ALASKA CRUISE HELPING SENIORS OF BREVARD

Jun 2026 - 7-Night Cruise Round Trip Seattle

Sail with your Brevard Friends!



Let's explore the Majesty of Alaska together June 2026 as you sail with your friends - and bring your whole family! Meet your Helping Seniors friends from Brevard County on the luxurious MSC Poesia for the Inaugural Alaska season. With our 7-night Round-Trip Seattle sailing, we'll call on Ketchikan, Alaska, Juneau, Alaska and Icy Strait Point, Alaska well as Victoria, Canada - plus cruising the Tracy Arm Fjord.



The Alaska Helping Seniors Foundation Cruise

- * Cabin * All Port Charges * All Taxes
- * Gratuities * Meals * Drink Package
- * Wi-Fi * Special Events
- * Travel Insurance * Admin Fee
- * Donation - Helping Seniors of Brevard

(Round Trip Seattle)

Deluxe Balcony - \$1821 pp including Gratuities
Standard Balcony - \$1741 pp including Gratuities
Inside - \$1401 pp including Gratuities
 (based on double-occupancy)

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



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