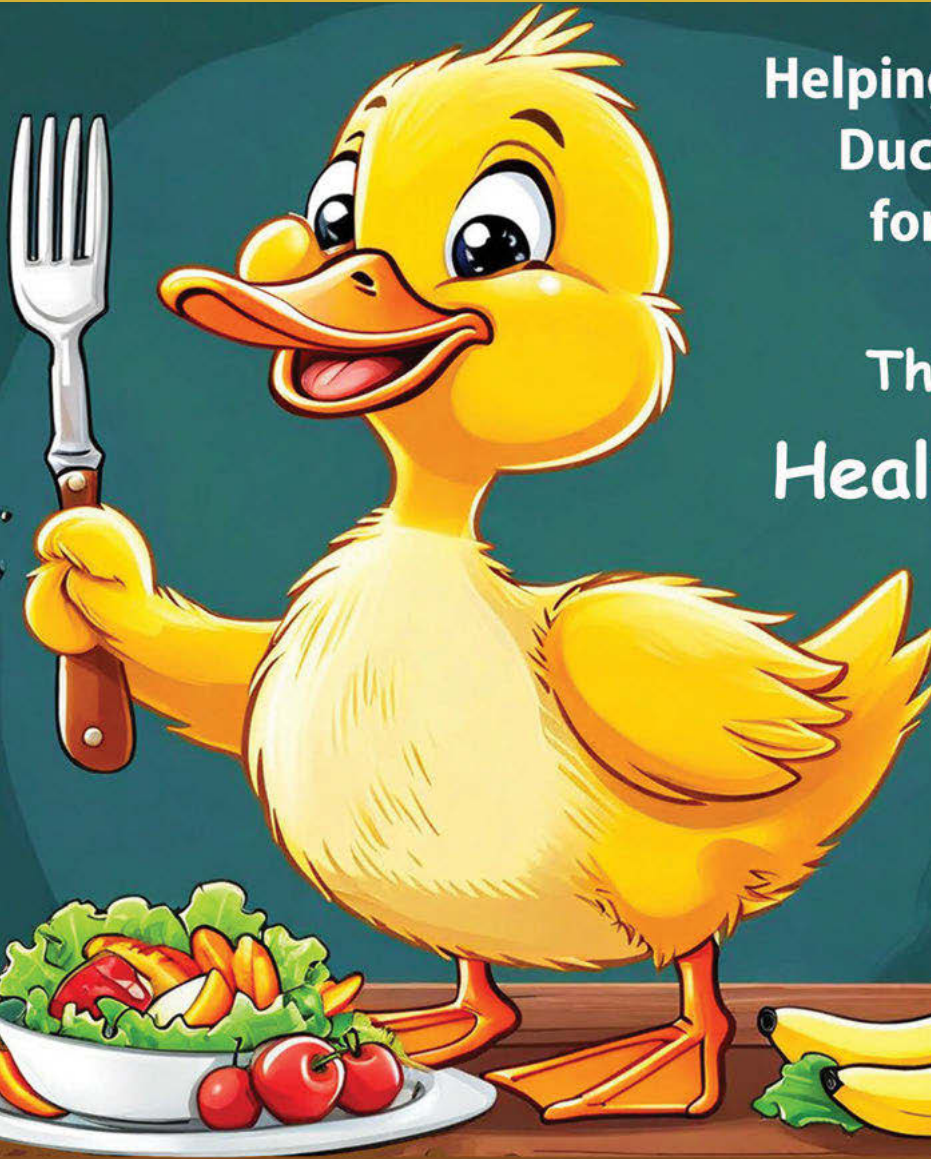




Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

SEPTEMBER 2025



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

This Month:
Healthy Living

Inside: Living well at Every Stage of Life | Tackle Caregiver Stress
Trusted Guidance for Life's Most Important Decisions
Steps to Stay Steady | Why Downsizing Now Makes Sense
Medicare Changes for 2026 | Serving Those Who Have Served



Joe's Senior Resource Center
1344 S Apollo Blvd - Ste 2c
Melbourne FL 32901
(321) 473-7770
HelpingSeniorsofBrevard.org





HELPING SENIORS OF BREVARD WELLNESS SERIES

4th Thursday Series
Brought to you by:



10am - Sept 25th
Knowledge College
Medicare 2026
Vicki Moore
Moore Insurance



11am - Sept 25th
Wellness Series
Fall Prevention
Peter Renz, PT, DPT
FYZICAL Brevard Beaches

Thursday Sept 25th - 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

**Get Your
Tickets Today!**

By Phone:
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At Our Center:



1233 S Apollo Blvd - 2nd Floor - Melbourne

**At Boniface-Hiers
Dealerships**



Scan Here
HelpingSeniorsCarRaffle.com

**The 9th Annual
Helping Seniors
Car Raffle & Car Show.**

**1pm-4pm
Sun Oct 26th**

**American
Muscle Car
Museum**

Melbourne FL



Lifetime Learning!

Kerry Fink
Executive Director
Helping Seniors

As we are at events asking people to donate for their **Helping Seniors Car Raffle** Fundraiser tickets (Oct 26th is just around the corner!!) people often ask about our commitment to educating Seniors and their families on all things that help them "Get Their Ducks in a Row."

Our Founder, Joe Steckler, called it developing an "Aging Plan" and good information is key to good success in doing so.

Covering more than 4,000 calls each year on our Senior Info Helping (321-473-7770) helps give us insight into what challenges our Seniors are facing and, armed with those issues, we try to create free classes and workshops to help us "Get Ahead of the Aging Curve."

This month, our 4th Thursday education series at our Senior Resource Center (2nd Floor of the Omni Healthcare building at 1344 S Apollo Blvd Melbourne), features timely help from Licensed Independent Agent Vicki Moore to help us navigate and understand the changes coming in Medicare/Medicaid for 2026.

Our Knowledge College workshop is 10am Thurs Sept 25th is followed 11am same day with our Wellness Series, with Peter Renz, FYZICAL, on Fall Prevention. This topic is SO important to our longevity planning as CDC stats tell us 1 in 4 older adults report falling every year and often with catastrophic results.

Make plans to join us, also, for our next installment of Senior Tech Talk that happens 1pm on Friday Sep 12th at 1pm at our Resource Center. Bring your Smartphone and we'll have an interactive session on Smart Phone basics - inasmuch as everyone wants us to conduct so much business via those phone "apps."

For information on these programs and upcoming events - including SCAM JAM, returning November 2023 - call our Helping today at (321) 473-7770.

"Learn as if you were to live forever."
Mahatma Gandhi



Healthy Aging: Living Well at Every Stage of Life.

Danica Scuderi-Carluccio
National Certified Guardian / Geriatric Case Manager
Advocates for the Aging, Inc.

Healthy aging is about more than just adding years to life, it's about adding life to those years.

As people live longer, maintaining physical, mental, and emotional well-being becomes essential for a high quality of life.

A key component of healthy aging is staying physically active. Regular movement, whether it's walking, swimming, yoga, or strength training helps maintain muscle mass, balance, and heart health. Just 30 minutes of activity most days can reduce the risk of chronic diseases like diabetes, arthritis, and cardiovascular conditions.

Nutrition also plays a major role. A balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats supports energy levels, brain function, and immunity.

Hydration is often overlooked, but staying well-hydrated is critical, especially for older adults.

Mental wellness is equally important. Staying socially connected, learning new things, and managing stress through practices like mindfulness or hobbies can protect against depression and cognitive decline.

Regular checkups and preventive care ensure that conditions are caught early and managed effectively. Finally, having a sense of purpose, whether through volunteering, creative pursuits, or spending time with loved one can significantly improve longevity and life satisfaction.

Healthy aging isn't about perfection; it's about making intentional choices that promote well-being over time. By investing in physical health, emotional resilience, and social connection, individuals can thrive at every stage of life.

Advocates for the Aging - 321-953-2273
AFTA101@advocatesfortheaging.com



Emotional Fatigue: Recognize, Name, and Tackle Caregiver Stress.

Kristine Walsh
Owner/Operator
Senior Helpers of Melbourne

Caregiving can sneak up on you. Emotional fatigue is that mindset of persistent stress and weariness many caregivers experience early on. Ignoring it only amplifies guilt, anxiety, and the sense that you're "not doing enough."

Spot the Signs! Emotional fatigue often begins subtly; symptoms that ebb and flow. You might notice:

- Nervous tension or "waiting for the other shoe to drop" feelings.
- Tears, "the blues," or situational sadness.
- Forgetfulness or difficulty concentrating.
- Frustration, anger, or guilt.
- Resentment or irritability toward colleagues, family, or the person you're assisting.
- Poor sleep and a sense of isolation.
- Physical aches, pains, and elevated blood pressure.

Five Steps to Emotional Well Being.

1. Name Your Role. Acknowledge you're a caregiver and grant yourself permission to access resources.
2. Listen to Your Emotions. Validate that these feelings are normal responses to a demanding role.
3. Embrace Change. Flexibility & adaptability are key.
4. Let Go and Delegate. Identify tasks you can share with family, friends, or professionals.
5. Seek Help Early. Consulting with care managers or support groups can lift feelings of isolation and replenish resilience.

At Senior Helpers of Melbourne, we understand the emotional toll of caregiving. Our services partner with you to identify personalized solutions You don't have to face emotional fatigue alone. Reach out today and let us help you sustain the compassion and strength you bring to those you love.

Kristine Walsh – Owner/Operator
Senior Helpers of Melbourne



Helping Seniors Of Brevard



**Trusted Guidance for Life's
Most Important Transitions.**

Ruth Rhodes, Esq.
Board Certified Elder Law Attorney
Rhodes Law, P.A.

When it comes to planning for the future and protecting what matters most, **Rhodes Law, P.A.**, stands as a beacon of excellence and compassion. Founded with the mission to provide personalized, professional, and ethical legal services, Rhodes Law focuses exclusively on **Elder Law**, including **Estate Planning, Medicaid Planning, Guardianship, Probate, and Trust Administration**.

At the heart of the firm is **Ruth C. Rhodes**, a **Florida Bar Board Certified Elder Law Attorney**—a distinction held by only 115 attorneys statewide. Board Certification represents the highest level of recognition by The Florida Bar for competency and experience in a particular area of law. Ruth's combination of legal expertise, deep empathy, and dedication to her clients has made her a respected leader in the field of Elder Law throughout Florida's Space Coast and beyond.

Whether you are preparing your own estate plan, helping a loved one transition into long-term care, or managing the affairs of a family member who has passed, Rhodes Law is here to walk with you every step of the way. The team understands that these are not just legal issues, they are deeply personal, emotional moments that require clear communication, compassionate counsel, and strategic legal solutions.

Estate Planning with Rhodes Law goes beyond drafting documents. Ruth and her team take the time to get to know each client's family dynamics, financial situation, and long-term goals. The result is a comprehensive, tailored plan that not only preserves wealth but also avoids unnecessary court involvement and family conflict.

Medicaid Planning is another cornerstone of the practice. As long-term care costs rise, many families find themselves overwhelmed and unsure where to turn. Rhodes Law provides legal strategies to help clients qualify for Medicaid benefits without losing everything they've worked hard to build. Their approach is proactive, ethical, and focused on preserving both dignity and resources.

In **Guardianship** cases, Rhodes Law brings clarity to complex situations involving incapacitated adults. Whether it's initiating guardianship, defending against guardianship, or navigating the legal responsibilities of a caregiver, Ruth, and her team advocate for the vulnerable with integrity and diligence.

Probate and Trust Administration are also handled with care and efficiency. Losing a loved one is never easy, and managing their estate can feel overwhelming. Rhodes Law offers compassionate, competent guidance through every stage of the probate or trust administration process, ensuring that legal obligations are met and family members are supported.

With a **4.9 Google Rating and over 160 Five Star reviews**, clients consistently praise Rhodes Law, P.A. for its professionalism, responsiveness, and sincere dedication. With a stellar reputation in the community, a highly skilled team, and a Client-First philosophy, Rhodes Law is a trusted ally for families planning for life's transitions.

If you or a loved one needs help with Estate Planning, Medicaid, Guardianship, Probate, or Trust Administration, call **Rhodes Law, P.A.** today. Let us help you protect what matters most—with clarity, compassion, and confidence.



Call Today for a
Free Consultation (321) 610-4542.



Helping Seniors Of Brevard



Steps to Stay Steady: Fall Prevention is Key!

Peter Renz PT, DPT
FYZICAL Brevard Beaches

September is National Falls Prevention Awareness Month, and it's the perfect time to think about staying steady on your feet. For many of us, staying in our own homes as we get older means more than just living there, it means truly thriving in the place we love most.

You might be surprised how many falls happen right at home! Simple changes can make a huge difference. Things like:

- Clearing clutter from pathways (those throw rugs can be tricky!).
- Adding grab bars in the bathroom.
- Making sure your hallways and stairs are well-lit at night.

These small adjustments can prevent big tumbles.

Why Talk About Falls?

Falls are the leading cause of injury-related deaths for adults 65 and older. More than one in four older adults report falling each year, yet fewer than half share this information with their doctor. Why? Often, it's because people think falls are just a normal part of getting older, or they feel embarrassed or scared to bring it up.

But here's the truth: falls are NOT just a part of aging. You can take steps to prevent them!

Be mindful that some of your medications may have an impact! Talk to your physician about your medications and how to improve your balance in physical therapy.

Give Your Kids & Grandkids Peace of Mind!

Even if you feel pretty steady, it's a great idea to be proactive. Imagine telling your grandkids or kids that

you're literally taking steps to stay healthy and independent! Getting a balance screening is a fantastic way to do this.

What Can You Do?

Your balance is a complex thing—it relies on your brain, muscles, joints, eyes, and inner ear all working together. If one part isn't quite right, your body tries to compensate. The good news?

Balance can be trained, just like a muscle!

If you're feeling a little wobbly or just want to be sure you're doing everything you can to prevent falls, talk to your doctor. They can discuss your medications (some can affect balance) and suggest physical therapy. A physical therapist can help you improve your balance, which not only reduces your fall risk but also helps you stay active and independent.

Taking care of your balance means staying safer, more active, and maintaining your independence so you can keep doing all the things you love.

Do you have any questions about fall prevention or want to explore specific ways to improve balance?

Join Peter Renz, DPT, from FYZICAL Physical Therapy and Balance Centers Brevard Beaches, on Thursday, September 25 at the Helping Seniors of Brevard Wellness Series event at Joe's Resource Center of Brevard: 1344 S. Apollo Blvd. Ste. 2-C, Melbourne, 32901.





Helping Seniors Of Brevard



**Healthy Aging Starts at Home.
Why Downsizing "Now" Makes Sense**

Carlett Delliquadri

Realtor | Broker Owner BK3374046
FLamazing Real Estate

September is Healthy Aging Month! It's a time to celebrate longevity and take proactive steps toward a simpler, safer, and more fulfilling lifestyle. One of the most impactful decisions many seniors face is when to downsize.

The idea of sorting through decades of memories and making a move can feel overwhelming. But waiting too long often places that responsibility on adult children, who may not know what to keep, what matters, or how to handle the process with your wishes in mind.

Downsizing while you're healthy and independent puts you in control. It allows you to choose the home and community that best supports your current and future needs whether that means fewer stairs, less maintenance, or more social engagement.

Financially, it can also be a smart move. Selling a larger home in today's market may free up equity, reduce monthly expenses, and give you the flexibility to travel, invest, or simply enjoy life more.

Healthy aging isn't just about eating well and staying active, it's about making intentional decisions that bring peace of mind. Downsizing doesn't mean giving up, it means gaining freedom, clarity, and the opportunity to shape the next chapter on your terms.

At Flamazing Real Estate, we're here to guide you every step of the way. Let's create a plan that fits your needs, your timeline, and your goals.

Call me today 321-223-5665—your next chapter starts with a conversation.



**Thrive USA:
Serving Those Who Served**

Mia Potter
Thrive USA Home Care

Thrive USA is a mission-driven home care agency proudly dedicated to supporting our nation's Veterans. As the only Veteran-focused agency of its kind, Thrive USA delivers personalized, respectful, and high-quality care tailored to the unique needs of those who served. We understand the physical and emotional challenges Veterans face and go beyond basic caregiving. Our services include in-home personal care, respite, skilled nursing, and medication support. Every service is built around trust, dignity, and compassion.

A key part of our mission is advocacy. Thrive USA provides accredited Veteran service officers on staff to help Veterans navigate the often-complex VA benefits system—completely free of charge. From Aid and Attendance applications to connecting families with community resources, we ensure Veterans receive the benefits they've earned.

Through our partnership with the VA and the Community Care Network, eligible Veterans can receive home care services at no cost to them. Once approved by the VA, Thrive USA can step in to provide trusted, professional care in the comfort of home—funded entirely through VA authorization.

What truly sets Thrive USA apart is our unwavering commitment to the whole Veteran. Whether we're working directly with the VA or collaborating with local partners, we are a strong and steady advocate for those who have sacrificed for our country.

At Thrive USA, we don't just provide care—we serve with purpose.

Contact us today at (321) 462-4828 to speak with a team member.



Helping Seniors Of Brevard



Medicare Changes for 2026

Vicki Moore
Moore Insurance Solutions

Whether you're new to Medicare or a seasoned pro, staying informed is key to healthy aging. Understanding your Medicare options, especially with upcoming changes in 2026, can help you avoid costly surprises.

Key updates for 2026 include:

- **Prescription Drug Cap:** The annual out-of-pocket cap for Part D drugs will increase from \$2,000 to \$2,100. After reaching this cap, you won't pay more for covered medications.
- **Part B Premiums:** Expected to rise by 11.6% to about \$206.50/month, up from \$185/month.
- **Part D Premiums:** Many plans will see premium hikes, some exceeding \$100/month, partly due to reduced drug formularies, cutting coverage for some high-cost meds by 40-50%.
- **Prior Authorizations:** Traditional Medicare will begin requiring prior authorization for some services in six states (not including Florida).
- **Insulin Costs:** The \$35/month cap will shift to an annual cap, further helping those with diabetes.
- **Medicare Advantage Changes:** Supplemental benefits for the chronically ill will face new restrictions, making it crucial for those with chronic conditions to review plan options.
- **Vaccines:** All vaccines under Medicare Part D will now be available with zero cost-sharing.

These changes highlight the need to review your plan during the Annual Enrollment Period (Oct. 15 – Dec. 7) to ensure it still meets your needs. For personalized help, contact me at 321-272-0218.

wwwsolutions@vickimooreinsurance.com

My office is at the Helping Seniors Resource Center, Omni Healthcare Building, 1344 S Apollo Blvd, Suite 2C. Appointments are now available.



Meet the Team Behind Next Day Access East Central Florida

Jamie and Amy Powell
Next Day Access

Jamie Powell – President & Co-Owner

I'm Jamie, a Certified Environmental Access Consultant and have with 22+ years' experience in corporate leadership. I specialize in improving customer experience, quality, and efficiency. At Next Day Access, I apply those principles to help clients find personalized accessibility solutions that make their homes safer and more comfortable.

Amy Powell – Co-Owner & Clinical Specialist

I'm Amy, a Certified Rehabilitation Registered Nurse (CRRN) with over 25 years in healthcare. My experience in acute/post-acute care and discharge planning showed me how critical home accessibility is to recovery and independence. I'm passionate about helping clients age in place safely and with dignity.

Our "Why"

Why We Opened Next Day Access

We opened Next Day Access because we saw too many people, especially seniors and those with mobility challenges, struggling to stay safe and independent in their own homes. We have witnessed the real-life consequences of inaccessible living spaces and people forced to leave the homes they love simply because the environment no longer worked for them. We wanted to create a business that would make a difference.

Our "why" is rooted in compassion, efficiency, and practical support.

We specialize in modular ramps, vertical platform lifts, stair lifts, door-openers, grab bars, and pool/spa lifts for your home and offer a free in-home evaluation to customize your needs. Don't let a lack of accessibility get in the way of living!



**Healthy Aging Month:
Embracing a Holistic Approach
to Growing Older**

Dr. Kevin Kilday PhD, CRPS
Faith College of Natural Health

September is Healthy Aging Month, a time to celebrate positive aspects of growing older and to encourage a proactive, holistic approach to well-being. Healthy aging is not just about living longer, it's about enhancing quality of life via integration of physical, mental, emotional, social, and spiritual health.

At the heart of healthy aging is self-responsibility. Individuals are encouraged to take charge of their well-being by making conscious, informed lifestyle choices. This includes engaging in regular physical activity, eating a balanced diet, staying hydrated, and prioritizing preventive care with regular checkups.

Mental and emotional health are equally important. Activities like meditation, social engagement, reading, or learning new skills help foster resilience and cognitive sharpness.

Building and maintaining meaningful relationships combats isolation and nurtures emotional well-being, while spiritual practices offer a sense of purpose and inner peace.

Financial health is also a key factor; creating a stable financial foundation reduces stress and supports overall stability.

Most importantly, aging well requires recognizing the mind-body connection and how each area of life influences the others. Whether it's staying active, managing stress, or seeking professional help when needed, healthy aging is about living fully at every stage of life.

Healthy Aging Month is a reminder that healthy aging is achievable, and the journey can be vibrant and fulfilling.

Dr. Kevin Kilday, PhD, Professor
Faith College of Natural Health
www.fcnh.edu
Email: profkilday@fcn.edu



What Happened to Trust?

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

Yesterday, two new patients came into our office, each with hesitation. A middle-aged woman came first. As always, my assistant began the intake process by gathering the diagnostic materials we depend on, x-rays, CT scans, nothing fancy, nothing charged. These are simply tools that help us do what's right for the patient.

But this patient wasn't sure. "Why are we doing this?" she asked. My assistant, who's worked with me for over seven years, didn't flinch. She explained, "Dr. Sheldon wants to have all the information before making any recommendations." That clarity and confidence helped. The patient agreed.

The next patient was an older gentleman, different person, same hesitation. Again, my assistant took the time to explain. By the time I entered the room, he was calm, open, and willing to talk. We reviewed his records, took a closer look, and discovered something important, something no one had seen before. But even then, the right treatment for him, was no treatment at all.

Both patients had come to us after being pressured elsewhere, sold on treatments they weren't sure they needed.

So, I ask: What happened to trust?

How do we decide what not to do? At Solid Bite, we carefully consider what a patient doesn't need because sometimes, the best care means doing nothing at all.

Because trust doesn't start with treatment. It starts with listening.

If you have thoughts, I'd love to hear them:
DrLee@solidbite.com

ADVOCATE & SENIOR PLACEMENT

Senior Care Authority **SILVER**
 1344 S. Apollo Blvd. Ste. 2C, #2, Melbourne
SeniorCareAuthority.com/brevardfl
 321-341-8444

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CAWLawOffice.com
 321-372-8177

Ruth Rhodes, Esq. Rhodes Law, P.A. **SILVER**
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Truman Scarborough Law Office
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TrumanScarborough.com - 321-267-4770

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 321-253-1667

CARE/CASE MANAGEMENT

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Member: Joe's Senior Resource Center

Medication Therapy Management (MTM)
Dr. Chrisita Comish, PhD, MBA, RPh
DrChrisita@FaithWalkbyTwo.org | 321-381-5988

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Melbourne.MedicineShoppe.com
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Balance, Fall Prevention, Vertigo
321-372-3090

FYZICAL Therapy & Balance Center

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Joe's Senior Resource Center of Brevard

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Member: Joe's Senior Resource Center

Chaplain Ken Cornish
chaplainken@faithwalkbytwo.org
321-381-5988

Faith College of Natural Health **SILVER**

Dr. Kevin Kilday
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Helping Seniors Of Brevard



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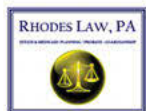
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Helping Seniors Info Series

SEPTEMBER 2025

Helping Seniors Resource Center Events

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

Headline Events:

Senior TechTalk - Friday Sept 12th - 100pm-230pm

Joe's Senior Resource Center - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901
"Smart Phone Basics" - Let's learn the basics for SmartPhones to navigate technology safely and efficiently.. Free! RSVP at (321) 473-7770

Helping Seniors Car Show at Calvary Chapel - Saturday Sept 20th - 8am-12nn

Calvary Chapel Melbourne - 2955 Minton Road - West Melbourne FL
5 Weeks to 9th Annual Helping Seniors Car Raffle - join us for a HUGE Car Show!

Knowledge College for Aging - Thursday Sept 25th - 10am-11am

Joe's Senior Resource Center - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901
Medicare/Medicaid - The Road Ahead - Vicki Moore, Licensed Agent with Moore Insurance Solutions, on important changes for 2026 in Medicare/Medicaid. Kerry Fink, Helping Seniors, moderates. Coffee/Snacks and great info! RSVP at (321) 473-7770

Helping Seniors Wellness - Thursday Sept 25th - 11am-12nn

Joe's Senior Resource Center - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901. Fall Prevention - Peter Renz, PT/DPT, FYZICAL Brevard Beaches, covers this important topic to keep up safe and paying attention on Fall Prevention Month. Let's age with maximum

success! Coffee/Snacks and great info! RSVP at (321) 473-7770

AARP/Helping Seniors Events:

AARP Walk with a Doc - Friday Sept 12th - 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!

AARP Senior Appreciation Day - Tuesday Sept 23rd - 1130am-230pm

More's Bar & Grill - 1921 Robert J Conlan Blvd - Palm Bay FL. Free Lunch, Fun and Information at AARP Senior Appreciation Day! See you there!

More Great Events:

Brevard Recovery Fest - Saturday Sept 13th - 1000am-200pm

Melbourne Auditorium - 625 E Hibiscus Blvd - Melbourne FL
Annual family friendly festival with FREE food, face painting, vendors, & more!

Golden Providers B2B Networking Lunch - Tuesday Sept 16th - 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:

Burger Inn Car Show - Thursday Sept 4th - 4pm-8pm

1819 N Harbor City Blvd - Melbourne FL

Cars & Coffee at Tint World - Saturday Sept 6th - 9am-12nn

Tint World - 3945 W Eau Gallie Blvd - Melbourne FL

Friendly's Car Show - Thursday Sept 11th - 5pm-8pm

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

Field of Dreams Car Show - Saturday Sept 13th - 10am-2pm

Space Coast Field of Dreams - 3053 Fell Road - West Melbourne FL

Helping Seniors Car Show - Saturday Sept 20th - 8am-12nn

Calvary Chapel Melbourne - 2955 Minton Road - West Melbourne FL

St. Lukes Catholic Churches - All Masses - Sept 20th & 21st

St. Lukes Catholic Church - 5055 Micco Road - Barefoot Bay FL

True Value Car Show - Sunday Sept 21st

True Value - 2444 N Wickham Rd - Melbourne FL

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Sep 1	Mon	Case Management - What it is	The Helping Seniors Travel Club	Durable Power of Attorney	Two Assisted Living Questions
Sep 2	Tue	What is Case Management?	Best Home Care Ideas	Chefs for Seniors	Your Estate Plan - What it is
Sep 3	Wed	Chaplaincy - What it Means	AARP / Hometown News	Turning 65? About Medicare	Builing/Selling/Investing Real Estate
Sep 4	Thu	The Parts of Medicare	What Elder Law Attorney Can Do	Rock Steady Boxing	Finding Good Place for Mom/Dad
Sep 5	Fri	KCA: Retirement Finances	KCA: Advance in Medical Research	Wellness: Family Virtual Care	Capital Update
Sep 8	Mon	Wellness: Skin Health/Summer Sun	Senior Info in Senior Scene	Medicare Supplement or Advantage	Avoiding Probate
Sep 9	Tue	Great Employment for Seniors	Periodontal Disease	Checking Out Zon Beachside	Considerations in Best Home Care
Sep 10	Wed	Probate - What it is/How it works	Senior Expos & Events	Volunteering at Helping Seniors	Helping Seniors - 15 Years
Sep 11	Thu	How to Cruise Successfully	Updating Your Estate Plan	The Business of Helping Seniors	Best Home Care ideas
Sep 12	Fri	Understanding Medicare Options	Faith College of Natural Health	Wellness: Long Term Care	Capital Update
Sep 15	Mon	Safe and Secure at Home	The Business of Helping Seniors	Cosmetic Dentistry	Reverse Mortgage - Now the Time?
Sep 16	Tue	VA Aid Attendance Benefits	When to Call Adult Abuse Hotline	Technology & Home Care	Volunteering at Helping Seniors
Sep 17	Wed	Two Assisted Living Questions	Considerations in Best Home Care	What is Case Management	Chaplaincy - What it Means
Sep 18	Thu	New to Florida? Elder Law to Know	KCA: Medicare/Medicaid	Faith College of Natural Health	Power of Attorney/Super Powers
Sep 19	Fri	KCA: Advance in Medical Reserach	Wellness: Social Workers Help	Wellness: Footcare & Wellness	Capital Update
Sep 22	Mon	Helping Seniors Directory	Finding Good Place for Mom/Dad	Don't Go Broke on Nursing Home	Turning 65? About Medicare
Sep 23	Tue	Rock Steady Boxing	Things to Know about Elder Law	Wellness: Express Thoughts	Probate - How & Why to Avoid
Sep 24	Wed	Best Home Care Ideas	When is Assist Living Appropriate?	Senior Info in Senior Scene	The Helping Seniors Travel Club
Sep 25	Thu	Chefs for Seniors	What is a Care Plan & Why it Helps	Finding Good Help at Home	Case Management - What it is
Sep 26	Fri	Wellness: Family Virtual Care	Your Aging Plan - Putting it Together	KCA: Retirement Finances	Capital Update
Sep 29	Mon	Understanding Medicare Options	Top 3 Public Benefits Questions	Life Enrichment	The Parts of Medicare
Sep 30	Tue	Faith College of Natural Health	Helping Seniors & MSC Cruises	Chaplaincy - What is Means	Guardianship



Date	Day	Program	Special Guest	
Sep 3	Wed	Helping Seniors on the Radio	Nancy Deardorff	Helping Seniors of Brevard
Sep 10	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon	Sheldon & Furtado, PLLC
Sep 17	Wed	Helping Seniors on Senior Living	Carlos Cuesta	Synergy HomeCare
Sep 24	Wed	Helping Seniors on Help at Home	Jennifer Barton	Seniors Helping Seniors
				The 9th Annual Car Raffle
				Dental Health & Related
				Making Home Care Work
				About Companion Care



Senior Appreciation

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

For years, folks have said "It takes a Village to Raise a Child" - and, as we move firmly into 15 years of service in Brevard County, through our Helping Seniors charity, we can honestly say that the "It takes a Village" idea really is true when it comes to looking after our Seniors!

Living in Brevard County, we find there are actually more Seniors (1 in 4 of us!) over age 65 than there are school-age Children. We often say, in Brevard County, you either are a Senior, love and care for a Senior, or, God willing, live a little bit longer and you will be a Senior - so hopefully everything we talk about adds value to YOUR life here on the Space Coast!

At Helping Seniors, we have been running the County's Senior Information Helpline - covering well over 4,000 calls annually - for a decade and a half, and we hear what is needed and what is on families' minds as they grapple with the complexities that often come with aging and so we find the best approach to making Quality of Life top priority for our esteemed Senior population is that we work together for best results.

Thankfully, we have great people who work together to make things better for Seniors and their families and who are always striving to do better at just that as well.

We so appreciate the work of excellent organizations like Aging Matters in Brevard and Brevard Alzheimer's Foundation, with whom we collaborate on an almost daily basis as the "Big Three" nonprofits for Seniors work together case-by-case to do all we can for our Seniors. And, our great friends at One Senior Place in Viera also offer a tremendously valuable one-stop location to cover everything Seniors might find important and useful in our area.



Senior Appreciation continued on pg 46


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SENIOR SCENE MONTHLY TRAVEL TIPS

10 Things To Do As Soon as You Get to Your Cruise Cabin (Part 1)

Senior Travel Agent Chris Morse has over 35 years travel agent experience.



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Email: travelcenterusa@gmail.com • Site: <http://thetravelcenterusa.com> • CST#2000881-10 FTS#: 14672

You have stood in line during the boarding process, got the onboard photographer for that embarkation day picture or politely declined it, and navigated your fellow passengers flooding the ship's public areas and corridors on their way to their onboard destinations. Finally, the door to your cabin is right in front. Now you can start to relax and take in all that you deserve on your cruise vacation.

Nothing quite feels so good like finally arriving in your cruise cabin. And while relaxing in your room should be high on your list of embarkation day activities, don't neglect others that are just as important.

Here are 10 things we recommend you should do as soon as you arrive in your cruise cabin to ensure your vacation gets off to a smoother start.

1. Get Your Cabin and Ships Bearings

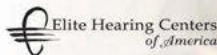
Cruise cabins are smaller than a room in your house, unless you booked a suite. But it doesn't hurt to take a few minutes

to figure out where important things are (like those power outlets or the hairdryer). Moreover, this can also help you determine if your cabin is missing anything that should be there, so you can inform your room steward or the reception desk as soon as possible.

Then, because your luggage has not arrived. Do this walking exercise. 1- find how to get to our muster station. 2- find out how to get to your dining room. 3- find out how to get to the main showroom. If you know how to get to these areas, you will save yourself a ton of time. Walk from your stateroom to these areas once you get on the ship and you will be set to go. It will likely take a few days before you truly master your cruise ship's layout, but it's helpful to start by getting an idea of your cabin's location relative to the nearest elevators/staircases.

10 Things To Do... continued on page 43

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



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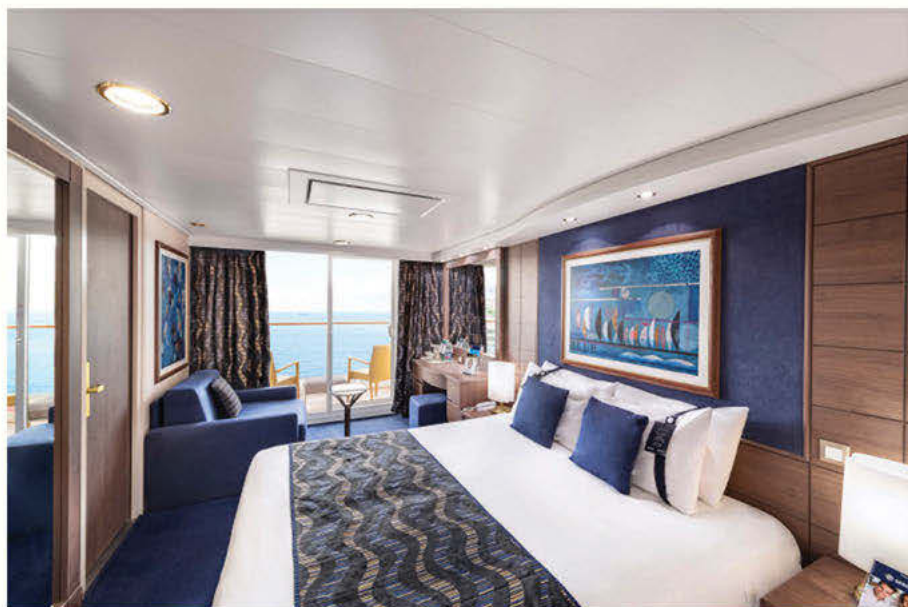
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 (based on double-occupancy)

Contact:
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Chris Morse 818-430-1480 Cell



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