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Cover Artist:
Patsy Skipper

FEBRUARY 2020
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James Drury

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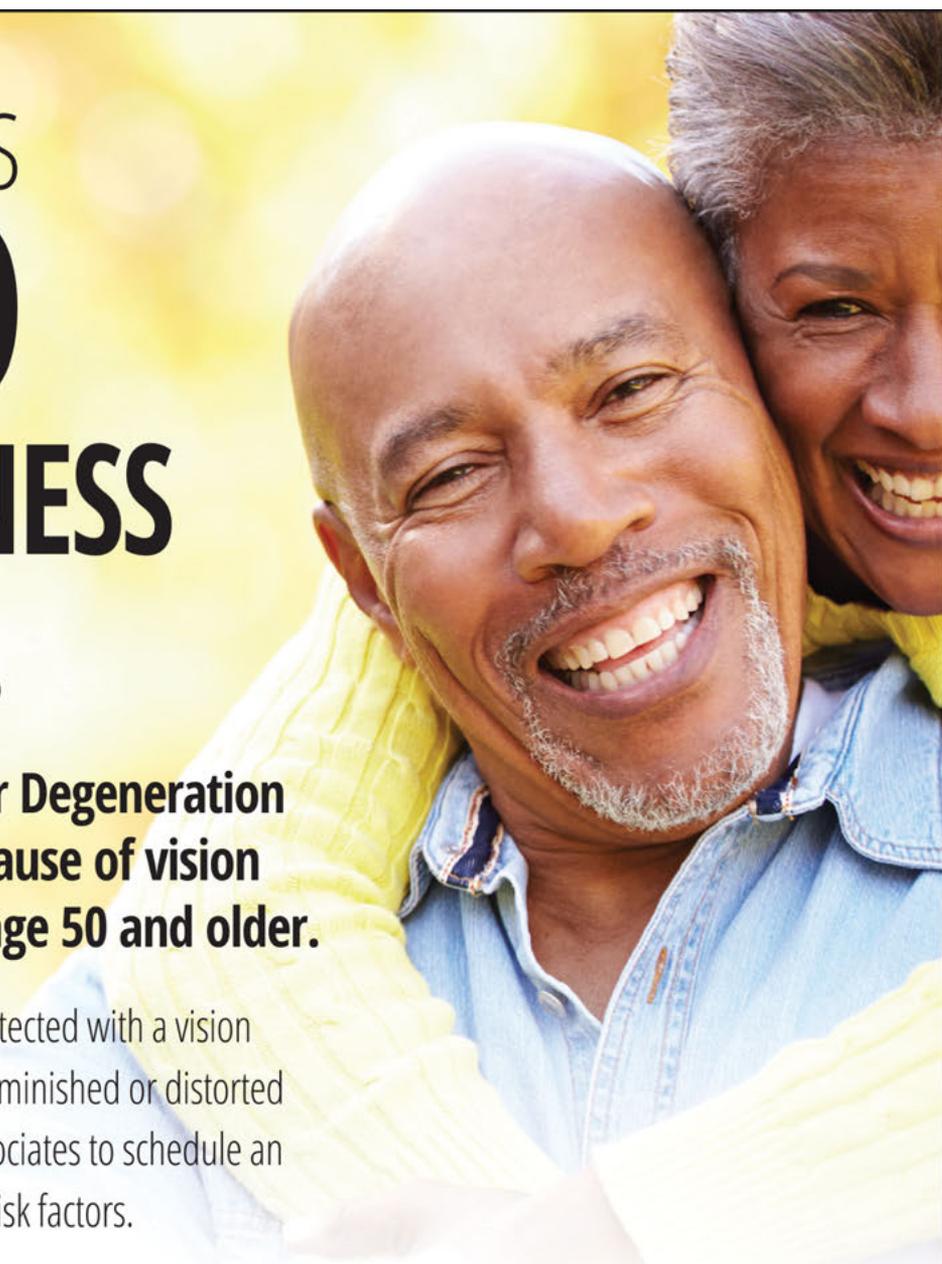
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CREDITS:

Senior Scene® Magazine is locally owned & operated made possible through the participation of local advertisers & distributors.

Please remember to thank them.

Senior Scene® Magazine, Inc, is a national publication with 25 years publishing service.

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PRODUCTION:

Pirate Alley Studios

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**To subscribe for 12 issues, Mail \$24.95 with your address to us at: Senior Scene® Magazine, PO Box 410481, Melbourne, FL 32941
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Letter from the Publisher



It's already February, how's the diet and exercise going? New Year's resolutions are so over rated! So let's move on to February and Valentine's Day. That's more fun and why we chose a Valentine's theme for our cover, a wonderful piece by local artist Patsy Skipper.

As you can see from page 2, we are providing an on-line directory of senior services here in Brevard County. You will find it at SpaceCoast-SeniorServices.com, a reliable listing of services and businesses specially addressing the needs and wants of our readers. As a long-time member of the mature community here in Brevard, we are uniquely qualified to provide such a comprehensive source of information. As you start to utilize this Directory, please let us hear your opinions on any of its attributes.

As we get the opportunity to meet our readers at all of Brevard County's health fairs and expos, we frequently hear how you enjoy reading Senior Scene from "cover-to-cover". Well, we enjoy providing each month's articles and advertisers to you too. You can see a summary of some of the up-coming Senior Expos and Health Fairs on page 63. I hope you get a chance to attend.

For other fun and informative events, see our Community and Senior Calendars inside. This is usually a busy time for expos and health fairs.

So enjoy February and see you next month.

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COVER STORY

Patsy Skipper – A Local Artist of Many Talents

Our cover artist for February with a Valentines theme is local talent Patsy Skipper. She is a person of many talents and we are pleased to have her on our cover. You can learn more about Patsy, in her own words. Enjoy!

My love for art was greatly influenced by growing up in Florida. I was given the unique opportunity to view some of the best that nature had to offer and wanted others to see the beauty that I felt so passionate about. I spent most of my life living in Kissimmee where



what we call old Florida was intriguing about the way majestic cypress trees stood within the swamp wetlands.

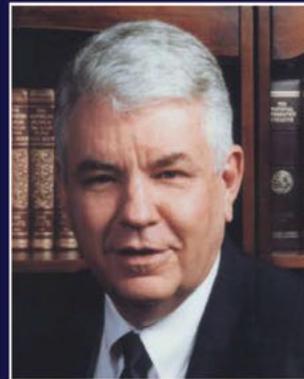
I have always felt connected to my subjects whether they are portraits, landscapes or seascapes. Now living on this beautiful island in Indialantic the sea is calling my name and feeling right at home. Mermaids are fascinating to me for they are so whimsical and free to frolic in the sea. I like to capture a glimpse of their innocence and strength.

Today my art has evolved to a place where I am comfortable knowing that what I'm able to put onto the canvas is so much more than what I see with my eyes. It is a representation of not only the scene, the person place or thing; it is a representation of the passion that I feel inside for my subject.

My love for art has extended into my professional life where I am a board certified permanent makeup artist. This profession has given me the opportunity to have the capacity to feel as beautiful on the outside as they are on the inside.

You can see more of Patsy's art work at www.skipperarts.com, especially a collection of paintings done in the Avacos, before the hurricane, of places that no longer exist. Also visit cosmetics4ever.com. 

ESTATE PLANNING BOOKLET



By Attorney

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Caring for Our Caregivers

Florida is home to more than 5.5 million older residents and boasts the largest 65+ population in the nation. In the next 10 years, our senior population will increase to more than 7.6 million. There are challenges in promoting the health and well-being of this growing and increasingly diverse older adult population. Aging, especially as baby boomers reach ages 85 and older, signals a likely surge in the use of long-term care services. Disability rates evolve over time, so Florida's Aging Network is tasked with a significant challenge – to ensure that the needs of the frailest are continued to be met. At the Department of Elder Affairs, it is our mission to promote the health, safety, and independence of our seniors, their families, and our valued caregivers.

Additionally, the caregiver crisis is real and growing. One of the most important things we are working on is how to make our state more age-friendly, and a significant part of that is ensuring that are communities are livable, accessible, and supportive of our caregivers.



There are many factors affecting Florida caregivers. A significant one is the increasing incidence of dementia. The Alzheimer's Association projects that there are 560,000 Floridians living with Alzheimer's disease – a number which is expected to increase to more than 720,000 in the coming years. Sadly, these figures do not include those living with other forms of dementia, like Lewy Body dementia or vascular dementia, nor does it include the millions of caregivers affected.

There are more than 1.1 million caregivers providing care and support for family members with Alzheimer's disease or a related dementia. And, as we know, there are still more caregivers providing other support outside of the dementia spectrum. When a loved one is diagnosed with an illness, we know that it is not just

CARING FOR OUR CAREGIVERS continued on pg 66

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What is Probate?

By Attorney Truman Scarborough

This is the second in a series of articles on probate. When someone dies, assets titled just in the decedent's name without beneficiaries are frozen. Powers of Attorney terminate when the creator dies. The legal procedure used to transfer property from a decedent to the beneficiaries is called "Probate".

In the last article, we started by looking at the Formal Probate process. There is also a simplified Summary Administration which is available: 1] two years after the decedent died or 2] when there are no creditors and the assets are less than \$75,000. This will be examined further in a later article.

With Formal Probate, the court creates a legal entity called the "Probate Estate". A Personal Representative is appointed by the court to administer the probate estate. In the process, the Probate Court must be shown that everything is proceeding as required by Florida Statutes. The word "Probate" essentially means "to prove." Is the Will valid? Have creditors been notified and paid? Have beneficiaries been provided required information and received their designated share?

This article continues the discussion of Formal Probate by looking at the Personal Representative's (executor's) responsibilities to the beneficiaries, and decedent's creditors. In the next article we will look at the Personal Representative's responsibilities to the IRS for taxes and for expenses incurred in administering the estate.

BENEFICIARIES: When someone must rely on the honesty and diligence of another person to protect his/her property, it creates a fiduciary relationship. Under the law, there are different levels of proof to show misconduct. At one end of the spectrum is the proof needed to show "beyond a reasonable doubt" that someone is guilty of a crime. At the other end is the responsibility of a fiduciary to clearly show he/she is protecting the beneficiaries' interests. The fiduciary has the responsibility not only to do all he/she can to protect the beneficiaries' interest but to show that he/she has.

The Probate Code requires that beneficiaries be provided with a copy of the Will, Petition for Administration, Notice of Administration, Letters of Administration, the Inventory (showing date of death values), the Accounting (showing what has occurred with estate assets from the Inventory to the time of distribution), and the Petition for Discharge (which shows the proposed distribution). If not satisfied, beneficiaries have the right to file objections with the court.

WHAT IS PROBATE? continued on pg 66



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TINSELTOWN TALKS By Nick Thomas

James Drury Remembers 'The Virginian' Co-Stars

Originally airing on NBC from 1962 to 1971 and currently rerunning on several cable networks (INSP and Starz), the enduring popularity of the "The Virginian" doesn't surprise 85-year-old James Drury who starred throughout the series in the title role (see www.thevirginian.net).

"It still holds up," said Drury from his home in Houston. "The old westerns were morality plays that showed the triumph of good over evil and I think that's important for young people to see on screen these days because it will inspire them to live their lives that way."



As foreman of the show's Shiloh Ranch set in Medicine Bow, Wy., Drury's character answered to the ranch's owner, played by several actors throughout the series beginning with Lee J. Cobb.

"He was making a ton of money from the series, then just quit," Drury recalled. "He did an interview saying he thought the show was terrible and wished he could buy up all the film and turn it into banjo picks!"



Cobb was replaced by veteran film actor Charles Bickford.

"We had John Dehner for a short time then Charles came along and he did just a wonderful job," said Drury. "He loved the show and told me he wished he had been on from the beginning. But he died unexpectedly (during season 6). We finished the show on a Friday night about midnight and

JAMES DRURY REMEMBERS...continued on pg 54

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Tips to Keep Your Online Shopping Private

By Bill Ford, *Data Doctors*

Technology widely used in the world of online advertising known as ‘retargeting’ is why so much of what you search for online suddenly appears as an ad that follows you almost everywhere you go.

This is the advertising world’s attempt to make ads more

targeted based on things you’ve clicked on or searched for in the recent past. It’s made possible by placing a tracking cookie – a small text file that saves user specific data – which any website that’s part of an advertising network can read.

While some would argue that it’s creepy, others point to data that suggests advertisers are able to drive sales using this process.

The big problem this presents for anyone that has a shared computer in the household is that it can tip off the kids or your spouse of the items that you’re considering as a gift. While creating separate user profiles on the machine is an option, it’s useless if you forget to logout, so here are some other options.

Private Search Engines

Google is by far the most powerful search engine, but it also has one of the most sophisticated advertising tracking networks online. Using Google to search for your gifts is a guaranteed way to generate retargeting ads.

Fortunately, there are a number of search engines that leverage the power of Google’s search but mask your usage. StartPage (<https://startpage.com>) in particular offers you two levels of privacy: private search and an anonymous view option.

While a private search engine will keep your searches activity private, once you go to a website from the search results, the website itself can start tracking your behavior and save it to a cookie.

When you use the ‘anonymous view’ option in Startpage results, your activity will appear as if it’s coming from Startpage and not your computer.

If you decide to use this approach, it may take websites a little longer to load since they’re being redirected through Startpage’s computers.

When using any private search engine, it’s always best to use a ‘private browsing’ session.

Private Browsing

All browsers offer the ability to create special ‘incognito’ or ‘private mode’ session that won’t save anything to the browser history or allow tracking cookies to be saved.

Keep in mind, this will only remove all your activity when you close the session, so don’t forget to do so when you are finished.

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TIPS TO KEEP ONLINE SHOPPING PRIVATE cont'd on pg 46



The Rule of 72

By Jason ValaVanis, CFP®, ChFC
321-956-7072

Unfortunately, the majority of investors have never even read one book about investments. This is true of most endeavors that people undertake. For example, for nearly two decades, my wife would handily murder every potted orchid plant I brought home for her. Then I pondered an alternative, radical concept: I will buy her a handbook on how to successfully raise orchids. So, I did. She read the entire book in one day! I suppose her orchid murder history was a clear motivator in this situation and repentance was in order. This is true about any subject, business venture, or intellectual concept. If you do not acquire the knowledge, either through study or experience, you are doomed to fail.

Not surprisingly, this is exceptionally true about investing. On average, the independent investor loses money. It has been reported by think-tanks and university research studies that the average independent investor statistically earns about 1.5% annually. This means there are many losers for every winning investor. I meet people that tell me they want capital appreciation, and they are happy with 2% or 3% annually. Clearly, they do not understand the math behind their decisions. Here today, I will show you a rather popular “quick tip” that will allow you to quickly calculate

the “muscle” of an investment as compared to an alternative investment.

THE RULE OF 72

Without boring you with the complicated variables of this formula, just remember your objective is to calculate “T” or time in years it takes to double your investment. This only works if you leave the investment alone and you reinvest all earnings; interest, dividends, and capital gains. Simply put, the elementary formula is:

$$T = 72 / \text{interest rate } \%$$

where T = time it takes to double your initial investment. Here, we are looking for how long it will take to roughly double your investment, if you know the rate of return that you’ll probably earn over the years. For example; $72/6\% = 12$ years, where $T=12$ years. Again, if you know you’ll earn 4% in a mortgage fund investment, for example, where all earnings are reinvested, then $72/4\% = 18$ years, or you will roughly double your investment in 18 years. And similarly, $72/12\% = 6$ years to double your investment, roughly.

When I meet CD investors, I use this formula on a pad of paper and illustrate the whole picture. If you buy a CD paying 1.5%, you are agreeing to subject your investment doubling every 48 years; $T = 72 / 1.5\%$. $T=48$ years. When illustrated this way, low rates seem very, very unappealing.

When you calculate this simple formula in your head

THE RULE OF 72 continued on pg 28

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From Wickham Dental

February is a month that celebrates the wonder of love, the legacy of great Presidents, and one of humanity’s most valuable tangible assets –the smile. Valentine’s Day and Presidents Day are

nationally acknowledged with flowers and candy and furniture sales, but National Dental Health Month never quite rises to the level of significance that the protection of a smile rightfully deserves.

A healthy smile is one of our most valuable assets at any age in life, but for Seniors, it is the asset that never needs to age or diminish and the one that contributes priceless vitality to those golden years of life. Once upon a time, growing older frequently meant tooth loss, bone resorption and the acquisition of sometimes annoying if not painful denture teeth. But, in 2020, technology is so advanced that even long

time denture wearers can replace them with non-removable teeth that look and feel natural, and most of the time the miraculous transition can take place in a single visit.

National Dental Health Month was designed to highlight the importance of meticulous dental care for the prevention of dental disease and the preservation of a healthy smile. As in all areas of wellbeing, awareness is a key factor in the achievement of the goal. Understanding that a healthy smile is a major player in overall health is the first step in getting there. A functional smile that facilitates normal chewing habits promotes digestive health, while teeth and gums that are free of debris and bacteria contribute to cardiac wellness. Correct anatomic engineering in the mouth and a comfortable bite are safeguards against headaches and facial aging due to bone



YOUR SMILE - WHERE ART & SCIENCE MEET cont'd on pg 57

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Why Senior Advocacy Is Important

By Joe Steckler, *President, Helping Seniors of Brevard County*

For several years I have written about senior advocacy: why it is needed, why it is important, what it can accomplish. The long and short of it is that if no one does anything, seniors will get left further behind in the dust. My New Year's Resolution is to do what I can to promote the building of affordable housing in Brevard County. To do that we need a plan and we need money. The plan we can develop, the money is a little more difficult to find.

Or is it? How many of you know about the Sadowski Fund? This trust was initiated in 1991 to set aside certain real estate fees for the purpose of building affordable housing. Yes, you read me correctly – to build affordable housing. And why has that not happened? Well, to put it succinctly, the legislators we seniors have helped elect over the last decade have managed to “sweep” over \$1 billion from this fund into the General Revenue portion of the Florida budget.

Like many readers I did not know about the Sadowski Fund. Now that I do, I will urge our elected officials to use these monies to build affordable housing – which is in short supply in Florida. You can put any kind of spin you want on why these monies have not been used for their intended purpose. The question is whether or not we will allow those we have sent to Tallahassee to keep defunding affordable housing money in order to meet the general budget.

In a similar manner, we have enabled our Board of County Commissioners to defund our local nonprofit organizations. They said we needed that \$500,000 to pave roads, help our schools, etc. They also said government should not use funds to help pay for a program that serves private interests. Of course I am using some pretty simplistic language to explain something very complicated. REALLY.

What I think is that our elected officials have lost their way concerning the allocation of tax payer dollars. We cannot do what a patriotic group did in Boston many years ago, but we can and should advocate on behalf of the vulnerable and needy in our community. I



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myself would like to see some of that money used to build affordable housing and to fund nonprofit groups that work hard to help those who are literally at the end of their rope.

Members of the Senior Resource Center, located at Zon Beachside Assisted Living, will take the lead in 2020 to develop a senior advocacy program in Brevard.

This group will consist of private citizens who want to create a senior planning organization independent of government oversight, who are willing to say how they think some of our tax money should be used. You can join this group by calling Helping Seniors at 321-473-7770.

One would think that a County that contains more people over age 65 than under age 18 would have more affordable housing and nonprofits to help those in need.

We seem to have taken a path of least resistance. Do you think we need a senior advocacy planning group? If so, call 321-473-7770 or email info@HelpingSeniorsofBrevard.org.

Contact Helping Seniors at 321-473-7770, at www.HelpingSeniorsofBrevard.org, or at P.O. Box 372936, Satellite Beach, FL 32937. ☎

Making Wise Choices When A Representative Payee Manages Your Money

By Blanca Taylor, Social Security Public Affairs Specialist

Some of the millions of people who get monthly Social Security or Supplemental Security Income benefits need help managing this money. A person assigned to help you manage your monthly benefits is called a representative payee. We may decide you need a representative payee if we receive information that indicates you need help to manage your money. We try to select someone who knows you and wants to help you. Your representative payee should be someone who you trust, who sees you often, and who clearly understands your needs.



A representative payee receives your monthly benefits on your behalf and must use the money to pay for your current needs. Eligible costs include:

- housing and utilities;
- food;

- medical and dental expenses;
- personal care items;
- rehabilitation expenses (if you're disabled).

If there is someone you want to be your representative payee, tell a Social Security representative, and they will consider your request. Social service agencies, nursing homes, or other organizations are also qualified to be your representative payee. Ask them to contact us.

If you receive a decision that you are appointed a representative payee and don't agree that you need one, or if you want a different representative payee, write to us within 60 days to appeal that decision.

If you can't manage your finances, someone else can help. If you have a trusted friend or family member who can be your representative payee, this publication at www.socialsecurity.gov/pubs/EN-05-10076.pdf will provide more information on our representative payee rules. Ⓢ



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Scenic Boat Tour and Morse Museum - Wednesday, March 11th - \$75 - includes morning scenic boat tour through the Winter Park Chain of Lakes, lunch, and then to the Morse Museum for a Docent led tour including the Tiffany Collection. Sign up by February 1st, minimum of 35 passengers needed.

Miss Saigon - Saturday, April 4th, 2020 - \$114 - Experience the acclaimed new production of the legendary musical Miss Saigon, from the creators of Les Misérables. Trip includes lunch, upper balcony seats and roundtrip motorcoach. Nonrefundable deposit of \$25 per person. Minimum of 35 needed for this trip.

Northern Italy and Cinque Terre and Gourmet Tuscany - join Jean in June of 2020 as we explore from Northern Italy to Tuscany. This is going to be a fabulous trip and the last week we spend in a villa and do day trips each day to different areas!

Strawberry Festival - Thursday, March 5th - \$96 - this year's entertainment is The Nelson Brothers remembering Ricky in the morning and in the afternoon we have lower reserved seating for Dick Fox's Golden Boys Starring Frankie Avalon, Fabian and Bobby Rydell! Price includes general admission, lower reserved seating for afternoon show, strawberry shortcake plus we will stop by my private strawberry farm on the way home.

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Hidden Causes Of Heart Attack In Women

February is the American Heart Month

Arvind M. Dhople, Ph.D. Professor Emeritus, Florida Tech.

Although heart disease may often be thought of as a problem with men, heart disease is the most common cause of death for both women and men in the United States. One challenge is that some heart disease symptoms in women may be different from those in men. Fortunately, women can take steps to understand their unique symptoms of heart disease and to begin to reduce their risk of heart disease.

Asked to describe a typical heart attack, most people (including most doctors), would describe a man with crushing chest pain, probably with a background history of hypertension. But this traditional teaching, it turns out, is only telling us half the story.

The failure to recognize the prevalence of heart disease in women and the different set of symptoms in women (feeling generally unwell or unexplained weakness) during a heart attack contribute to delays in women seeking help and the loss of vital time in a cardiovascular emergency. Even after seeking help, women

get consistently worse care. The data published in the journal, Women's Health Issue in December 2018, showed that women with heart attack symptoms were less likely to receive aspirin, be resuscitated, or be transported to the hospital in ambulances using lights and sirens than were men.

A major shift in thinking is required to realize that the traditional medical textbooks and many public and professional assumptions about who gets and dies from heart disease and how it manifests are simply wrong. For both men and women, evidence-based approaches are needed to minimize and time for onset of symptoms to treatment.

The structural gender bias in cardiology stems from a historical failure to ensure gender balance in cardiology research. Many guidelines for the management of the 50% of heart disease that occurs in women are extrapolated



HIDDEN CAUSES OF HEART ATTACK IN WOMEN cont'd on pg 58



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River of Ais: The Lost Lagoon

By Diane D. Barile and Michael A. Barile, South Brevard Historical Society

Once upon a tide, great cypress dugout canoes traversed the shallow grass flats of a long estuarine lagoon along Florida's Atlantic Coast.

This ancient eden, protected from an ocean's roar by a draping barrier island, teemed with shellfish, finfish, manatees, turtles mangrove swamps and mosquitos. This fragile bounty sustained people along a two hundred mile-long chain of villages, each marked by tall mounds of oyster shells.

From these hundred foot high mounds, views of distant bluffs or deer and freshwater creeks filled the horizons. The sounds of marshes and swamps met the twilight when waterfowl filled the skies headed to nighttime safety. Outnumbered by a billion eyes in the wilderness, the villages were nearly hidden by the impenetrable wilderness.

A scattered tribe, once numbering up to 50,000 in the region, once controlled and knew the intimate secrets of survival along this lagoon. The first Europeans knew them as the "Ais." The name alternately means "the people" or "children of the mother" according to interpretation. And the Indian River Lagoon was known as the "River of the Ais" by French and Spanish explorers who first documented the place.

The Ais had an early reputation for fierce resistance among shipwrecked sailors. Spain explored Cape Canaveral by 1513, and after conquering the French and tribes who dared resist them through 1565, had established limited outposts and missions along the Ais lagoon.

The largest and most valued shipwreck in the Ais region occurred during a hurricane.

At 2 a.m. on July 31, 1715, eleven vessels of a twelve ship fleet crashed into the reefs and beaches near present day Vero Beach. Known as the "Plate Fleet," for the trove of silver "plata", about 1,500 Spanish sailors lost their lives. Remnants of the Ais tribe witnessed the piracy of English privateer Henry Jennings and his men who assailed the Spanish salvage efforts in early 1716.

European diseases and tribal wars dissipated the once secluded Ais, a few might have resettled to Cuba in 1763 as Spain ceded their lands to England. After the Seven Years War, by 1783, a poorer Spain regained Florida.

AMERICAN SETTLEMENT

RIVER OF AIS: THE LOST LAGOON *continued on page 25*

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Spanish treaties with the new United States encouraged migration to Florida in 1819. Americans pushed native people out of the Southeast and into Florida while Congress debated giving the entire territory to the tribes now called Seminoles. To the former colonists, banishment to Florida was equally a punishment and near imprisonment.

Early migrants to the lagoon region were escaped slaves, white fugitives and cow men rounding up wild Spanish breeds. Following disastrous Indian Wars of 1845-1853, homesteaders took on free land along the Indian River. Poor soil, flood prone wetlands, snakes and clouds made up of disease carrying mosquitos convinced many would-be-farmers to escape or take up commercial fishing. Turtles harvested from the beaches soon filled Victorian soup bowls.

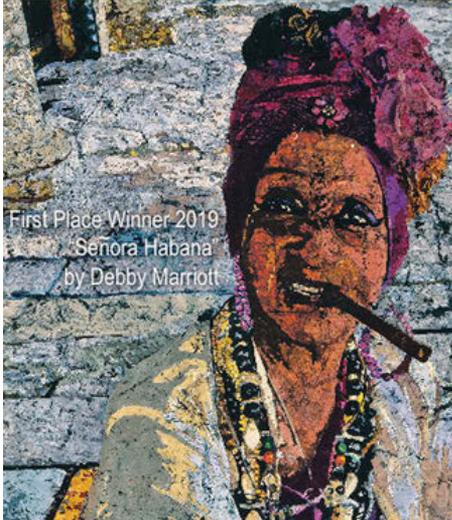
The nearby St. Johns River connected Jacksonville to western Titusville and later from there to villages Southward via paddlewheel steamer along what was called the Indian River. Skiffs, skipjacks, sloops and later, scheduled steam powered craft delivered pioneers, and mail, building materials, medicine and early hunters and tourists to the eden-like ancient coastal woodlands and bluffs.

Industrious settlers grafted old Spanish sour citrus that grew wild, with sweet orange buds to create the first "Indian River Citrus." Trappers and hunters traded hides and feathers to adorn ladies hats for the necessities of frontier survival. With the arrival of 1880s railroads, winter crops of pineapples, fish, produce, moss for bedding, cypress lumber and more... rolled out.

Ambitions for development of the vast upper St. Johns River basin meant massive drainage projects to divert fresh water off the pinelands. Open range cow men were corralled as land speculators sold new farms and settlements to Civil War vets and European immigrants. Titusville, Cocoa, Melbourne, Sebastian, Vero Beach, Fort Pierce and Stuart grew, crude roadways paved old Spanish and U.S. Army pathways such as the Hernandez Capron Trail.

The lagoon was rarely quiet again. Small railroads pulled big timber to the lumber mills and railyard in Hopwood, near today's Melbourne. Fed by cypress domes, pine flatwoods, and maritime forests, thousands of square miles were harvested and sold. Automobiles drove on new roads built from the ancient shell mound material. Airports, ice plants and electricity powered up every Indian River town.

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World war flotsam swept the lagoon beaches from new shipwrecks. German U-Boats spied the shell mounds and new watchtowers. America finally took full occupation of the lagoon when a dozen new air bases from New Smyrna to Stuart trained thousands of Allied commandos and pilots by 1945.

Military engineers returned home to the lagoon towns and brought new disease fighting equipment, chemistry and techniques. Soon, mangrove forests were cut off by moat-like impoundments dug to eliminate mosquito breeding grounds. Aerial spraying of DDT and herbicides helped tame the seasons. This generation had the techniques and the chemistry set of a super power to complete what earliest settlers dreamed of.

By the 1960s, residential developments in Port Malabar, Port St. Lucie, Port St. John grew in between the older pioneer towns. A space program, year-round tourism, manufacturing, tourism and retirement communities flourished and overshadowed the land and a history.

There are a few spots left today where people can get a distant peek at the one time River of Ais. Remnants of some ancient shell mounds can still be climbed and appreciated even now.

If we climbed one, what could we see and hear? Would we breathe in irritants from the algae which have choked and replaced the seagrass? Is a concrete tower overlooking a distant causeway on the horizon?

Perhaps we can imagine a time before all the names changed and "the people," endured a natural system. Once upon a tide, we eagerly anticipated what wind and water might bring on waves of change. ☺



Resolutions for Seniors

Paula Thibideau is a Licensed Practical Nurse with the Visiting Nurse Association (VNA) and coordinates all aspects of community wellness for the non-profit home healthcare agency.

Taking care of your heart is important for your health. In the United States, heart disease is the number one reason for death of men and women. Take this time to check in with your heart health and start implementing some good habits into your routine. Below are some ideas to help you get started.

1. Check your blood pressure.

Blood pressure is an easy way to check in with your health. Although overweight individuals are overweight are at risk to have high blood pressure, those who suffer from hypertension come in different shapes and sizes. It's important that everyone – even those who eat well and exercise frequently – check their blood pressure. Take advantage of the free blood pressure clinics held throughout our community.

2. Address your diet.

Take a good look at the food that you are eating. Are you getting a healthy dose of green vegetables into your diet? How much saturated fat are you consuming a day? What does your sugar intake look like? Start a food journal to keep track of your dietary habits and identify any trends you may see. Find areas where you can make healthier choices.

3. Move more.

We've all heard it: exercise is important to maintaining a healthy

lifestyle. Frequent movement offers a variety of benefits that go beyond heart health, and for seniors, regular exercise helps improve stability and maintain balance. Be sure to know your limits and discuss any exercise plan with your doctor.

4. Decrease your stress.

Stress can impact on your health. It can cause your blood pressure to rise, and constant stress can have permanent effects on your body such as damaging your heart or weakening your immune system. Meditation or finding time for yourself is a great way to decrease your stress. Find 20 minutes a day where you can sit, relax, breathe and focus only on yourself. Let the distractions and interruptions of your day escape while you focus on your breathing and allow your mind to rest.

5. Make an appointment with your doctor.

If you haven't had a checkup in a while, it's time to make an appointment. Staying on top of your health and getting your numbers checked on a regular basis is important in taking preventative measures against heart disease.

Visiting Nurse Association (VNA) is committed to bringing skilled, compassionate and cost-effective home healthcare to Brevard County patients from Titusville to Barefoot Bay. For more information about VNA services, call 321-752-7550 or visit www.vnadc.com

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From the kitchen of **Good Housekeeping**

Quick & Easy Pork BBQ

We used ready-made shredded barbecued pork, sold in tubs in the meat department, for the base and added beans and fresh tomatoes for extra flavor and fiber. Serve with coleslaw and store-bought corn bread.

16 ounces (half 32-ounce container) fully cooked barbecue sauce with shredded pork
1 can (15 to 19 ounces) red kidney beans, rinsed and drained
1 can (15 to 19 ounces) black beans, rinsed and drained
2 large plum tomatoes, cut into 1/4-inch dice

1. In 3-quart saucepan, heat pork mixture with beans, tomatoes and 1 cup water to boiling over medium-high heat. Reduce heat to low; cover and simmer 5 minutes



to blend flavors, stirring occasionally. Makes 4 servings.

* Each serving: 380 calories, 6g total fat (2g saturated), 30mg cholesterol, 1,245mg sodium, 60g carbohydrate, 18g dietary fiber, 29g protein.

Multicolored Slaw

We used a bagged coleslaw mix (containing shredded green cabbage and carrots) and bagged shredded red cabbage to make this colorful slaw that takes just minutes to whip up.



2/3 cup red wine vinegar
1/4 cup olive oil
2 tablespoons sugar
2 teaspoons salt
1/2 teaspoon celery seeds
1/4 teaspoon ground black pepper
2 bags (16 ounces each) shredded cabbage mix for coleslaw
1 bag (10 ounces) shredded red cabbage

1. In large bowl, with fork, mix vinegar, oil, sugar,

salt, celery seeds and pepper until blended. Add cabbage mix and red cabbage; toss well to coat.
2. Cover and refrigerate coleslaw at least 1 hour or up to 1 day to allow flavors to blend. Makes 12 servings.

* Each serving: 80 calories, 5g total fat (1g saturated), 415mg sodium, 9g carbohydrate, 2g dietary fiber, 1g protein.

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Brevard Veterans Return to Classrooms: A Special Program in Brevard County

The Cape Canaveral Chapter of the Military Officers Association (MOAACC) and the Veterans Memorial Center (VMC) of Brevard County created a special program in 2015. For many years schools throughout the county and country, for that matter, had individual veterans who come to classes around Veterans Day and at other times to share their military experience and other values and subjects. In Brevard County MOAACC and the VMC decided to develop an informal organization to increase the impact of such an effort on the Space Coast. The Brevard County School Board and many private schools bought into the program in the following years. Five years later it has proven its value in dozens of schools on the Space Coast, including public, private and even some home schooling groups. The initiative was named Veterans Back to Class (VBC).

The Program offers links to the teachers who describe their needs for the presentations and offer at least 5-10 minutes each class period to the volunteer veteran to tell their story of service and how being a veteran has impacted their lives. Classes have included the meaning of Veterans and Memorial Days, history, civics, STEM, literature and topics like leadership, teamwork, service before self, character, discipline and many more.

Each year the program averages over 25 schools engaged and about 4800 total students impacted. In 2019 the program received support to produce a VBC booklet and APP that is available to all BPS teachers as they plan lessons throughout the year. VBC is hopeful that will lead to increased requests in the years ahead. As of January 2020, VBC has 16 volunteers from all military services and experiences in the military over almost three generations from the Vietnam War to Afghanistan.

In 2015, VBC also decided to join a partnership with the

nationally known Joe Foss Institute (JFI). JFI covers costs of supporting materials such as DVDs, hand held flags and pocket Constitutions, and offers lesson plans as needed. They certify volunteers. All VBC volunteers are approved by BPS because of the JFI check.

The Joe Foss Institute is a nonprofit organization in the United States that aims to promote an appreciation among students for the American tradition of liberty, the country's military history, and patriotic values. It is headquartered in Scottsdale, Arizona. The institute lists its five values as freedom, patriotism, integrity, service, and character, and targets its programs at military veterans, students, and teachers.

Since its founding in 2001, the Institute has served nearly 1.5 million students through in-classroom presentations, educational materials and scholarships. In 2018 the VBC/JFI Program in Brevard was named among the most active, largest and impactful in the country by JFI

The Institute was founded in 2001 by Medal of Honor recipient General Joseph J. Foss and his wife Donna Foss. Throughout his high profile career, General Foss always made time to visit classrooms and speak with the students – America's future leaders. His goal was to ensure the children understand America's freedoms and the importance of public service, integrity and patriotism.

The Joe Foss Institute was created to carry on that vision by offering free educational programs and curriculum for schools and youth groups nationwide. General Foss recognized the importance of preparing our children to be informed and engaged citizens. That spirit is mirrored by the VBC/JFI here on the Space Coast. For more information about VBC contact Donn Weaver at the Veterans Memorial Center on Merritt Island on 321-453-1776. ☎



Pictured is a fall 2019 VBC/JFI class in action at Merritt Island High School. Navy Veteran Mac Baird presents as LTC Scott Waggoner, USA, Ret and JROTC Instructor observes and rests at the doorway.

THE RULE OF 72 continued from pg 17

or by using a basic calculator, you're more informed and capable of making an appropriate decision. It is shocking how many seniors are sitting on 1% and 2% CDs and low rate money market accounts. Often, they seem very content and comfortable earning next to nothing and believing the FDIC insurance is a gift from God. In my opinion, this is faith misplaced. History shows a diversified portfolio, where no two pieces of the pie are substantially correlated, is the best design for retirement funds – not CDs and money market funds, where inflation is robbing you systematically. If this concept has you thinking about a re-examination of your investment

strategy, call me. I have been helping retirees and near-retirees for over 30 years. Remember, the orchid garden? My wife now successfully grows an entire orchid garden that is continually bursting into life. Go figure! With a little knowledge and common sense guidance, anything is possible, even investing! ☎

Jason ValaVanis is a Board CERTIFIED FINANCIAL PLANNER® and for over 29 years the owner of ValaVanis Financial, in downtown Melbourne. Jason specializes in lifetime income planning for Retirees while protecting principal. Jason can be reached at 321-956-7072.



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President's Message

Our mission is to improve the quality of life for SENIORS by providing information, education and access to resources.

Greetings to all,

2020 will see us embarked on many new projects including a revamped Senior Advocacy Program, monthly email letter, and Senior Travel Club. We have to do a better job of informing seniors of available resources, advocating for their needs, and funding the nonprofits that will accomplish this work.

Senior Advocacy. To do all we need to do in 2020 will require a good advocacy program, which we will accomplish through our radio, television, and newspaper outreach. We need sponsors, so please contact Kim at 321-473-7770 if you are interested.

Senior Travel Club. You may remember many years ago Larry Brewer had a huge senior travel program that he developed on WMMB. We now have an agreement with a national travel program that has committed to helping us. We will offer several cruises a year that you will enjoy and that will also help us underwrite the cost of operating Helping Seniors.

Helping Seniors is about to enter its tenth year. Though we have had three offices, I believe our current office at Zon Beachside Assisted Living will be our home for many years. Zon has done a great job supporting the organizations in their Senior Resource Center. The bi-monthly seminars for seniors are a wonderful way to learn about available assistance, and I will add that Zon always supplies a tasty treat.

As we start a new year, I want to thank all who have helped us. Without our sponsors, raffle supporters, Annual Fund donors, and other contributors, we would not be able to help those who call us. I have found in my many years of nonprofit work that most callers can be assisted, and while the immediate problem may not be solvable, the caller has at least found a new friend who will listen and try to offer some level of help.

I wish you all a Happy New Year and success in your own endeavors! Many, many thanks.

Joe Steckler
Elder Advocate



Helping Seniors Of Brevard



Great Things at the Senior Resource Center

*Kerry L. Fink, Media & Marketing
Helping Seniors of Brevard*

The Senior Resource Center of Brevard is your go-to spot for our county's 50% that are over 50! Co-located at the lovely Zon Assisted Living Facility in Indian Harbour Beach, the Center houses many excellent businesses dedicated to serving our seniors (including our own nonprofit organization **Helping Seniors**).

It's also the site for Community Information Seminars, which are free to the public and filled with information designed to assist you. Plan to join us the 2nd Wednesday and 4th Thursday of the month at 10:00 AM – you are sure to find a topic of interest! For information and to RSVP, please call Helping Seniors at 321-473-7770 or visit us at www.HelpingSeniorsofBrevard.org.

Here's what's coming up:

- **February 12 - Eyes & Ears**
The doctors are in! Learn about best practices and advances in care with eye doctors / surgeons and Board Certified audiologists in this "see and hear" session.
- **February 27 - Protecting the Nest Egg and Making Your Money Last**
Join elder law attorney Amy Van Fossen and financial expert Liz Oros to learn how to protect your investments while planning for the future.
- **March 11 - Live Safe ... Independently at Home**
'Aging in Place' is the latest trend in retirement living. Learn how to get your home safe and ready to enjoy for years.
- **March 26 - Affording My Senior Years**
The cost of getting older is getting higher, but this talk will give you insight on how to make retirement affordable. Experts on senior living options help navigate the path for your maximum savings.

Mark your 2020 calendar for seminars at the Center! See you there!



Kim's Corner

*Kim A. Bernard, MS
Education Specialist
Helping Seniors of Brevard*

As the Education Specialist for Helping Seniors of Brevard, I hear every story you can imagine through the Senior Help Line. There are times when a caller will only want someone to talk to about things that are going on in his or her life, but other times it is a big problem that needs my immediate attention and involves other necessary parties.

Although my hours are a set time Monday through Friday, I will act at once on problems that I see as detrimental to the safety and well being of a senior involved. They always say that those in need of immediate help either call on a full moon or a holiday weekend.

My story in this column involves a call from Tennessee. The woman on the line was calling on behalf of her friend who lived 1,200 miles away from her, in Brevard County. Her friend was all alone and in desperate need of prescription medications.

So the story begins. While enjoying my weekend doing the usual household chores and getting ready for the upcoming workweek, a call came in through voicemail. As I listened, I began thinking right away of how I could help solve this crisis. The more I thought about what was happening, the more I knew I had to act and come up with the answer. Sometimes the best answer isn't always what we want to hear or do.

For the safety of the individual who needed help, I contacted a resource and they provided the necessary assistance. Anyone who knows of an elderly person in need of serious help, always do the right thing and reach out. There's always someone who can help.

Stay tuned to read more stories from yours truly....

Kim

You can reach Kim at 321-473-7770 or at kim@helpingseniorsofbrevard.org.



Where Do I Go for a Second Opinion?

*Lee Sheldon, DMD, PA
Solid Bite*

I have had many opportunities over my career as a columnist, a TV and radio host and guest, and as a supposed opinion leader in my profession. And there's the word, "opinion," a word that I have tried to be most careful in using. I, therefore, need to read the literature to be an intelligent columnist and to be an objective interviewer. You see, there is fact and there is opinion. As a doctor as well as a media guest or host, I need to know which is which. And so do you as a consumer.

The fortunate thing about medicine and dentistry is that there is continuous research going on. Some of that research is great, objective, and can provide a yardstick by which I can help make decisions for my patients and for myself. Some research to the contrary is poorly done, is biased, and therefore does not provide us with answers at all.

So where does one go for true answers? The best source that I have found is the Cochrane Library. The Cochrane Library reviews all of the literature for a particular topic, rejects articles that have bias, and looks at the objective data. The data has some medical terminology, so make sure that you use a good dictionary. However, because the entire purpose is to objectify the medical literature, it is more likely to give you the answer to the topic you are looking for. It will require some time to do the research. There are training tools that Cochrane provides to do just that.

How you choose to utilize health care is an important decision. The few hours spent in learning the Cochrane library may help you separate fact from opinion.

Periodontist Dr. Lee Sheldon has provided comprehensive implant, periodontic and full-mouth rehabilitation dental services to area residents for over 30 years. Contact him at 321-802-2810 or at www.DrLeeSheldon.com.



VITAS Volunteers Sew Some Happiness

*Kathleen Kashow
General Manager for
VITAS Healthcare in Brevard County*

When a loved one dies, VITAS® Healthcare volunteers help preserve their memories by stitching fabrics from their favorite clothing into [Memory Bears](#).

VITAS provided hospice care to Henry, a World War II veteran. After his death, volunteers delivered 20 extra-special Memory Bears to his family, each with a unique touch: a miniature crocheted cap.

"[Henry] did not go outside, but he always had this knitted hat on," says Jodi, a social worker for VITAS. She wondered: "What's the story behind the hat?"

Following a severe stroke, Henry moved into an assisted living facility with his wife Marian. To ease the transition, their daughter Nancy began crocheting hats for her father.

Sadly, Henry lost both Nancy and Marian in separate incidents. He struggled with their deaths, but those simple hats offered an anchor to the memory of his daughter and the love that they shared. After Henry died, VITAS volunteers stitched 20 bears with 20 matching hats. Henry's family loved the adorable gifts—especially the little hats that mirrored those that meant so much to Henry in his final days.

For Jodi, the most impactful part of Henry's story was witnessing his family's love shine through their pain. "You know, you just meet some families who amaze you," Jodi says. "Right from the beginning there was a lot of emotion, but the love—when we see that, it's just so beautiful."

Volunteers are part of the VITAS interdisciplinary hospice team, filling the gap between loved ones and our professional caregivers. To learn more about volunteer opportunities or end-of-life care services, call VITAS Healthcare at 321.339.2893 or visit VITAS.com.



Helping Seniors Of Brevard



The Beautiful Benefits of Hugging

*Traci Graf, RN
AVID Home Care*

I'm a nurse and also a hugger. I truly believe it makes others feel as if they matter, that I care about them. I recently came across an article about the physiological benefits of hugging and was motivated to share the information. While a hug gives us comfort, love, and affection, the physical effects are amazing.

Hugging helps balance the nervous system. Tiny little egg shaped pressure sensors in the skin are connected to the brain via the vagus nerve, so we can sense being touched. Hugging activates the parasympathetic nervous system, causing relaxation. When I worked with homeless in the psychiatric crisis center, it made me sad to think of the last time they felt any human contact. I quickly learned that a hug could help more than medications.

A nice long hug can help decrease stress. People have tremendously lower circulating cortisol levels in their blood if they are hugged daily. Cortisol is one of the fight or flight hormones that elevates heart rate and blood pressure. Hugging increases serotonin in the brain and endorphins in the bloodstream, which improve mood and decrease depression. We also see an increase in the "cuddle hormone" oxytocin in women who have healthy relationships with frequent hugging.

So how many hugs do we need? Family therapist Virginia Satir said, "We need 4 hugs a day for survival, 8 hugs a day for maintenance, and 12 hugs a day for growth." Unfortunately we live in a touch deprived society with reduced social interaction and physical contact. Afraid of spreading germs through hugging others? Studies show people who hug have better overall immune systems. If you want to feel better about yourself, make others feel better, lower stress, heart rate and blood pressure, improve communication, and be healthier and happier, make a New Year's resolution to hug more people more often!



Get Ready for the Helping Seniors Travel Club!

Whether you prefer going solo or spending time with family and friends, traveling can be one of the greatest ways to enjoy life – and even as we get along in years, it doesn't mean we can't travel. On the contrary, the luxury of having extra time allows for a relaxing pace to take in all that the world has to offer.

In the weeks to come, you'll hear much more about the **Helping Seniors Travel Club**; a great service that allows you to find the best deals on senior friendly travel, whether you choose to travel independently or go along with our groups traveling from the Space Coast area.

We've connected with Senior Travel expert Chris Morse of The Travel Center USA to bring you a whole exciting world of travel experiences, both affordable and enjoyable, in 2020 and beyond.

Senior Travel is an award winning travel agency specializing in cruises and land tours worldwide. They are the top travel agency for seniors in Florida, having worked with seniors for the past 30 years. Senior Travel specializes in planning trips for seniors, special needs clients, their families, and those seniors that feel they cannot travel.

The best part? In enjoying the benefits of having an expert travel agent right at your fingertips, you are actually **Helping Seniors of Brevard!** That's right – every time you book your travel via the Helping Seniors Travel Club, a portion of your travel funds will go directly to support the work of Helping Seniors.

Since Senior Travel guarantees to match or beat any Internet rate and offers more amenities than the Internet, you have nothing to lose and everything to gain. Get ready to hear more about this exciting development – the world awaits!



Helping Seniors Of Brevard

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Helping Seniors Of Brevard

SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

To Prospective Subscribers

The purpose of this letter is to seek your support in helping us develop senior service providers and finding advertisers.

We want advertisers of services that seniors need, and the list is endless. Many of us who are older can not climb ladders to change light bulbs, trim trees, pressure wash a driveway, or many other tasks we previously performed without blinking an eye.

The idea has two parts, one being a directory of service providers and the other the method of payment.

Part I: The Directory

The directory is composed of three to five-line entries describing the product as shown on the previous pages. We have an idea of basic needs but you, the user, may tell us of other services. We want plumbers, handymen, electricians, pressure cleaners, painters, attorneys, estate planners, financial advisors, geriatric doctors, cleaners, shoe repairmen, in home care providers, and lawn service people, to name just a few. I think you get the idea.

The ads will be inserted and updated on a monthly basis in 12,000 copies of *Senior Scene Magazine* and distributed to 500 locations. The magazine is free and widely read. When we receive calls, I always ask where the callers heard about us and the answer is generally *Senior Scene Magazine* or *Hometown News*.

Part II: Payment

The cost of a three-line ad is \$250 annually for 12 issues of *Senior Scene* – a whole year of advertising. For an ad up to five lines the cost is \$350 annually. You know this is a bargain, so I ask you to become an ambassador for our directory. If you know of a good company, you can sponsor them or encourage them to advertise in the directory.

It is time seniors stepped forward and took charge of making things better for themselves. No longer can we rely on someone else to make our care services possible. With the support of the many thousands of seniors we have in Brevard, we can do whatever we choose.

Senior Scene Magazine depends on the sale of ads for it to exist. Helping Seniors is also a business in that we must raise money to keep our services available to the community. To do that, we will need the support of our readers. Thank you so much!

**IF YOU WANT YOUR
BUSINESS IN THE DIRECTORY**

CALL 321-473-7770

OR EMAIL

**[info@HelpingSeniorsof
Brevard.org](mailto:info@HelpingSeniorsofBrevard.org)**

Helping Seniors of Brevard, Inc. is a 501(c)(3) not-for-profit organization est. in 2011 in Brevard County, Florida.



7 Ways to Reduce & Manage Mean Dementia Behavior

by Kelly David-Rallis, Administrator

1. Calm the situation down

The first things to do is to reduce the tension in the room. Start by limiting the distractions in the room, like turning off the TV or asking others to leave.

And if you stay calm, they're also more likely to calm down. It might help you to count to ten or even leave the room for a short time to cool down. Repeat to yourself "it's the disease" as a reminder that they're not intentionally doing this.

If the current activity seemed to cause the agitation, try shifting to a more pleasant, calming activity. Or, try soft music or a gentle massage.

2. Comfort and reassure while checking for causes of discomfort or fear

Take a deep breath, don't argue, and use a calm, soothing voice to reassure and comfort your older adult. It also helps to speak slowly and use short, direct sentences. Then check for possible causes of agitation or fear, like:

- Pain or discomfort
- Signs of overstimulation
- Feeling disturbed by strange surroundings
- Being overwhelmed by complicated tasks
- Frustration due to inability to communicate

It also helps to focus on their emotions rather than their specific words or actions. Look for the feelings behind what they're doing to identify the cause.

3. Check for a urinary tract infection

A urinary tract infection (UTI) can put a lot of stress on your older adult's immune system. That can cause sudden, unexplained behavioral changes like difficult behaviors, more agitation, or being less responsive than usual.

4. Track and avoid possible triggers

Whenever difficult behavior comes up, write down what happened, the time, and date in a notebook. Think about what was going on just before the behavior started and write that down as a possible trigger. Having everything in one notebook helps you find possible causes.

For example, if your notes show that your older adult starts calling you names around 4 pm most days, it could be because they haven't eaten since noon and are hungry. They may not realize it or don't know how to ask for food. Try giving them a snack around 3:30 pm to see if that helps prevent the outbursts.

5. Attend a caregivers support group

Caregiver support groups are filled with people who really understand what you're going through. Talking with other caregivers gives you an important outlet for stress. You can vent your frustrations so it will be easier to stay calm when your older adult is being hurtful. Caregivers may also have helpful advice or perspective that can help you get through a difficult episode.

6. Lean on family and friends for a break

Always being around the same person can make anyone annoyed and short-tempered. This goes for both you and your older adult. Taking some time away can help both of you. Ask family and friends to take over for a few hours or hire caregiving help.

7. Consider an adult day program

Adult day programs are places where your older adult can go for a half or full day of activities and socialization. Interacting with other people and participating in a variety of enjoyable activities can reduce stress and help them sleep better. That can improve their overall behavior and reduce their need to act out.

Find a local adult day center through the Eldercare Locator (1-800-677-1116) or through your local Area Agency on Aging.

Home Health Care Resources Corp. specializes in home care for those with Alzheimer's and Dementia. Brevard County Phone: (321) 677-2577 | Fax: (321) 677-2699 | Web: www.homehealthcrc.com Facebook: www.facebook.com/hhcrcregion7/



Guard Your Heart!

Jennifer Helin
Seniors Helping Seniors



Natural Herbs for Pain – Non Addictive

Kevin Kilday, PhD
Holistic Health Center

February is heart health month. We all know what we should do to be physically heart healthy. How about our heart's emotional and financial health? There are lots of scams that target older adults, especially those that are vulnerable after the loss of a loved one. With the advent of social media and online dating there is potential for social connection, but it also opens us to the potential scams and the emotional and financial toll scams cause.

Online dating? There are many sites specifically for the 50+, 60+, "silver", or senior crowd. While these sites may help connect great people, it is important to go into dating with eyes wide open. Here are a few things to consider:

Look into senior dating sites before signing up. Ask friends or family about sites and choose one that fits you. Do be honest about interests and pictures on your profile. Do not give out personal information right away. When agreeing to meet in person, consider a coffee shop or lunch date. Let a friend or family member know where and when you will be. Do not connect with folks who are too far away, do not have a profile picture, or get close with someone who will never agree to meet in person. Never give out financial information.

In 2018, romance scams cost Americans \$143 million per the Federal Trade Commission. Think it can't happen to you? Think again. Scammers aren't just on dating sites, they prowl social media, and can pose as a well-meaning care giver. It is important for seniors and their family to monitor accounts and spending.

Within the last few months our caregivers at Seniors Helping Seniors have spotted suspicious calls and were able to thwart scams targeting two different customers. If you would like an extra set of eyes and helpful hands, please give us a call: 321-722-2999.

Pain is one of the most common complaints that brings patients to their doctors. Chronic pain can affect those who have suffered from accidents, cancer, nerve – muscle – bone injuries or disorders, diabetes, and many others. Many take prescribed or over the counter medications for relief which all have side effects and/or are addictive. **The following herbs are natural alternatives.**

- Boswellia serrata is a tree native to India. Researchers have concluded that the anti-inflammatory, anti-arthritic and analgesic activities of boswellia serrata make it a promising treatment. Studies have shown that boswellia serrata extract helps reduce pain and inflammation in arthritis. There was significant reduction in joint pain by up to 32 percent to 65 percent.
- Feverfew is a medicinal plant that treats fever, migraine headaches, rheumatoid arthritis, toothaches, and stomach aches. Researchers claim it reduces inflammation and relieves muscle spasms. A 2011 study concluded that feverfew has analgesic and pain-relieving properties. The American Migraine Foundation has stated that feverfew helps in preventing migraine headaches.
- Ginger has anti-inflammatory properties. In a 2012 study, ginger extract reduced inflammatory reactions in rheumatoid arthritis as effectively as steroids. Studies show that ginger extract works as well as ibuprofen for hip and knee osteoarthritis pain, and that ginger reduces muscular pain following an injury.

Always talk to your doctor before trying any of these herbs.

Dr. Kevin Kilday, PhD, D.PSc, Holistic Health Center Director, Specialties: Nutrition, Herbs, Alternative Cancer Solutions and Chronic Disease, 321-549-0711

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Grand Drawing Event - 6pm-9pm April 25th 2020
at the American Muscle Car Museum

(need not be present to win - but your Car Raffle ticket is "Admit One" - so plan to join us for a great evening!)

You choose the winning car!
1 ticket for \$25 or 5 tickets for \$100 Donation.

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Call 321-473-7770 to be a sponsor – thank you!

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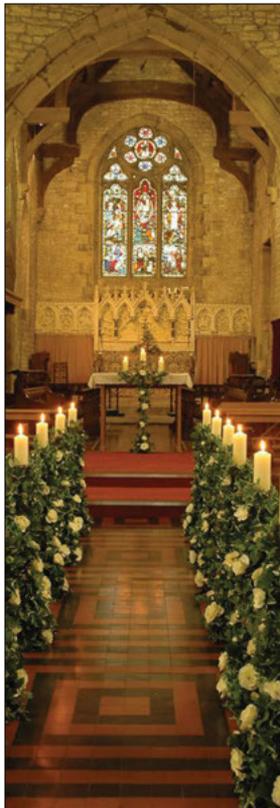


Dear Mom and Me,

My mother loves to get married, but not stay married. She was a kind, caring, considerate and fun mother and a wonderful parent. I am successful in my job, living alone in my own apartment and consider myself fortunate to get out of what I think is a dysfunctional mess.

My mother has been married six times. I never knew my own father but I have a good relationship with all of my five stepfathers. Is there anything I can do to help her avoid this down hill and destructive behavior?

– *Too Many Fathers*



Dear Too Many,

Just as we want our parents respecting some of our personal boundaries, I think you need to protect your mom's boundaries. If this has been her pattern her whole life little chance you can change or she will be willing to change her pattern. If you think she may be getting hurt, perhaps she could seek counseling. Mom what would you want me to do if you were marrying every man you met?

– KIMBERLY

Dear Too Many,

As a parent, it would be difficult to accept advice from an adult child about personal behavior, but not impossible. I would suggest you go to a psychologist experienced with behavior like your mothers. The psychologist may be able to give you some insight into her behavior. You need to understand her condition and help her if you can, or at least why she continues in this apparent downward spiral.

Also, parents normally do not want their children to repeat the mistakes they have made. Since interpersonal behaviors seem to be passed from one generation to the next, it would be a good idea for you to guard against this type of behavior yourself, and seek counseling if you are repeating her behavior.

– AUDREY

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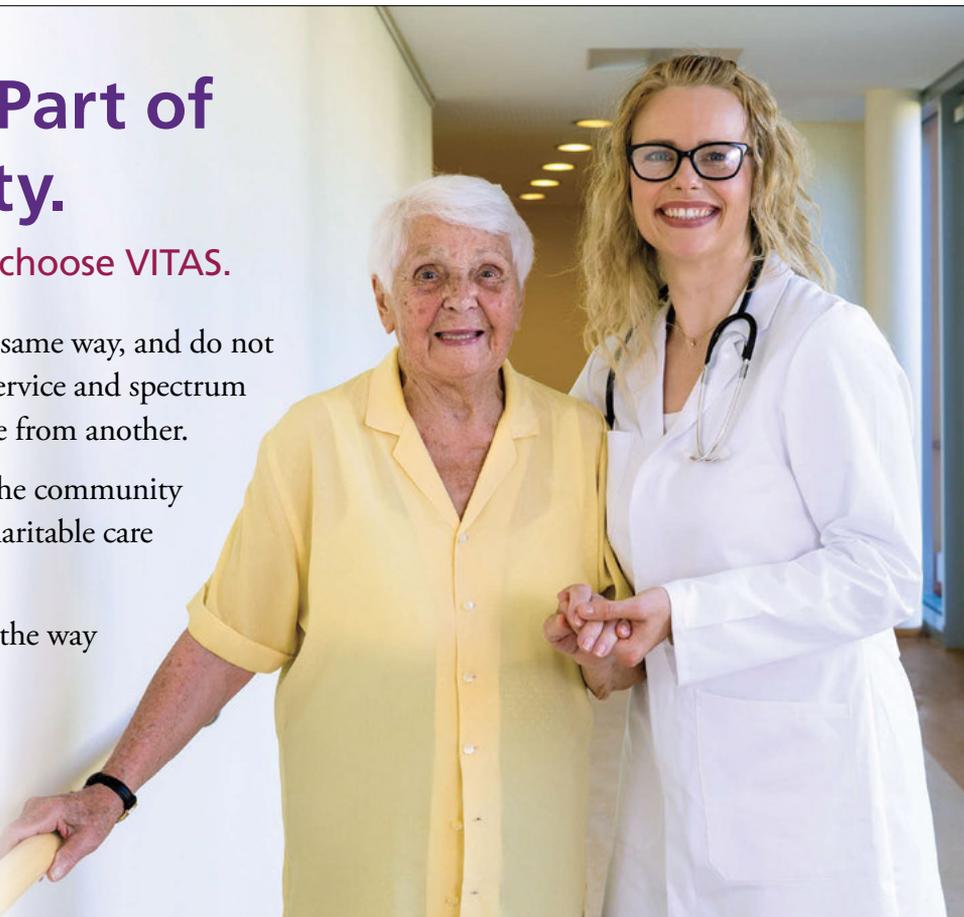
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King Crossword

- ACROSS**
- 1 Cleans the floors
 - 5 Pouch
 - 8 One of the Three Bears
 - 12 Admitting customers
 - 13 Time of your life?
 - 14 Change for a five
 - 15 Draped dress
 - 16 Sailor
 - 17 Western state
 - 18 Deceptive
 - 20 Melody
 - 22 Lengthwise, to 16-Across
 - 26 In spades
 - 29 Actress Farrow
 - 30 Mai — (cocktail)
 - 31 Exceptional
 - 32 Corral
 - 33 Check
 - 34 Film trickery, for short
 - 35 One of the Brady Bunch
 - 36 Cartoonist Trudeau
- DOWN**
- 11 Shade of blonde
 - 19 Plaything
 - 21 Actress Merkel
 - 23 Make corrections
 - 24 Equitable
 - 25 Wee
 - 26 St. Louis landmark
 - 27 Creche trio
 - 28 Annoyingly proper
 - 32 Internet radio provider
 - 33 Numbers to be crunched
 - 35 Cookie container
 - 36 Deity
 - 38 Ballerina in "Fantasia"
 - 39 Ginormous
 - 42 Last write-up
 - 43 "Finding —"
 - 44 Flight component
 - 45 That girl
 - 46 Fond du —, Wis.
 - 48 Have something
- 37 Everywhere
- 40 Surround
- 41 Attachments
- 45 Blunder
- 47 Rowing need
- 49 Help in crime
- 50 Padlock fastener
- 51 Oilfield structure
- 52 Fourth dimension
- 53 Vocal comeback
- 54 Hearty brew
- 55 Surmounting

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Deciding Where to Retire

Bankrate's study of the best and worst states for retirement pegs Nebraska, Iowa, Missouri, South Dakota and Florida as the top five. It's easy to just take a list such as this and call the movers, but it's the details that matter.

All 50 states in the study were ranked in terms of affordability, crime, culture, weather and wellness. Nebraska, at the top of the list, had a rating of only 14 for affordability but did well on the other criteria. Missouri, third on the list, was No. 1 for affordability, but only average or below average ratings on the other benchmarks. Kentucky, at No. 6, came in at a respectable 9 for both affordability and crime. Its downfall was culture, which rated only a 46. At the bottom of the list, while New York scored very high for culture, it had the worst affordability rating.

So, how to decide where to retire? Not with a list

like this. To pinpoint a location where you'll be happy in retirement, you need to get to know the area in person.

Go there. Stay as long as you can, at least through a vacation. Make contacts. Call real estate agents and tour homes to see what you can get in your price range. Contact the medical center and see if they have what you need. (Check Hospital Compare on medicare.gov.) Read the local newspaper. Visit the police department and ask about crime, as opposed to believing a study. Check the nearest college for senior classes. Drive around and look for depressed areas. Is there a senior center with interesting activities?

Do the math. Can you afford your new location? Are there part-time work options if you need more money? Deciding where to retire really does mean visiting the location and doing your homework. Ⓢ

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What Love Means

Rev. Jeff Wood, *First Presbyterian Church of Sebastian*
welovefirst.org
facebook.com/welovefirstsebastian

A friend was telling me he was at a stop light and old beater pulled up beside him. He said it was hands-down the most dilapidated car that was still driving that he'd ever seen. The windshield cracked, the door tethered in place with coat-hanger wire, no hub caps, and a muffler that was sagging underneath the car. It pulled away as the light turned green. There was quite a puff of smoke as it did so. It got a little bit ahead of my friend in his car. He noticed on the bumper of this beater of a car, a sticker. It said, "This Car is Not Abandoned."

"You know," my friend thought, "with that kind of car you could come out of the grocery store to find that someone thought your car was abandoned and had towed it to the junk yard."

A lot of times we feel this world, or we ourselves, are abandoned. But the message of Christmas we carry into the new year, into the Valentines month. He has not abandoned this world or us. That's what love is. Not abandoning, forgetting, leaving behind. But claiming and showing up. May you know this kind of love in your life. ☺

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TIPS TO KEEP YOUR ONLINE SHOPPING PRIVATE

continued from pg 16

In Google Chrome, you can use Ctrl-Shift-N (Windows) or Command-Shift-N (MacOS) to open an Incognito Window.

In Firefox, Ctrl-Shift-P (Windows) or Command-Shift-P (MacOS) will open a Private Window.

In Apple's Safari browser, Command-Shift-N opens a Private Window, while Ctrl-Shift-P opens an InPrivate Window in Microsoft's Edge browser.

Alternative Browsers

Another layer of privacy could come in the form of an alternative browser that's different from the browser the rest of the family uses.

For instance, if the family typically uses Chrome, installing the Opera browser and using it exclusively for your shopping sessions in a private window (Ctrl-Shift-N for Windows and Command-Shift-N for MacOS) to access Startpage for your searches should keep your activity private. ☺

Weekly SUDOKU

by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
 ♦♦♦ HOO BOY!

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2020 Honor Flights Starting Up Soon

Last year the Honor Flights Network took 21,000 World War II, Korean War and Vietnam War era veterans from around the country aboard flights to Washington, D.C. Over the years, non-profit HFN has taken over 200,000 veterans on these flights to see the memorials dedicated to them in the nation's capital. Because of donations, the veterans themselves paid nothing for their trips.

The 2020 season will be starting in a few months. Are you able to go as a volunteer escort to help three veterans for one day? Can you host a fundraiser or donate money? With over 20,000 veterans on a wait list for a trip, volunteers and donations are the most crucial at this point. Your first step is to look at the Honor Flight Network website at www.honorflight.org.

Click on Hubs/Flights and find the black dot closest to you. All but five states have hubs with a total of 140

locations. Click on a dot and you'll find contact information. Click on the website link for your hub. You'll learn about the local group: fundraisers, links to refer a veteran and more.

If you're a veteran who wants to go alone or with your family, you can go solo and meet up with the larger group in Washington, D.C., if you can secure your own funding and transportation. Another program is the Southwest Lone Eagle, for veterans who have been on the waiting list for more than one year and do not live within 120 miles of a hub. For veterans with a terminal illness, there is the TLC programs, meaning Their Last Chance.

For more information, or if there isn't a hub in your state, call Honor Flight at 937-521-2400.

Note to veterans: use of a wheelchair or oxygen are not obstacles to going on one of these trips. © (C) 2020 KING FEATURES SYND., INC.



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See ad on pg. 56

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King Crossword Answers
Solution time: 21 mins

M	O	P	S		S	A	C		P	A	P	A	
O	P	E	N		A	G	E		O	N	E	S	
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SUDOKU Answers

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7	6	4	5	2	1	9	8	3
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SENIOR SCENE MONTHLY TRAVEL TIPS

12 Things Not to Do in Your Cruise

(Part 2 of a 2 part series)

Chris Morse Senior Travel Specialist

Your cruise ship room -- or cabin -- is your personal haven at sea. You can go there to escape the pool deck and buffet crowds, or invite friends over for a lively party. Curl up on the balcony with a good book, or turn out the lights and drift to sleep rocked by the waves. You can decorate it, hack it and even expand it via interconnecting doors to the room next door. But there are some things you just shouldn't do in your cruise room.

Sorry, folks, but it's not 100-percent "anything goes" onboard. Whether it's a safety issue (think lighting fires), a privacy issue (no hanky panky on that balcony) or a consideration issue (please don't blare the TV at 2 a.m.), you'll want to curtail certain activities in your cabin -- or the crew may kindly, but sternly, ask that you do so. In case you're tempted, or simply don't know, here are 12 things we ask that you please not do.

7. Hang items to dry on the balcony

It's so tempting. Your wet swimsuits never dry as quickly as you'd like on that flimsy string in your cabin shower, and the warm Caribbean sun is beating down on your balcony just begging to be used. If you just draped a few tankinis over that deck chair, they'd dry in no time. There are a couple of reasons why this is not a good idea. Forget those articles of clothing when the ship sets sail, and they could sail away themselves (an environmental faux pas) or end up in a puddle on your balcony floor. An unexpected rain shower or a scheduled balcony cleaning could result in your clothes getting wetter than they started. Plus, cruise lines don't like anything flammable left on balconies -- especially on lines where balcony smoking is A-OK. Best to dry your items on the retractable clothes line that's usually in your shower.

8. Make a mess

We get it -- you're on vacation and don't feel like cleaning up after yourself. But take it from us: A little tidying goes a long way to making cabin life more bearable. With minimal walking space in the room, leaving your high heels or daypacks lying about the floor can cause injuries during a middle-of-the-night trip to the loo, and dumping all your maps, brochures and plastic bags full of souvenirs on any available surface will take up valuable sitting space and lead you to waste precious vacation time searching for your cruise key card or shore excursion ticket. A travel document organizer, where you can keep your papers and small electronics in one place, might be your new best friend.



9. Spray perfume

The ventilation system, especially in windowless cabins, can leave much to be desired. Douse yourself with Chanel No. 5 or the bathroom with your favorite floral scent, and your cabinmate might run into the hall, gagging for air. While strong scents aren't necessarily prohibited, we urge you to take a light touch to those spray bottles. (That being said, a small spritz of air freshener in the bathroom is usually welcome).

10. Steal the bathrobes or towels

Cruise ship cabin amenities are not ripe for the picking. Even if that bathrobe is just your size or the towels are super soft, or if you must have that coffee table book about the ship to add to your collection, think twice about slipping the item into your suitcase. You will be charged an inflated price for

items that go missing. If you want a souvenir from your trip, your money is better spent buying something new in the gift shop, rather than some used linens touched by hundreds of passengers before you. If you must have a freebie, take home the travel bottle of shampoo or the in-cabin pen.

11. Tape something to the wall or door

Tape can leave marks or peel off paint, so please be respectful of the interior decor. If you must leave a note or decorate the cabin, no problem! Cabin walls and doors are metal, so throw some cute magnetic clips into your suitcase, and you can hang notes, daily newsletters, signs, streamers and the like throughout your room without damaging the paint job.

12. Hide items in the safe -- and forget about them

By all means, use your cabin's safe to store your cell phone, passport, extra cash and credit cards. But do not leave them there. Whether you completely forget to check or simply missed something stuck in a corner or the back of the safe, you will be cursing at the airport when you realize your photo ID has just departed for its second Mediterranean vacation. If you're prone to forgetfulness, we recommend storing your valuables in your suitcase under the bed or someplace else where you'll remember them.

Contact your Senior Scene Travel Club advisor at 321-978-5211. ☎

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GLAY WALKER

Wed, Feb 26, 7:30 pm

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PAW'S CORNER

By Sam Mazzotta

Why Can't His Husky Handle Cold Weather?

DEAR PAW'S CORNER: My dog "Jackson" is part Husky, a big dog with lots of fur. When I put him outside in the backyard on a snowy day, he comes right back and whines to be let inside. I thought Huskies could handle cold weather. What's wrong with him?

— Dan in Springfield, Massachusetts

DEAR DAN: Jackson may have descended partly from Huskies, but he's an indoor dog. He was raised to live in a house with humans, and from puppyhood he was acclimated to the comfortable temperatures inside a house.

It's not uncommon for some owners to think that because their big, furry dogs are more comfortable in the fall and winter than in the warmer months, that those dogs can handle cold, wet or snowy conditions. This isn't true at all -- unless those dogs are



trained for outdoor tasks like herding, hunting or sporting.

Sled dogs, for example, are carefully acclimated to the extreme cold climate that they work in. They're not house pets that live indoors. Even so, their owners watch those dogs constantly to make sure they don't show signs of hypothermia, that they're eating food that will give them

the energy to keep warm, and so on.

When the temperature drops below 40 F, dogs of all sizes begin to feel uncomfortable after a short time outside. Below 30 F, owners should stay with their dogs outside and take them in if they begin to shiver or whine.

So forgive Jackson for complaining, and let him in. When a Husky doesn't like being outside, it's just plain cold.

Send your comments, questions or tips to ask@pawscorner.com. 

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Provided courtesy of Brevard Cultural Alliance. For the latest event updates, visit the BCA website at www.ArtsBrevard.org.

FESTIVALS | SOCIAL DANCING | CLASSES | EVENTS

Please visit www.ArtsBrevard.org for updated cultural event information.

COMMUNITY EVENTS

Thru Feb 2: Menopause, The Musical, Henegar Center, Downtown Melbourne, 321-723-8698, Henegar.org
Thru Feb 2: Mamma Mia, Titusville Playhouse, 321-268-1125, TitusvillePlayhouse.com
Thru Feb 9: The 39 Steps, Riverside Theatre, Vero Beach, 772-231-6990, RiversideTheatre.com
Thru Feb 16: Rodger's & Hammerstein's The Sound of Music, Historic Cocoa Village Playhouse, 321-636-5050, CocoaVillagePlayhouse.com
Thru Feb 23: Love, Loss and What I Wore, Melbourne Civic Theatre, Downtown Melbourne, 321-723-6935, myMCT.org
Thru Mar 14: Crosscurrents:

Selections from the Rodriguez Collection of Cuban Artists, Foosaner Art Museum, Eau Gallie Arts District, 321-674-8916, FoosanerArtMuseum.org
Feb 1: Space Coast Chapter USA Dance: Monthly Dance, Martin Andersen Senior Center, Rockledge, pgusadance@gmail.com
Feb 1 & 2: Brevard Renaissance Fair, Wickham Park Amphitheater, Melbourne, 321-458-3515, BrevardRenaissanceFair.com
Feb 1-2: Central Brevard Rock and Gem Club 43rd Annual Show & Sale, Kiwanis Island Park, Merritt Island, 321-431-0159, CentralBrevardGems.org
Feb 1-2: Gardenfest! 2020, Riverside Park, Vero Beach, 772-567-4602, GardenClubofIRC.org
Feb 1 - Apr 25: Ubuhle Women: Beadwork and the Art of Independence, Ruth Funk Center for

Textile Arts at FIT, Melbourne, 321-674-8313, textiles.fit.edu

Feb 4: Gallery Tour by Curator Bev Gibson, Ruth Funk Center for Textile Arts at FIT, Melbourne, 321-674-8313, textiles.fit.edu
Feb 4-23: Lost in Yonkers, Riverside Theatre, Vero Beach, 772-231-6990, RiversideTheatre.com
Feb 5-16: Menopause, The Musical, Titusville Playhouse, 321-268-1125, TitusvillePlayhouse.com
Feb 7-23: Mamma Mia, Henegar Center, Downtown Melbourne, 321-723-8698, Henegar.org
Feb 7: Opening Reception: 100% Pure Florida, Fifth Avenue Art Gallery, Eau Gallie Arts District, 321-259-8261, FifthAvenueArtGallery.com
Feb 7: Sideline: Bluegrass Concert, Stage 12 Theatre, Titusville, 321-222-7797, JTsBluegrass.com
Feb 7: Kansas Point of Know Return, King Center, Melbourne, 321-242-2219, KingCenter.com
Feb 8: Brevard Symphony Orchestra Concert: A Sinatra Valentine, King Center, Melbourne, 321-242-2219, KingCenter.com
Feb 8: Pioneer Day at Sams House, Sams House at Pine Island, Merritt Island, 321-449-4720
Feb 8: Whiskey in the District 2020, Eau Gallie Arts District, 321-622-4223, EGADlife.com
Feb 9: Marc Cohn, King Center, Melbourne, 321-242-2219, KingCenter.com
Feb 9: Jazz Concert: Fred Goodnight Quartet, presented by Space Coast Jazz Society at Rockledge Country Club, 321-453-4191, BrevardJazzSociety.com
Feb 10: Tapestry: Tribute to Carole King, King Center, Melbourne, 321-242-2219, KingCenter.com
Feb 11: Alien's Alive: A Space Rescue Mission (Theatre for Youth), King Center, Melbourne, 321-242-2219, KingCenter.com
Feb 11: The Machine Performs Pink Floyd, King Center, Melbourne, 321-242-2219, KingCenter.com
Feb 12: Willie Nelson, King Center, Melbourne, 321-242-2219, KingCenter.com
Feb 14: Abba Mania, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 14: Jazz Concert: Sybil Gage and the Merry Band of Royal Catahoulas, presented by Space Coast Jazz Society at Rockledge Country Club, 321-453-4191, BrevardJazzSociety.com

Feb 14-15: Central Brevard Art Association Art Show and Sale, Cape Canaveral Library, 321-632-2922, CBAA-artists.org

Feb 15: Pritchard House Valentine Tea, Historic Pritchard House, Downtown Titusville, 321-607-0203, nbbd.com/godofPritchardHouse

Feb 15: Wishbone Ash, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 15-16: 25th Annual Splash of Watercolor, Brevard Watercolor Society, Azan Shrine Temple, Melbourne, BrevardWatercolorSociety.com

Feb 16: Joe Bonamassa, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 16: 14th Annual FIT International Festival, Florida Institute of Technology, Melbourne, 321-674-8964, www.fit.edu

Feb 17: Bandstand, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 19-20: Staci's Top 10 Concert, 6:30 PM, Melbourne Municipal Band, Melbourne Auditorium, 321-724-0555, MMBand.org

Feb 20: The Beach Boys: 12 Sides of Summer, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 22: Brevard Symphony Orchestra Concert: Vivaldi - The Four Seasons, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 23: Jersey Boys, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 24: Princess Thimbelina (Theatre for Youth), King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 25: Schumann String Quartet, Melbourne Chamber Music Society, St. Mark's United Methodist Church, Indialantic, 321-213-5100, MelbourneChamberMusicSociety.com

Feb 25: John Tesh: Songs and Stories from the Grand Piano, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 25-27: Color In Motion Arts Festival presented by Brevard Achievement Center, Brevard Zoo, Viera, 321-632-8610, bacbrevard.com

Feb 26: Clay Walker, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 27: The Office! A Musical Parody, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 28 - March 22: Something Rotten!, Titusville Playhouse, 321-268-1125, TitusvillePlayhouse.com

Feb 28: Rock-N-Roll Revue, Historic Cocoa Village Playhouse, 321-636-5050, CocoaVillagePlayhouse.com

Feb 29: The Romance of Rachmaninoff Concert, Space Coast Symphony, Scott Center Auditorium at Holy Trinity, Suntree, 855-252-7276, SpaceCoastSymphony.org

Feb 29 & Mar 1: 54th Annual Grant Seafood Festival, 321-723-8687, GrantSeafoodFestival.com



Veterans Memorial Center (VMC)
on Merritt Island behind Merritt Square Mall.
Contact VMC or Donn Weaver (321-453-1776)

CALENDAR OF EVENTS

Feb 8 – Chowder Cook Off at Port Canaveral Terminal 1 (1500-1800) VMC will have a table with music, prizes and good food and drinks available. Tickets in advance or at door with many vendors and catered food from more than 20 eateries. Check CBRCC Web Site for details.

Feb 9 – Annual Immortal Four Chaplains Ceremony at the VMC Plaza and Museum (1400-1500) to honor the WWII Chaplain Heroes and all Military Chaplains. Contact Chip Hanson, VMC Chaplain for more information.

NOTE: TENTATIVE DATE: Either Late Feb or into March– The Fourth Brevard Missing in America Project (MIAP-FL) Call to Honor Ceremony (tentative) at the VA Cape Canaveral National Cemetery (CCNC) (1000-1100). We are now immersed in researching dozens of abandoned veteran remains in our area. Each candidate takes several months to complete and verify veteran or spouse status. Contact Donn Weaver or Chip Hanson (Brevard MIAP Reps) at VMC for more information.

Mar 7 – Last Naval Battle of the Revolutionary War Celebration at VMC (1000-1200) sponsored by the Brevard Sons and Daughters of the American Revolution (SAR/DAR) with parade of colors, period dress and refreshments. Learn about this little known battle which took place off the coast of Cape Canaveral. Contact Donn Weaver or Doug Bisset at VMC 321-453-1776 for more information.

Mar 14 – Space Coast Honor Flight Stars and Stripes Evening Honoring Veterans at the Muscle Car Museum on Sarno Road in Melbourne (1700-2000). Tickets starting at \$100 to support Honor Flight. Order Tickets in advance via email to treasurer@schoinorflight.org or call 321-759-1063.

CLUBS & ORGANIZATIONS

Feb. 7: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at the Outback Steakhouse, 777 E. Merritt Island Cswy., M. I. on Friday, Feb. 7 at 12:00 p.m. All are welcome to join the group. For additional details, please call 502-299-8949 or 321-890-4310.

Feb. 21: The Single, Separated, Widowed and Divorced (SSWD) group will hold a potluck dinner at the Angel Room, Church of Our Saviour, 5301 N. Atlantic Ave., Cocoa Beach on Friday, Feb. 21 starting at 5:00 p.m. Physical therapist Lisa Sitek will be the guest speaker. Please bring a dish to share and canned goods for the St. Vincent de Paul Society. All are welcome to attend. For additional details, please call 502-299-8949 or 321-890-4310.

Feb. 25: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch and celebration of February birthdays at Coaster's Tap House, 5675 N. Atlantic Ave., Suite 1222, Cocoa Beach on Tuesday, Feb. 25 at 12:00 p.m. All are most welcome to join the group. For additional details, please call 502-299-8949 or 321-890-4310.

1st Friday each month: Jazz Friday, Foosaner Art Museum, Eau Gallie Arts District, 321-674-8916, FoosanerArtMuseum.org

2nd Saturday each month: Fly-In Breakfast, Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, 321-268-1941, VACWarbirds.org

3rd Friday each month: Friday Fest, Downtown Cocoa Beach, 321-613-0072, MainStreetCocoaBeach.com

American Police Hall of Fame, Titusville, 321-264-0911, APHF.org

American Space Museum, Titusville, 321-264-0434, SpaceWalkofFame.com

Beachside Arts and Beyond, Satellite Beach, 321-428-4800, BeachsideArtsandBeyond.com

Brevard Museum of History & Science, Cocoa, 321-632-1830, MyFloridaHistory.org/BrevardMuseum

Brevard Zoo, Melbourne, 321-254-WILD, BrevardZoo.org

Carolyn Seiler & Friends Artists Co-op, Cocoa Village, 321-637-0444, CarolynSeiler.com

Connecticut Yankees Club, Save money, stay near home and travel less. Join your old and new Connecticut friends 11am, second Saturday each month.

Private room, Golden Corral, Palm Bay. Share laughter, food and memories. Cultivate a "cheerful heart" Prov. 17. Info 239-250-0152. Helen. All welcome!

Eau Gallery, Eau Gallie Arts District, 321-253-5553, EauGallery.com

Families of Addicts Support: Changes Recovery Services will host a weekly support group for families whose loved ones are struggling with drug & alcohol addiction. The support group meets every Wed from 6-7PM at Mosaic Church, 2100 Malabar Blvd. NE. For info, call 312-890-4310.

Fifth Avenue Art Gallery, Eau Gallie Arts District, 321-259-8261, FifthAvenueArtGallery.com

Florida Historical Society, Cocoa Village, 321-690-1971, MyFloridaHistory.org

Florida Surf Museum, inside Ron Jon's Watersports, Cocoa Beach, FloridaSurfMuseum.org

Harry T. & Harriette V. Moore Cultural Complex, Mims, 321-264-6595, HarryHarrietteMoore.org

Museum of Dinosaurs and Ancient Cultures, Cocoa Beach, 321-783-7300, MuseumofDinosaurs.org

North Brevard Art League, 321-383-7441, NorthBrevardArtLeague.com

Pine Island Preservation Society / Sams House, Merritt Island, 321-454-4265

Rossetter House Museum & Gardens, Eau Gallie Arts District, 321-254-9855, RossetterHouseMuseum.org

sbg fine arts gallery, Downtown Melbourne, 321-591-9154, sbgfineartsgallery.com

Strawbridge Art League Gallery, Le Galerie, Downtown Melbourne, 321-952-3070, StrawbridgeArtLeague.org

Studios of Cocoa Beach, Downtown Cocoa Beach, 321-917-5788, StudiosofCocoaBeach.com

The Downtown Gallery, Downtown Titusville, 321-268-0122, TheDowntownGallery.net

The Indian Harbour Beach Garden Club is kicking off the start of the new year on January 15, 2020 at the Indian Harbour Beach Recreation Ctr. Yacht Club Blvd. Speaker is Susan Skinner of the Sea Turtle Preservation Society. Doors open @ 9:30 followed by a light luncheon. Contact Linda Kuhl at koolkottage64@gmail.com or (908) 892-4426 for further information.

Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, 321-268-1941, VACWarbirds.org

Cocoa Beach Public Library – 550 N. BREVARD AVE., COCOA BEACH, 321-868-1104

AARP Smart Driver Safety Course, Saturday, February 22 at 9am in the Community Room Refresh your driving skills and know the new rules of the road. Learn research-based driving strategies to help you stay safe behind the wheel. Call Tom at 321-412-1889 to pre-register. Cost is \$15 for AARP members and \$20 for non-members. Cash or check made out to AARP. Arrive 30 minutes early for registration. Bring a lunch.

Chef Warren Catterson: Cooking for Two on Valentine's Day Saturday, February 8 at 2pm, in the Community Room. Join Chef Warren as he shares dozens of kitchen tips, cooking hints and humorous anecdotes about the joys and challenges of cooking for Valentine's Day. Learn about four entrees you can prepare in less than 20 minutes. Light some candles, pour a glass of wine, and bask in the meal you've created together. Space is limited, please pre-register.

Personal Finance and Investing: Basic Finance, Tuesday, February 25 at 11am, in the Jane Von Thron Room. A free seminar series presented by Steve Hauser, a retired stock broker.

Meet and Greet the Author: Mary A. Faher, Tuesday, February 4 at 1pm in the Jane Von Thron Room.

Meet and Greet the Author: Lea Williamson, Thursday, February 13 at 3pm in the Community Room

Health for Life: Better Vision is Possible, Friday, February 21, at 10am, in the Jane Von Thron Room Dr. Sylvie Morin, DOM, will discuss different solutions such as food therapy,

exercises, vitamins and acupuncture, to improve the health of your eyes and preserve your vision. Please pre-register.

Travels in Oman, Saturday, February 15, at 1pm in the community Room. Al and Nancy will talk about their recent travel to Oman in the Middle East and show their beautiful photographs, including photographs from an annular solar eclipse. Be an armchair traveler to this country seldom visited by Americans.

Meet and Greet the Author: Jill Hannah Anderson, Tuesday, February 18, at 10am, in the Jane Von Thron Room.

Meet and Greet the Author: Furelise Smith, Tuesday, February 11, at 1pm, in the Jane Von Thron Room

Acrylic Painting with Joan Kisner Mondays, at 10am, in the Community Room. Joan Kisner, a professional award winning artist with years of teaching experience: ready to share painting secrets with you. Cost is \$25 per class. Please pre-register.

Spicy by Nature, Saturday, February 15, from 11am- 12pm, in the Community Room.

A cooking demonstration by Neelam Bhatia, whose culinary philosophy is no fear, no fuss - just simple home-style cooking of northern Indian foods with fresh and aromatic ingredients for healthy and mouth-watering dishes. Cost is \$10 per class. Please pre-register.

ARTS & CULTURAL EVENTS:
Mandala Stone Painting Class Wednesday, February 5, 12, & 19,

at 10am, in the Jane Von Thron Room. Paint beautiful stones taps into your creative side and it is fun and relaxing. Class is \$25 and includes all supplies. Please pre-register.

Prism Suncatcher Workshop Tuesday, February 10 and 17 at 11am, in the Captain's Room. Prisms can create brilliant rainbows with our bright Florida sunshine. In this class we will assemble unique beaded suncatchers that can be hung in windows to cast brilliant rainbows! Students will produce one suncatcher to take home. Class is \$15 per person and includes all supplies. Please pre-register.

A Gift from the Sea: Bracelet & Earring Workshop, Monday, February 24, from 1:30pm - 3:30pm, in the Jane Von Thron Room. Join Joan Kisner as she teaches you to create beautiful bracelets with a seashell and other decorative elements to create a one-of-a-kind Gift from the Sea. All materials and tools will be provided. Please pre-register, enrollment is limited. Cost is \$25 for bracelet and earrings, or \$20 for just the bracelet.

MOVIE PROGRAMS:
Free Film Fridays: Black History Month, Fridays, February at 3:00pm, in the Community Room Popcorn and refreshments will be served.
February 7: Selma, 2014, 128 minutes, rated PG-13
February 14: Love and Basketball, 2000, 118 minutes, rated PG-13
February 21: Fences, 2016, 133 minutes, rated PG-13
February 28: 42, 2013, 128 minutes,

rated PG-13
ONGOING AT THE LIBRARY:
Senior Fitness by Polly Helm Mondays, Wednesdays, & Fridays, at 1:00 pm, in the Community Room. This hour-long class increases stamina, strength, energy, and balance. Please bring your own hand weights and water. Bands and chairs will be provided. Cost is \$5 per class.

Gentle Yoga and Stretching with Rochelle and Martha, Wednesdays, at 9:30 am and Fridays at 10:15 am, in the Community Room. Taught by Rochelle Scott or Martha Carlson, certified yoga instructors. Cost is \$5 per class.

Beginner Line Dance Class Thursdays, at 1 pm in the Community Room. Basics of line dance will be covered and at least 3 dances will be taught each week.. Cost is \$5 per class. Please pre-register.

BOOK CLUBS:
Tuesday, February 11, 1:00 pm - 2:00 pm, Tuesday Beach Readers Book Club, in the Captain's Room. This month's selection is To Kill a Mockingbird by Harper Lee.

Friday, February 21, at 1:30 pm, What's In a Name Book Club?, in the Captain's Room. This month's selection Things They Carried by Tim O'Brien. For more information, please contact Shirley Finke at 321- 613-2667.
Wednesday, January 8, at 11:30pm, My Favorite Reads Book Club, in the Captain's Room. This month's selection is The Color Purple by Alice Walker.

it was a bitterly cold evening. He wasn't well and everybody wanted him to go home but he insisted on finishing his part and staying around. It turned into pneumonia and he died Sunday morning."

Well-admired character actor John McIntire was hired to complete the sixth season. "John was perfect in every scene I ever saw him do."

The final (9th) season saw major overhauls including a new name and theme with Stewart Granger being brought in.

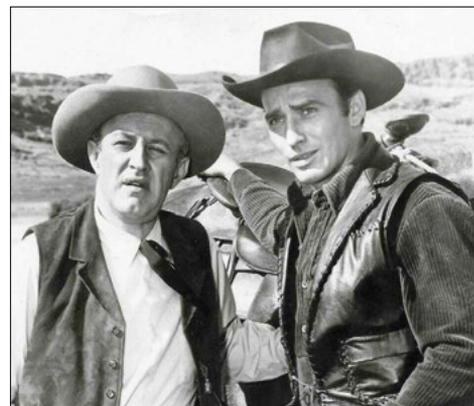
"He was a disaster and I couldn't stand him," admitted Drury. "He wanted everything changed to make him the star of the show. But guess what – the name of the show is 'The Virginian'!"

And then there was Doug McClure, playing fellow ranch hand Trampas. A villain in the original 1902 Owen Wister novel the show was based on, the writers transformed him into a high-spirited and often comedic character in the series.

"Off-screen Doug was quite like his character and you couldn't help but smile when he walked into a room because

he was full of good humor and good spirits all the time," recalled Drury. "He became my best friend and I still miss him terribly."

Drury says he especially enjoys hearing from fans and their love for the series.



"People now tell me about their grandkids who discover the show on cable and start watching it," he says. "It's a wonderful feeling to know the show is still viable after all these years."

Nick Thomas teaches at Auburn University at Montgomery, AL., and has written features, columns, and interviews for over 750 magazines and newspapers. (S)

Friday Fest Returns to Cape Canaveral for 2020

The City of Cape Canaveral will kick-off 2020 with Friday Fest on February 7th from 6:00-10:00 pm. This family friendly street party takes place on Taylor Avenue in Cape Canaveral, and showcases local artists, craft/retail vendors, food trucks and a gigantic kid's zone! Local Legends The Umbrella Thieves will keep the party going throughout the night. Family karaoke will be taking place at different times during the event. People of all ages are encouraged to sign up and sing their favorite songs in front of a lively crowd. Beer and wine will be available for sale and proceeds will benefit the Space Coast Little League. This event welcomes people of all ages and as always, admission is FREE!

For more information about Friday Fest or any other events hosted by the City of Cape Canaveral, contact the Leisure Services Department at (321) 868-1226 or visit our website at https://www.cityofcapecanaveral.org/community/city_events/.

Cape Canaveral Public Library 201 POLK AVENUE, CAPE CANAVERAL 321-868-1101

- Mon. 12:30pm, Yoga with Martha**, \$5.
- Mon. 3pm, Tech Corner**: a class to improve your tech skills, beginning 2/17.
- Tues. 2-4pm, Watercolors with Linda Neal**, \$15.
- Wed. & Fri. 9am, Senior Fitness**, \$5, no class 2/7 & 2/14.
- Wed. 1pm, Write Your Memoir**.
- Fri. 2pm, Hatha Yoga with Emily Hain**, \$5, no class 2/7 & 2/14.
- 2/7, 9am-5pm, Friends of the Library Book Sale.**
- 2/8, 10am-2pm, Friends of the Library Book Sale.**
- 2/10, 6pm, Music Monday: Jenny Wilson Trio.**
- 2/18, 12-1pm, VNA Blood Pressure Clinic.**
- 2/20, 3:30pm, Learn the basics of Indian Cuisine**, \$5.
- 2/21, 10:30am, Japa Meditation.**
- 2/27, 2-4pm, Card Making**, \$10.
- 2/28, 10:30am, Book Club**, The Immortal Life of Henrietta Lacks by Rebecca Skloot.

The Central Brevard Art Association is presenting its annual Art Show and Sale at the Cape Canaveral Public Library showcasing the unique talents of local artists.

Dozens of local artists will be displaying and selling a variety of original fine art and prints, photography, jewelry, silks, clay, wood, sculpture, mixed media and much more! Gift Baskets will be raffled with 100% going to the CBAA scholarship fund.

The Cape Canaveral Public Library is located at 201 Polk Avenue, Cape Canaveral. Admission is free. Show hours are Friday, February 14th, 9 AM to 5 PM; and Saturday, February 15, 10AM to 4PM

Palm Bay Library 1520 PORT MALABAR BLVD NE 321-952-4519

- February 3rd-28th, Blind Date with a Book is back!** Read & rate a covered book, you may find new authors to love and win a great gift card.
- Mondays @ 2:30 pm, Sit 'n Knit**, beginners always welcome, bring your needles & yarn and join a close-knit circle of friends to knit and crochet.
- Tuesdays @ 1:30 pm, Play Cribbage**, bring your boards & decks of cards to play, all skill levels welcome.
- Fridays @ 11 am, NEW TIME! Learn to play Mahjong**, experienced players also welcome.
- Thursday, February 6 @ 2 pm, All in a Crafternoon**, learn the basics of quilting, \$5/supplies, space is limited, register in person with reference staff.
- Wednesday, February 12 @ 11 am, Mystery Book Club**, please call Christine to attend, 321-952-6317. Pick up a copy of this month's title, The Monogram Murders by Sophie Hannah, from the service desk now.
- Thursday, February 13 @ 2 pm, Antiques Appraisal** with Rich De Rosa, learn the current market worth of your antique & vintage items of all kinds + learn cool facts about their original purposes and histories.
- Thursday, February 20 @ 3 pm, NEW! I Read Romance Book Club**, for those who love books that celebrate love. Please call Grace, Julie or Peyton, 321-952-4519, to attend.
- Thursday, February 27 @ 2:30 pm, NextDoor Writer's Critique Group**, give and receive constructive criticism of books, poems, short stories & more.

Catherine Schweinsberg Rood Central Library & Reference – 308 FORREST AVENUE COCOA, 321-633-1792

Let Ree show you how to make quality, ornate gift cards for any occasion at her Art Gallery Cards class on Mondays (except 2/17) at 11 am. A \$10 charge covers supplies and instruction.

Participate in the Watercolor Techniques class with Pearl Ollie on Tuesdays from 10 am 'til noon. All skill levels are welcome. Cost is \$10, supplies included.

Be gently guided into poses that will give you more flexibility and relaxation at the Gentle Hatha Yoga class with Emily on Thursdays at 10:30 am. Bring towel/yoga mat. Cost is \$5.

Come out for Popcorn and a Movie on Thursdays this February (except 2/27) at 2 pm. We'll show the best in recent box office hits, and classic films. FREE.

Join Jeanette in her Stick Fitness exercise class on Tuesdays at 6:30 pm! It's an upbeat, fun, energetic and rhythmic way to get in shape! Cost is \$5 per class. Bring a mat/towel.

Many ailments in the body are caused by inflammation. Find out about those ailments, and how to naturally remedy them at the Six Steps to Restoring and Optimizing Your Health class on Saturdays starting on February 15 at 9:30 am. This is weeks 1-3 of a FREE 6-week course.

Join Daniel for Upcycling—creating a new, functional craft out of old, discarded items, on Saturday, February 1 at 2 pm. February's Upcycling craft will be Roses. FREE.

Learn the basics of the Android mobile operating system at our Technology Class on Wednesday, February 5 at 10 am. This class is FREE. Please

pre-register, and bring Android device.

Learn calming relaxation techniques at the Inner Peace Meditation class on Thursdays, February 6 & 20 at 6:30 pm. Cost is \$5.

Come hear the acoustic and vocal stylings of Sound Traveler on Sunday, February 16 at 3 pm! Their music covers classic rock, pop, country tunes, classy standards, light jazz, folk, traditional and gospel. FREE.

Experience deep peace and relaxation at the Japa Meditation session on Tuesday, February 18 at 11 am. Mala prayer beads will be provided to those who didn't receive one at previous sessions. FREE.

Learn how to download e-books and audiobooks to your mobile device at the Overdrive and Libby class on Wednesday, February 19 at 10 am. This class is FREE. Please pre-register with Reference at 321-633-1792.

Join the monthly Mystery Book Club discussion where everyone reads a different book on a common theme. February's theme is Far East Asia. The discussion will be on Thursday, February 20, from 12:15 pm-2:15 pm. Contact the Reference Desk at 321-633-1792 for further details.

Join Normandie for the Bead Ladies Jewelry class on Thursday, February 27 at 1 pm. February's jewelry craft is Chakra jewelry. The \$20 cost includes instructions and materials. For more information, and to pre-register, call Normandie at 321-225-1394.

Suntree-Vierra Public Library – 902 JORDAN BLASS DR, MELBOURNE, 321-255-4404

Monday, February 3, 6-7:45pm, TAPS, Tragedy Assistance Program for Survivors in military families. Conference Room.

Wednesday, February 5, 12:30-3:30pm, Wednesday Art Discussion Group meeting - Conference Room.

Wednesday, February 5 & 19 1-3pm, Sit-n-Stitch Group; bring your current project and join us.

Thursday, February 6, 12:30 - 2pm, Japa Meditation learn how to relax and quiet yourself. Mala prayer beads are provided.

Thursday, February 6, 1-3pm, Fiction Writer's Group - Conference Room.

Friday, February 7, 10am-12pm, Brevard Antiques and Collectibles features Animals.

Monday, February 10, 10:30am-1pm, Investor's Business Group; investor's meet for discussion about stock market investing.

Monday, February 10, 6:30pm, Books are Always Better Book Club will discuss A Piece of the World by Christina Baker Kline - Conference Room.

Tuesday, February 11, 6-7:45pm, Space Coast International Plastic Model Society will discuss club business followed by Show & Tell of models.

Friday, February 14 & 28, 9am-

1pm, TGIF Seaside Piecemakers, a quilting group.

Tuesday, February 18, 3-5pm, Friends of the Suntree/Viera Library meeting - Conference Room.

Saturday, February 15, 12-2pm, Citizen's Climate Lobby meeting - Conference Room.

Monday, February 17, 6-7:45pm, New Millennium group meeting.

Wednesday, February 19, 1-3pm, Writer's Workshop; workshop for those who are writing or interested in writing - Conference Room.

Thursday, February 20, 2-4pm, Neighbors of Suntree Book Club will discuss Dry Grass of August by

Anna M. Mayhew.

Friday, February 21, 9am-4pm, AARP Driving Course for drivers age 50 and older. Florida driver's license is required. Register with Lou, (321)698-2311.

Monday, February 24, 10:30am-12:30pm, Multiple Myeloma support group.

Tuesday, February 25, 3pm, Non-Fiction Book Club will discuss When Breath Becomes Air by Paul Kalanithi. Conference Room.

Wednesday, February 26 10am, Suntree/Viera Library Book Club will discuss The Library Book by Susan Orlean.

Satellite Beach Library

751 JAMAICA BLVD, SATELLITE BEACH
321-779-4004

Tuesdays, 3:00pm, Chair Yoga with Pyper, bring a towel, wear comfortable clothing, \$5 fee per class. No class February 4.

Tuesdays, 4:30pm, Gentle Yoga with Nancy, bring a mat/towel, wear comfortable clothing, \$5 fee per class. No class February 4.

Wednesday, February 5, 6:00pm-8:00pm, Friends Members-Only Book Sale.

Thursday, Friday and Saturday, February 6, 7 & 8, Friends Book Sale. Thursday 12:00pm-7:00pm, Friday and Saturday 9:00am-3:00pm.

Friday, February 14 & 28, 9:00am, Beachside Strummers Ukulele Club, drop in to listen or join in.

Saturday, February 22, 2:00pm, Pedestrian and Bike Safety Event presented by Space Coast TPO. Free and open to the public. Recommended for school-aged children and their caregivers.

Wickham Park Community Center 321-608-7490

Dancin' Diamonds Square Dance (Adults) Call and teach the CALLERLAB mainstream dance program. Partner not required, but is preferred. Regular dancing continues each Sunday, unless otherwise noted. \$5/Person. Ongoing SUN 2:00-4:00PM

Pickleball (All Ages) \$2/Person or \$62/Annual Pass or \$86/Super Pass. Ongoing TUES, THURS, SAT 8:30AM-12:30PM

Yoga Fit (Ages 16 years & older) Yoga Fit is a class designed for beginners to intermediate fitness levels, but all levels are welcome. Come and enjoy a class that

will improve strength, stretch, and balance practice in a casual, friendly atmosphere. Cathy Watkins \$5/Class. Ongoing WED & FRI 10:00AM-10:55AM

Zumba (Adults of all ages) Ditch the workout and join the party! Zumba combines Latin and International music with a fun workout. Mixing low and high intensity moves for a calorie-burning dance fitness party. The M&M Show (Maggie & Mary) Check us out on Facebook! \$7/Class or \$50/10 Visit punch card. Ongoing MON & WED 6:45PM-7:45PM, FRI 6:15PM-7:15PM & SAT 9:30AM-10:30AM



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535 Crockett Boulevard
Merritt Island, FL

Eau Gallie Civic Center 1551 HIGHLAND AVE., MELBOURNE, 321-608-7400

Wednesdays, Ongoing. Harbor City Dance Band and Melbourne P.A.L. BINGO

Band: 10:30AM-11:30AM; Bingo: 12:00PM-2:00PM. Join us for bingo! We'll play games including single line, double line, letter X, kite, postage stamp, letter T, block of 9, outside frame, and more. One Card \$4, Two Cards \$7, Three Cards \$10

Tuesdays, Ongoing. Ballroom Dance

7:00PM - 8:00PM. Social dancing. Learn a different dance each month. \$10 Per Person

Wednesdays Intermediate, Ongoing. Dixie Diamonds Square Dance

Wednesdays Intermediate - 6:30PM-8:30PM Dance and workshop the CALLERLAB Advance dance program square dance calls. Participants must be familiar with the CALLER LAB Advance program. \$5 Per Person

Mondays, Wednesdays, & Fridays, Ongoing. Bone Builders Program

8:30AM - 9:30AM. Retirees & Senior Citizens, Bone Builders is a FREE strength training and health education program offered through Aging Matters in Brevard's Retired and Senior Volunteer Program (RSVP). Participants lift weights to improve their bone and muscle strength while also

working to better their balance. Certified instructors will also discuss important topics related to bone health & nutrition. Space is limited and registration is required in advance. Contact the RSVP office @ (321) 631-2749 to sign up today.

Mondays & Thursdays, Aikido Self Protection

6:45PM - 8:30PM The martial art of the 21st century! A powerful method of self-defense that requires only leverage, not strength. Overcome any attack with minimum force because skill, not size, is your advantage. Cost Per Month: \$45.00 Resident/\$54.00 Non-Resident

Pickleball, Refer to Monthly Gym Schedule 18 years and older. Daily Fee \$2.00; Annual Pass \$52 Resident/\$62 Non-Resident; Super Pass: \$72 Resident/\$86 Non-Resident

Mondays, Ongoing. Yoga Fit. 10:00AM - 10:55AM. Cost: \$5 Per Class

Mondays, Ongoing. Coffee And The Basics of Essential Oils. 9:30AM-11:00AM. Come learn the basics of essential oils and enjoy a cup of coffee or tea. Your fee includes all class materials and a roller bottle for you to take home. Learn the history of oils as well as easy ways to incorporate them into your daily life. \$5 Per Class

Joseph N. Davis Community Center 2547 Grant St, Melbourne 321-608-7460

Pickleball \$2/person. Mon, Wed, & Fri 9:00AM-12:00PM, Thur 9:00AM-1:00PM
Morning Walk: Indoor/Outdoor Mon-Fri, 8:30AM-10:00AM

Bingo \$2/person. Tuesdays 10:00AM-11:00AM

Table Tennis Tuesdays & Thursdays 7:00PM-8:30PM

Franklin DeGroot Memorial Library 6475 Minton Rd SW., Palm Bay 321-952-6317

Mon & Thurs, 9am-12pm, SHINE, appt:shinedegroot-tlibrary@gmail.com, or 321-345-1057.

Tues & Fri, 10:30am, Gentle Yoga w/Eileen, \$5/class.
Tues, 5:30-6:30pm, Flex it, \$5/class.

Wed, 1-4:30pm, Mahjonnig

Fri, 9-11am, Master Gardeners Clinic.

Fri, 1-4:30pm, Palm Bay Scrabble Club.
One-on-One Computer & Technology, 1 hour sessions, Cost: \$5/person, pre-register.

Merritt Island Public Library

Tues, 11:00am, Senior Fitness, \$5/class.

Tues, 2:30-3:30pm, Tai Chi, \$5/class.

Thurs, 12:15pm, A&M Therapy Tai Chi, \$5/class.

Fri, 9:15am, Zumba, \$5/class.

1st Wed, 9:30am, Great Decisions discussion group.

1st Fri, 10:30am, Travel Club
2nd Tues, 2:30pm, Paper Crafting, \$5/class.

shrinkage. And equally importantly, an attractive, engaging smile contributes immeasurably to self-image, an attribute that enhances us in every segment of life.

Many of us tend to take the function of our teeth for granted, that is until something creeps up on us that takes us by surprise. National Dental Health Month is here to remind us that we are all major players in our own smile protection program. Home care should not be taken lightly. Take seriously the hygienist's recommendations for choice of tooth brush, paste, or electronic appliances that stimulate pristine cleanliness for each individual smile. Use floss, avoid very hard and very sticky, sugary foods, limit sugary drinks and check your own mouth for anything new or unusual that does not belong there. Cancer grows rapidly in the mouth and the sooner it is arrested, the better the prognosis.

Most importantly, establish a relationship with a dental office you trust and be diligent staying on schedule with care. The hygiene department can provide professional cleaning of gums and teeth and chart any changes since the last visit. In consultation with the doctor, recommendations will be made for any restorative work required to keep your smile healthy, functional and attractive. Take those recommendations very seriously, ask all of the questions you need to understand the inherent value to you in those recommendations, and then celebrate one of the most important possessions you will ever have by keeping the smile the best it can be for at least a hundred years! (S)

VNA Community Wellness
Blood Sugar/Blood Pressure Screenings



**Brevard County:
February 2020 Screenings**
*(For morning blood sugar tests,
fast from midnight on.)*

Blood Pressure and Blood Sugar Screenings

Wed, Feb 5	9:30am - 11:30am	Cocoa Beach Public Library 550 N. Brevard Ave, Cocoa
Thur, Feb 6	9:00am - 11:00am	Greater Palm Bay Senior Center 1275 Culver Dr. NE, Palm Bay
Fri, Feb 7	11:00am - 12:00pm	AARP Indian Harbour Beach Recreation Center 1233 Yacht Club Blvd, Melbourne
Mon, Feb 10	9:30am - 10:30am	Satellite Beach Civic Center 565 Cassia Blvd, Satellite Beach
Tue, Feb 11	10:30am - 12:00pm	Arrowood Mobile Park 1000 Fell Rd, Melbourne
Tue, Feb 11	10:30am - 12:00pm	Wickham Senior Center 2785 Leisure Way, Melbourne
Thur, Feb 13	8:30am - 9:30am	Ascension Manor 2960 Pineapple Ave, Melbourne
Thur, Feb 13	10:30am - 12:00pm	Sunflower House Merritt Square Mall, Suite 201, 777 E. Merritt Island Causeway, Merritt Island
Tue, Feb 18	9:30am - 11:00am	Melbourne Public Library 540 E. Free Ave, Melbourne
Fri, Feb 28	8:30am - 10:00am	Cocoa Beach Health and Fitness 1355 N. Atlantic Ave, Cocoa Beach

Blood Pressure Screenings

Tue, Feb 18	12:00pm - 1:00pm	Cape Canaveral Library 201 Polk Ave, Cape Canaveral
Thur, Feb 20	12:00pm - 1:00pm	South Mainland Library 7921 Ron Beatty Blvd, Micco

Monthly BP/BS clinic schedules available at www.vnadc.com
For more information, contact us at **772-567-5551**, www.vnadc.com

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CALENDAR HIGHLIGHTS



Helping Seniors Television
Monday - Friday

TV Program Schedule
8:30am; 4:30pm; 5:00pm

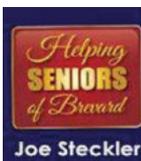
Spectrum Chan. 499 | AT&T U-Verse Chan. 99 | Comcast-North Chan. 51 | Comcast-South Chan. 13

Day	Date	8:30 AM	4:30 PM	5:00 PM
Mon	Feb 03	Smile: Form and Function	Debt Relief for Seniors	About Cataracts
Tue	Feb 04	Social Security Planning	Assisted Living Benefits	About Elder Law
Wed	Feb 05	How Medical Office Team Helps	Real Estate for Seniors	Printing & Mailing Options
Thu	Feb 06	Power of Attorney	Making Plans for Retirement	Communications Helps Seniors
Fri	Feb 07	A Smorgasbord of Legal Matters	In Home Care Giving	How S.H.I.N.E. Helps
Mon	Feb 10	Too Many Teeth Extracted?	Retirement Plan - Annuities	Advances in Hearing Treatment
Tue	Feb 11	How SRES Helps Real Estate	The "Talk" about Assisted Living	Seniors Helping Seniors Helps
Wed	Feb 12	About Golden Providers	Your Eyes, Your Vision & Health	Assisted Living Options
Thu	Feb 13	Intro to Vitas Healthcare	Benefits of Holistic Health Care	How Reverse Mortgages Work
Fri	Feb 14	When to call Adult Abuse Help	Hearing Loss Treatments	Hometown News / AARP
Mon	Feb 17	The Eye Clinic & Laser Institute	Elder Law Services	Care Management/Guardianship
Tue	Feb 18	Fix It Projects Around the House	Selling Your Home Quickly	Life Enrichment Assisted Living
Wed	Feb 19	Value of a Second Opinion	Guardianship	When Assisted Living?
Thu	Feb 20	Treatment of Eye Disease	Advocating for Seniors	Seniors Expos & Events
Wed	Feb 21	Dry Eyes	Zon Beachside	A Beautiful Smile
Mon	Feb 24	Selling Your Home Quickly	Fix It Projects Around the House	Eye Clinic & Laser Institute
Tue	Feb 25	Hearing Loss Treatments	When to Call Adult Abuse	Benefits of Holistic Health
Wed	Feb 26	Macular Degenreation Updates	Vial of Life	Retirment Planning - Roth IRA
Thu	Feb 27	Small Group Assisted Living	Too Many Teeth Extracted	In Home Care Giving
Fri	Feb 28	Making Plans for Retirement	A Smorgasboard of Legal Matters	Power Of Attorney

number of young women (aged 35-54) hospitalized with acute myocardial infarction between 1995 and 2014. The number of young men hospitalized in this same period decreased. The research also showed young women were substantially less likely to receive guideline-based myocardial infarction therapies than young men, and that despite population level falls in the mortality from heart disease, there was no change in this younger age group, especially young women. A major factor in these poor statistics is likely to be the failure of current risk prediction models that are based on male risk factors, and the typical descriptions of a myocardial infarction occurring in the context of a ruptured atherosclerotic plaque.

Current risk prediction does not include female risk factors, such as polycystic ovary syndrome, premature menopause, pre-edampsia, or preterm birth. Nor does it describe the greater role of other pathologies in the development of acute myocardial ischemia in women, such as coronary artery dissection, arterial spasm, and stress-induced cardiopathy, creating a critical error in the current estimation of cardiovascular risk.

The historic failing of cardiology to take a balanced approach to research had led to fundamental flaws in the care for women with heart disease and has cost the lives of many women. On March 08, 2019, during the International Women's Day, Dr. Roxana Mehran (an Interventional Cardiologist at the Mt. Sinai School of Medicine, New York, NY) announced that a Lancet Commission on Women and Cardiovascular Disease set out to take a fresh look at the issues and to deliver clear recommendations that can finally shift the entrenched inequity experienced by women with heart disease. Ⓢ



90.3 FM WEJF

Helping Seniors Radio on 90.3 FM WEJF Radio

Broadcast Schedule: Wednesdays 12nn-1pm

Wed	Feb 05	Focus on Elder Law	Bill Johnson	William A. Johnson P.A.
Wed	Feb 12	Focus on Your Smile	Dr. Lee Sheldon	Dr Lee Sheldon (Periodontist)
Wed	Feb 19	Focus on Help at Home	Barbara McIntyre	Reverse Mortgage Funding
Wed	Feb 26	Focus on Reverse Mortgages	Jennifer Helin	Seniors Helping Seniors

HIDDEN CAUSES OF HEART ATTACK IN WOMEN continued from pg 21

from studies that predominantly enrolled men, such as the Harvard Physician's Health Study done in 22,000 men that formed the basis for aspirin in the prevention of heart attacks.

In February 2018, during that public awareness event American Heart Month, Women Heart, a patient-centered organization focused on women's heart disease, held a briefing on Capitol Hill. The briefing advocated for greater inclusion of women cardiology research, reporting of sex differences in research, and raising awareness of the implications for treating women with heart disease when women are left out of studies.

At the event, Dr. Marjorie Jenkins, working at the Office of Women's Health at the U. S. Food and Drug Administration (FDA), reported that women's participation in cardiovascular disease trials approved by the FDA and revealed that while women are now well represented in clinical trials for hypertension and atrial fibrillation, they are dramatically under-represented in clinical trials for coronary heart disease and heart failure.

In a recent (Feb. 20, 2019) heart journal (Circulation), it had been reported that for both doctors and patients are worrying increase in the



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Tips Can Make Garden Work Easier In 2020

By Gary R. Bachman, *MSU Extension Service*

The new year brings our thoughts to the grand potential of our 2020 gardens and landscapes. Thumbing through the catalogs piling up, we make our wish lists for seeds and plants. Man, our gardens are going to be rocking this year.

But, just like the people who will stop going to the gym in a month because exercising is hard, many gardeners will abandon their big ideas because gardening is hard work, too. It gets hot, and it seems like the garden becomes a never-ending chore. However, it doesn't have to be that way. Working in the home garden and landscape can be a very enjoyable experience, plus you get fresh tomatoes.

So, here's a few of my tips to make your 2020 gardening more pleasurable.

- Spreading a 2-inch-deep layer of mulch over your garden is one of the best ways to make gardening a breeze. Just about any kind of mulch stops most weeds from growing and helps your soil hold moisture when the weather is hot and dry. Mulches made from organic matter do double duty by improving your soil as they decompose. Never, ever should the mulch around trees and shrubs look like a volcano.
- Save time and energy during the hot summer months by investing in drip irrigation for your garden and landscape. It prevents you from dragging hoses everywhere and is a great way to conserve water by applying directly where you want.

- Prevent weeds from being a big problem by yanking them out when they're young. The smaller the weeds are, the easier they are to pull. Plus, you keep them from reproducing. One crabgrass plant can make 150,000 seeds in a season. If you pull the crabgrass before it matures, that's 150,000 fewer weeds to whack in the future! This is also good advice for the nuisance weed chamberbitter, also descriptively called gripweed.
- Keep a garden journal. This is a tip I've shared in the past, and it turns out to be a very useful resource. Jot down notes every week as you garden, and then you can refer to it next year. For example, if you noticed that your phlox started getting powdery mildew last July, try treating it in June to prevent the disease. Also, taking pictures of your garden over the seasons is fun, and you can have a visual record of your garden through the year.
- Keep your garden tools sharp. We rely on various pieces of equipment and tools to make gardening easier, and keeping these tools sharp makes them work their best. Dirt, rocks, sidewalks and soil quickly dull any shovel or hoe. You can maintain a good working edge easily with a cut mill file available at your local hardware store, or you can get a specialized garden tool sharpener. The same advice holds true for a lawn mower blade. A sharp blade cleanly cuts through the grass, while a dull blade simply tears and shreds the grass and results in an unsightly appearance. (S)



2020 Dining in the Dark Brevard
Presented by 98.5 The Beach








Save the Date: Saturday, March 21, 2020
Hilton Melbourne Rialto Place,
200 Rialto Place, Melbourne, FL 32901

This fun-filled evening will be hosted by former NASA astronaut and retired United States Navy Captain, Winston Scott. A lighted cocktail reception at 5:30 PM will be followed by a gourmet dinner served in complete darkness by Brevard County law enforcement officers wearing night vision goggles. Guests will enjoy live music during dinner.

Tickets \$100

This event will benefit Center for the Visually Impaired, a nonprofit that offers FREE independent living, assistive technology, orientation and mobility training, and vocational training to residents of Brevard County who are blind or visually impaired.

For sponsor or volunteer information please contact Taylor Gettis, Development Director, at tgettis@cvicentralflorida.org or (386) 253-8879, ext. 105 or visit our website at www.cvicentralflorida.org/dining-in-the-dark.html

Thank you to Brevard County law enforcement officers for volunteering their time and equipment to serve our community!



HEALTH AND WELLNESS FAIR



FEBRUARY 7TH, 2020 FROM 9AM-1PM

AT COURTENAY SPRINGS VILLAGE

VISIT 25+ HEALTH AND WELLNESS VENDORS FOR VARIOUS SCREENINGS AND INFORMATION

FREE EVENT OPEN TO THE PUBLIC



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Merritt Island Florida 32952

321-452-1233
TDD# (800) 545-1833 Ext. 359
For Language Assistance Service Call (562) 257-5255



FEBRUARY SENIOR CALENDAR

In BREVARD CO.

NASA Alumni League (NAL) Meeting, February 18th, at 11:00 am at the Debus Center, KSC VIC.

After a 45 minute social/buffet served by the DN chefs, we'll receive an update by Kim King-Wren, Merritt Island Wildlife Association. For reservations, contact Bev Merrilees: bmerrilees@cfl.rr.com or call 321-452-5426 by noon, Feb, 16th. Priority for reservations: members & guests, and each member up to 3 guests. For more information, see our web site at www.nalfl.com, with online registration/pre-payment by PayPal. Confirmed reservations may also be paid for at the door.

Mon Club: Every Mon, 50 & over take 15% off. All Beall's Outlet stores.

The American Heart Association is offering FREE educational presentations to all Brevard County groups & organizations. To schedule your presentation, please contact American Heart Association at 321-255-3557.

Hospice Seeks "Partners In Compassionate Care" For Volunteer Training In S Brevard: For info on HOSF programs, please call 321-269-4240 or 866-269-4240.

Space Coast Inventors Guild: Membership not required. 4th Sat. Eau Gallie Public Library. 768-1234

The EASE (Early Alzheimer's Support & Education) program empowers individuals diagnosed with Alzheimer's disease & related dementias & their family member(s) to become active participants in their care by educating them about the disease as well as care & treatment options. For info, please call the E. Central Florida Memory Disorder Clinic at (321)768-9575 or Alzheimer's Association at (800)272-3900.

HOSPICE OF ST. FRANCIS Bereavement Program - Adults Call to reg & learn locations. 321-269-4240 or 866-269-4240 First Wed at 9am - Men's Breakfast, Titusville. F1st Thur at 11:30am. - Ladies' Luncheon, Titusville. 2nd Mon at 11:30 a.m. - Melbourne Lunch Bunch, Melbourne. 3rd Thur at 11:30am New Beginnings Luncheon, Titusville. Mons at 3pm - Support Groups, Hospice of St. Francis, 4875 N. Wickham Rd., Ste. 108. 2nd & 4th Thur from 1pm to 2pm - Support Groups, Hospice of St. Francis, 1250-B Grumman Pl, Titusville 32780. 2nd & 4th Thur from 5:30pm. to 7pm. - Support Grps, Hospice of St. Francis, 4875 N. Wickham Rd., Ste. 108, Melbourne 32940.

CAREGIVER EDUCATION & RESOURCE PROGRAM

- free to Brevard County residents. Please call Caregiver Program Coordinator at 321-269-4240 x330 or toll free 866-269-4240 For info & to reg.

In COCOA

The Central Area of Brevard County Parks & Recreation offers free Seniors Social Time on Wed, from 9-12n, at Travis Park Comm Center, 2001 Michigan Avenue in Cocoa. For info, call (321) 633-1871.

The Golden Steppers, a senior tap dance group, will hold classes on Wednesday & Friday mornings at The Cocoa Village Playhouse Annex. Call Director Martha Seymour at 321-783-5931 for more information.

National Active & Retired Federal Employees Association (NARFE) NARFE Apollo Chapter 1137 meets monthly on the 2nd Mon of each month at Kay's BBQ Restaurant, SR 520 in Cocoa. You are invited to join us for lunch at 11:30 & an interesting speaker at 12:15. No reservations required. www.NARFE.org/Chapter1137

In INDIAN HARBOR BEACH

AARP#1413, 1st Fri, 11:30am-2pm, Indian Harbor Beach Comm Center at Gleason Park, 1233 Yacht Club Blvd., 446-9358

In MELBOURNE

All Men's Alzheimer Support Group: 1st & 3rd Tues of every Mon at 9:30am. Male Caregivers Brevard Alzheimer's Foundation, 4676 N. Wickham Rd, 321-253-4430 9:30-11:00.

Arts & Crafts every Thursday 1:30- 3:30 pm at The Center for Family Caregivers 3661 S. Babcock Street Melbourne. This program is caregivers & loved ones to participate in. Please call 321-434-7625 to sign up.

MOAACC is Brevard County's military officer corps. MOAACC hosts officers call every Wed from 1700-1830 at Hell n'Blazes microbrewery, located 1002 E New Haven Ave, Melbourne. All currently serving, retired & former commissioned U.S. military officers are invited. 321.338.5050 For more info, please visit www.moaacc.org

Grief Therapy Support Group If you have lost a loved one & would like or need the support of others, please consider joining us on the 2nd & 4th Thur of the month at 10am.

We meet in the Advent Lutheran Church at 7550 N Wickham Rd Melbourne, FL For info, please call Joan at (321) 610-8348.

Virtual Dementia Tours Dementia Live. Offered by the Memory Disorder Clinic & Brevard Alzheimer's Foundation, it is a dementia simulation and awareness training program. It is a transformative, firsthand dementia experience, which heightens understanding, deepens empathy and elevates care to support persons living with dementia. 2nd Wednesday of each month, 3-5pm. Call Brevard Alzheimer's Foundation at 321-253-4430 to schedule. Brevard Alzheimer's Foundation 4676 North Wickham Road Melbourne.

"Sit & Fit": 2 to 3 pm every Wed at Health First Leeza's Place, 3661 S. Babcock St, Babcock Center, Melbourne. Please call (321) 951-7118 to reg.

New Sit & Fit: 2-3pm every Wednesday at The Center for Family Caregivers 3661 S. Babcock Street Melbourne. Please call 321-434-7625 to register.

AARP #2622 3rd Mon from 11-2:30 at Melbourne Ter, 251 Florida Ave., 676-6579 For info.

Alzheimer Support Group: Every Thur thurs., includes all stages of Alzheimer's disease, not early stage. Brevard Alzheimers Foundation, 4676 N. Wickham Rd, 321-253-4430 1-2:30pm

BRIDGE STUDIO ACBL Duplicate Bridge games every Mon, Wed, Thur & Sat at 12:00 noon Hollywood Estates Club House, 4301 Kimberly Circle, W Melbourne. Nancy Perry, 321-751-1838 (H); 321-698-5239 (CP)

Caregiver Support Group(s) are now held at The Center for Family Caregivers, 3661 S. Babcock Street Melbourne---every Wednesday, 10:30am - 11:30 with John Caso, MSW---Every Thursday, 11-12 with Tiffany Overath, MSW.

Grandparents Raising Grandchildren Support Group Mtg. 2nd Thur of each month, 10:00am at Club Esteem, 3316 S. Monroe St., Melbourne. For info or emergency assistance, please call (321) 631-7776.

AARP #2622 - 3rd Mon 11am-2pm, Melbourne Terrace, 251 Florida Av, **Space Coast Doll Artists,** & art doll club previously located in Downtown Melbourne, has relocated to the Wickham Park Senior Center. Meetings are held on the third Wed of each month, from 10am to 2pm. For info contact SpaceCoastDollArtists@yahoo.com, or call Patty Briggs at 321-956-0924.

Indian River Chapter of the Embroiderers Guild of America from 9:30-11:30 at the Front Street Civic Center located at 2205 S. Front Street,

Melbourne. For info: IRClee@aol.com or call (321) 777-7404.

In MELBOURNE BEACH

Brevard County Parks & Recreation is offering several programs for senior citizens at the South Beach Comm Center, located at 500 Old Florida Trail, in Melbourne Beach. Seniors can enjoy a variety of activities including Ladies Tea, a walking club, social games. Call 321-952-3210 for times & info.

Mah Jongg & Bridge clubs at the center are also growing in popularity. Call 321-952-3210 For info about these & other programs for people of all ages at the South Beach Comm Center.

In MERRITT ISLAND

Caregiver Happy Hour, 2 for 1, Answers & Support: 2nd & 4th Tue, Stress Relief Gentle Yoga, 1st & 3rd Tue Care provided for your loved one free of charge, Refreshments

One Family SeniorDay Program For info call 453-6577.

Korean War Veterans Association: 1:00 p.m., 1st Wed, Brevard Veterans Council Building, 636-1148.

Days of Party Bridge: Veterans Memorial Center, 400 S Sykes Creek Parkway, Merritt Island, Fl. Tues., Wed. & Thurs. 12:30 pm. For infocontact Bill & Jewell Schick, 452-2387.

Alzheimer's Support Group: 7pm 2nd & 4th Tue. First Christian Church of Merritt Island, 1750 N Courtney Pkwy, 720-1243.

In MICCO

Alzheimer Caregiver's Support Group: Every Tue for any caregiver. Brevard Alzheimers Foundation, 7951 Ron Beatty Blvd., 772-664-9996 Time: 10:30

In MIMS

A Whist Club meets on Weds, from 10 a.m. to 1 p.m. at the Harry T. & Harriette V. Moore Memorial Park Cultural Center at 2180 Freedom Ave in Mims. Call 321-264-6595 for info.

In PALM BAY

Grandparents Raising Grandchildren Support Group Mtg. Third Thur of each month, 6:30pm at Memaw's Restaurant, 4916 Babcock St. NE, Palm Bay. For info or emergency assistance, please call (321) 631-7776.

New York State Club, Tuesday February 18, 2020, 11:30 am -1:30 pm, 3rd Tuesday of the Month Restaurant: Memaw's Bar-B-Q, 4916 N. E. Babcock Street, south of Palm Bay Road, 409-9670

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OAKS STADIUM 10

"Living Life's Every Golden Minute," – Speaker: Dr. Chrissy Knox, U. S. Health. The New York State Club membership consists of former residents of New York State. The Club meets year-round on the 3rd Tuesday of every month in Brevard County, Florida. Members and guests have an opportunity to meet former residents from all counties of New York State. Our club hosts at lunch outstanding guest speakers, or a panel of presenters offering stimulating educational programs for member's enhancement. In our 16th year our goal is to have a vibrant, growing, and meaningful New York State Club that fosters ongoing camaraderie and fellowship. New York State Club "Coach-Educator," John A. Trieste, 321 446-9358

The Palm Bay Aquatic Center will offer a Water Aerobics class on Tue & Thur. The center is located at 420 Comm College Parkway just south of the Brevard Comm College Campus. Class time 6:45-7:30pm. The fee is \$8.00 per class, \$52 for 8 classes. For further info, call (321) 952-2232.

In PORT ST. JOHN

AARP: 12:00 p.m., 3rd Tue, Port St. John Comm Center, 6650 Corto Rd. 636-2306

Overeaters Anonymous meets at Port St. John Library Sat at 9:15am & Wed at 10am. Contact Dianne at (321) 266-1910.

In ROCKLEDGE

KSC Retirees have breakfast 8 am, the last Mon of the month at Malibu Restaurant on Barton Ave. in Rockledge. Anyone that retired is welcome. Contact Kelly Fiorentino 321-453-5562.

Grandparents Raising Grandchildren Support Group The Central Brevard meeting is the third Tue of each month, 9:30 am at 123 Barton Blvd., Rockledge. (321) 631-7776

In TITUSVILLE

Seeking "Partners In Compassionate Care" Volunteer Training Hospice of St. Francis (HOSF) seeking caring people who would like to volunteer. For info on HOSF programs, call 321-269-4240/866-269-4240 or visit www.hospiceofstfrancis.com.

North S.A.L.T. Council Meetings Move to New Location! We are pleased to announce that the Titusville Police Department will host the monthly North S.A.L.T. Council meetings. The North S.A.L.T. Council (Seniors & Law Enforcement), is a group of individuals dedicated to helping seniors. This group includes law enforcement, private & public organizations, & citizens who help identify senior concerns in their geographic areas. The North S.A.L.T. meetings are open to the public. Titusville Police Department / 1100

John Glenn Blvd. Titusville, FL 32780
When: First Wed of each month 9 am
www.brevardtriad.org

In VIERA/SUNTREE

Grief Therapy Support Group

Meets on the 2nd & 4th Thur of the month, 10 AM. If you have lost a loved one & would like or need the support of others, please consider joining us at the Advent Lutheran Church, 7550 N Wickham Rd., Suntree. For info, call Joan at 321-610-8348.

Northrop-Grumman Retirees Club

Meetings every third Wednesday starting at 11:15 at Suntree Country Club. Socializing with old & new friends. Buffet lunch is always great. Interesting & pertinent guest monthly speakers. Members involved in local charities: Space Coast Honor flights; Veterans Transitional Facility ... and others. For past 12 years have supported both a Skurla scholarship & a George M. Skurla scholarship for students pursuing BS in STEM. Contact Maureen Ayers, President, Space Coast Chapter of the Retirees Club, ayersma@bellsouth.net 321-634-1940

Prime Time meets the first Mon of each month at Temple Israel 7350 Lake Andrew Dr., Viera, starting at 11:30 a.m. Attendees bring their

own "brown bag" lunches. Dessert & beverages are provided. For further info please call 617-9102.

Senior Talkers a discussion & social group, meets the third Mon of each month at Temple Israel 7350 Lake Andrew Dr., Viera starting at 11:30am. Those attending bring "brown bag" lunches, dessert & beverages are provided. All are welcome. For info please call 254-5143.

Viera Manor Assisted Living will be hosting The Caregiver Connection at their facility located at 3325 Breslay Drive, Melbourne 32940. The Caregiver Connection is a monthly support group designed to provide emotional, educational & social support for caregivers of people suffering from Alzheimer's & dementia. The group will meet on the 2nd Wed of each month at 2 p.m. & the 4th Wed of each month at 6 p.m. Upon request, respite care will be provided by Home Health of Florida, while caregivers attend a meeting. Reg for meetings, request respite care during the meeting & For info contact Jessica Brassard, LPN, at 802-338-6762.

In WEST MELBOURNE

Alzheimer's Support Group: First Wed 6pm, Sterling House, 7300 Greenboro Dr., West Melbourne, 307-1139 for reservation.

55+ Club of Satellite Beach

321-773-6458

The 55+ Club is for folks 55+ years & older. Most programs meet in the David R. Schechter Community Center, 1089 S. Patrick Dr., SB unless otherwise noted. For questions contact 321/773-6458 www.55plusclubofsb.com Advertising Contact: Jill 321/773-2080

Bingo Mondays, 11am-1:30pm (doors open at 9am) at the Satellite Beach Civic Center, 565 Cassia Blvd. Members only and card fees apply. Contact: Anna 321/961-5771

Board/Membership Meeting 3rd Wed, Sept-May only at 9am. Contact: Joyce, 321/961-6408.

Bunco 2nd Friday each month at Bizzaro's in SB, 10am-1pm. \$5/members & \$7/guests. Contact: Barbara 321/773-3050

Cards & Games Thursdays, 9am-3pm. Contact: Barbara 321/773-3050

Cards & Games (also Billiards & Table Tennis) Wednesdays, 6-9pm. Contact: Terry 321/773-7705

Chess Opportunities/Lessons Brush up, improve or learn. Locations vary. Contact: Dick 321/777-0255

Coupon Group 3rd Wednesday monthly, 2-3pm, Satellite Beach Library. Contact Terry 321/773-7705

Book Club 1st Wednesday monthly, 12-1:30pm Sept-May only. Contact: Joyce 321/961-6408

Cribbage Wed 6pm & Thurs 9am. New or experienced players welcome. Contact: Terry 321/773-7705

Fishing Club 3rd Thursday each month, 1pm -at Beef O'Brady's in SB. Contact: Gene 321/773-4647

Mahjongg Wednesdays, 9:30-11:30am. Lessons offered. Contact: Barbara 321/773-3050

Party Bridge Thursdays, 11am-3pm. Foursomes needed. Contact: Nancy 845/389-0899

Movie Group Last Tues. Contact: Louise 321/427-9100

55+ Gardeners 2nd Monday Contact: Gene 321/773-4647

The Dinner Gang 1st Tues every other month, 5:30pm. Locations vary. Contact: Barbara 321/773-3050

Early Bird Dining 2nd Wednesday, 5pm. Contact: Joan 321/917-8119

Indoor Walking Tuesdays, Wednesdays, & Thursdays from 8-9:30am in the DRS Gymnasium, Some holiday exdu-sions. No walking June, July & August Contact: 321/773-6458

Line Dancing Tuesdays 1-2pm, \$2/session. 55+ Club Membership is required. Contact Candy 321/779-2941.

Line Dancing/Basic Thursdays 1:00-2:30pm, \$3/session. 55+ Club Membership is required. Contact Trudy 321/223-7249.

Lunch Bunch 3rd Wednesday each month, 12:30pm. Locations vary. Contact: Barbara 773-3050

Travel Group Day Trips, Contact TBA 321/243-5708 Extended Trips (overnight), Contact Jill 321/773-2080

Social Seasonal parties and events planned by the 55+ Club. Contact Phyllis 321/2208 & Marieanne 321/777-2353

Sugar & Blood Pressure Checks 2nd Mon monthly 9:15-10:30am at Bingo, 565 Cassia Blvd.

Freedom 7 Senior Community Center, 5000 Tom Warriner Blvd. Cocoa Beach 321-783-9505, FOR FULL SCHEDULE VISIT www.freedom7seniors.org

Understanding Dementia and Cognitive Impairment Lunch and Learn Lecture: Strategies and Tips on Wandering, Environmental Modifications, Elopement and Safety precautions, learning through activities. February 11th Tuesday at 12 noon. Please RSVP 321-783-9505. Presented by ALLY Senior Living Consultants of Cocoa Beach.

Book Club Get Together: Every 3rd Wed of the month at 2pm. Read and Drop in, I will provide coffee/tea, free and open to the Public. Read Where the Crawdads Sing and come on down on February 19th.

Brevard County Dementia Care and Cure Free Training for Individuals and Businesses: Gain a better understanding of ALZ disease and provide a welcoming respectful environment in your home or place of employment. Learn about helpful localresources in Brevard County and

more. 19th 1:30-3pm. Complete the class and receive a Dementia Caring window decal! Please call for more information and to sign up , Sue Cosker 321-434-7614.

Total Brain Health WorkOut Classes: Fun for All! Free Hands on Activities that focus on physical, mental and emotional health. Strategies that help maintain our intellectual skills and engagement. On February 26th and March 4th from 1:30-3pm. Call Health First Aging Services at 321-434-7614 or Judy at 321-783-9505 to RSVP.

Monday:
9:30 am: Zumba Gold: Class designed for the over 50 crowd. Cost \$5 for F7 Members/\$7 for Non-Members
11am-12noon: Travel Desk: Talk with Lee Rosenkranz about upcoming day trips. Freedom 7 Members get a discount, and all are

welcome.321-259-6300

11am:Tai Chi: Ancient art of Movement, certified Instructor \$7 for members, Drop In \$10 (first class \$7, to try it out!)

11:30am:(sign in 11:15am): Party/Rubber Bridge: \$3 Members/\$4 Non

11:30am : (sign up at 11:15): Mah Jongg: \$2 Members/\$3 Non Members

Tuesday:
9:30am-10:30am Strength and Balance! Get Fit, Improve Balance, Build Muscle. All levels of fitness welcome, chair assist okay. Drop In! **\$2
10am-3:30pm Scrapbooking and drop in Crafts/Art, Starting 22nd October bring you own supplies, knitting, scrapbooking, your craft of choice. Stay for a while or all day. \$1 for members, non \$2 coffee and tea provided.

1pm-2pm-Seated Yoga, Breathe, Stretch, Repeat. Great Instructor, Drop in class every Tuesday \$2 for members, \$3 for nonmembers.

Wednesday:
9:30 am: Zumba Gold- Class designed for the over 50+ crowd. Cost \$5 for F7 Members/\$10 for Non-Member.

1:30pm: Basic Line Dancing Class- Starting Oct 9th \$4 members/\$5nonmembers

Thursday:
9:30am-10:30am - Strength and Balance! Get Fit, Improve Balance, Build Muscle. All levels of fitness welcome, chair assist okay. Drop In! **\$2

10:45-11:15 - Mat Yoga Stretch, this is a beginning class. We provided instructor, mats. \$2 , if you take the S & B Class \$1.

WICKHAM PARK SENIOR CENTER

2785 Leisure Way, Melbourne 321-255-4494, bcscwp.com

Ballroom Dancing,
Mon 6:30PM & 7:30PM

Bingo, Tues 11:00AM, Fri 11:15AM
Bonemakers Plus, Wed 9:30AM

Bridge, Daily, call for info.

China Painting, Mon 9:30AM

Dealer's Choice Poker, Tues & Fri 1:00PM

Dinner Dance, First Fri 5:30PM

Jazzercise Light, Mon, Wed, Fri 8:30AM

Mahjong, Mon 12:15PM, Thurs 9:00AM

Painting, Call for info

Tai Chi, Wed 8:30AM

Travel, Call for info

Yoga (Chair), Tues 3:00AM

Zumba Gold, Tues 8:30AM

Martin Andersen Senior Center

1025 S Florida Ave. Rockledge, FL 32955 | 321-631-7549

Mon

Andersen Quilters 9:00-12:00
Bone Builders 9:00-10:00
Busy Fingers Crafts 9:00-11:00
Seniors at Lunch 10:00-1:00
Intermediate Tap 10:30-12:00
ACBL Dupl Bridge 12:30-4:00
Line Dancing 12:30-2
Party Bridge 12:15-4:00
Spanish Class-Beginning 1-2
Beginning/Intermediate 2-3:30

Tue

Art & Painting Wkshp 9-12
Rockerettes Exercise 9:10-10:30
SHINE counselor 9:30-12:30
Tai Chi 2:00-3:00
Choral Group 10-12
Grief Counseling- 2nd & 4th Tues
10:30-12
Seniors at Lunch 10:00-1:00
Line Dancing-12-1:30
Gentle Yoga 2-3:00

Wed

Bone Builders 9:00-10:00
MahJong 9:30-3:00

Painting Class 9:00-12:00
Writing Workshop 9:30-11:30
Seniors at Lunch 10-1

Thur

Rockerettes Exercise 9:10-10:30
SHINE Counselor 9:30-12:30
Seniors at Lunch 10-1:00
Intermediate Tap 10:30-12:00
Pinochle 9:00-3:30
Canasta 11:00-3:30
ACBL Dupl Bridge 12:30-4:00
Chair Stretch & Balance 2-2:50

Fri

Art & Painting Wkshp 9-12
Bone Builders 9:00-10:00
Seniors at Lunch 10:00-1:00
Chair Dancing 10:15 - 11:15
Line Dancing-12-1:45
Party Bridge 12:15-4:00
Ballroom Dancing 2:00-3:00

Sat

Ballrm Dance 2nd & 4th Sat
7-10pm

North Brevard Senior Center

909 Lane Avenue, Titusville, FL 32780 321.268.2333

Billiards: Mon-Fri. 9am - 4pm

Bingo: Thur. 9am - 2:30pm (Play begins at 10:00am)

Bridge (ACBL Duplicate): Wed/Fri. 12:30 - 4pm

Bridge (Beginner): Mon. (By Appointment Only) 11:15AM - 12:45PMPM

Bridge (Darling Damsels): Tue. 1-3:30pm

Bridge (Party): Tue. 12:30-3:30pm

Bridge (Warrior): 1st Wed. 12:30 - 3:30pm

Bunco: 2nd Mon. 6:30 - 9pm

Computer Classes: Tue. (By Appt Only)

Crafts Class: 3rd Wed. 10am - 12pm

Dance Lessons (Ballroom - All Levels): Mon. 6 - 7pm

Dinner & Movie: 2nd Tue. 5pm

Dominoes (Mexican Train): Mon. 1-3 pm

Hurricane Rug Hooking: 2nd & 4th Wed. 10am - 2pm

Knitting (Hook & Needles): 1st Wed. 10am - 1:30pm

Line Dance Class: Tues. & Thurs. Beginner 9am Improver 10am

Line Dance Class: Wed. 6:30 -

8:30pm

Line Dance Class: Sun. (Intermediate/Advanced) 2 - 4 pm

Line Dance Class Sat. (Beginner/Improver 9 - 11am

Line Dance Party 2nd Sat. 1-4pm

Mahjong: Tue. 12:30 - 3:30pm

Pinochle: Tue. 9am - 2pm

Poker: Mon. 6 - 9pm

Senior Fitness Class: Mon & Wed. 10:00am - 11:00am

Sewing Lessons: Thur. 11am-1pm

Shuffleboard: Fri. 10am - 12pm

Spanish Class: Mon. 2 - 4pm (Next session TBA)

Tai Chi: Tue. 1 - 2pm

Tap/Jazz Class: Mon & Wed. 11:15am - 12:45pm

Wii Bowling: Mon-Fri. 9am - 4pm

Writers Club: Fri. 10:30am - 12pm

Valentine Line Dance Party
February 8th - 1 PM. Pay at the door. Will walk through each dance twice before dancing it. Bring a friend. POC: Naomi - 321-537-9459. For playlist go to: linedance-titusvilleflorida.com

SENIOR EXPOS & HEALTH FAIRS

February 7, Health and Wellness Fair, 9AM-1PM, VISIT THE SENIOR SCENE BOOTH, Courtenay Springs Village, 1200 South Courtenay Pkwy, Merritt Island
February 20, Greater Palm Bay Senior's Health Fair, 10AM-2PM, VISIT THE SENIOR SCENE BOOTH, Palm Bay Senior Center, 1275 Culver Dr. NE, Palm Bay
March 7, Every Day Is Veterans Day, 1PM-4PM, The Center for Collaboration, 1100 Rockledge Blvd, Rockledge
March 14, Lifestyle, Health & Wellness Expo, 10AM-3PM, Melbourne Square Mall, 1700 W New Haven Av, Melbourne
March 24, MEGA Senior Expo, 10AM-2PM, VISIT THE SENIOR SCENE BOOTH, Melbourne Auditorium, 625 East Hibiscus Blvd, Melbourne



SENIOR SCENE Magazine

CarePlus HEALTH PLANS

Thursday, February 20th, 2020 from 10:00 am to 2:00 pm

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1275 Culver Drive NE, Palm Bay

Sponsor/vendor opportunities available

For more information call 772-480-9844 or email marketingsolutionsmaria@gmail.com

Palm Bay Senior Ctr, 1275 Culver Drive NE, 724-1338

Aerobics: Tue. & Thur. 8:30-9:30am

Art Class: Thurs. 9:30 - 11:30 am

Billiards: Mon. - Fri. 8 - 11:30 am, Ladies, Mon. 11:30 am; Mens Tue. & Thur. 11:30pm, Open Wed. 11:30 - 4pm. & Fri 11:30 - 8:30pm

Bingo: Wed. 11:30 am - 3:30 pm; Fri. 6-10 pm

Bocce: Mon. & Fri. 9 - 11 am (weather permitting)

Bone Builders: Mon & Wed 8:30-9:30 am, 10-11 am

Bunco: 1st & 3rd Tue 6:30-9pm

Canasta (Hand & Foot): Tues. 11:30 am-3:30 pm

Contract Bridge: Mon. & Fri. 12:15 pm, Wed 9 am

Computer Classes: Call for session schedules

Crafts: Fri. 9 - 11:30 am

Dominoes: Tues. & Thurs. 6 - 10 pm

Euchre: Thurs. 12:30 pm

Fun in Motion: Tues. 9:30 - 10:15 am

Golf League: Wed. 9am (Sept. - May)

Joint Movement: Thurs. 9:30-10:15am

Mah Jongg (American): Thur 12-3:30 pm

Mah Jongg (Asian): 1st & 3rd Wed 6-9:30 pm

Movies: Thurs. 6:30pm

Ping Pong: Mon., Tues., & Thurs. 12:45 - 3:30 pm

Pinochle: Thur 12:30pm

Poker: Hi/Low Mon., Tue, & Fri. 12-3:30pm Straight Mon 12-3:30pm, Tue & Thur. 6:30-9:30 pm

Tai Chi: Wed. 1 - 2 pm

Wii Bowling: Tues. 10:45 am - 12:30 pm, (Oct. - May)

Woodshop: Mon. - Fri. 8 am - 12 noon

Yoga (chair): Thurs 10:30 - 11:30 am



One Senior Place
 8085 Spyglass Hill Rd,
 Viera 321-751-6771
www.oneseniorplace.com

FEBRUARY 2020 ONE SENIOR PLACE EVENTS

Annuity & Insurance Check-Up, the 1st & 4th Mondays & Wednesdays, 12 – 2pm. Do you understand the fees you pay in your policy? Get a 100% free, no-obligation review of your annuity and life insurance policies by insurance specialists from Whittaker Cooper Financial Group and Viera Insurance Professionals. For more information call 321-751-6771.

Dancing for PD - Parkinson's Support Group, Monday February 3rd, 10 – 11:30am. Studies have analyzed the impact of dance on movement and has shown it improves balance and walking. Join us as Samantha Blanchard demonstrate Dance for PD. Call 321-751-6771 to reserve your seat today. Hosted by One Senior Place.

iPad/iPhone Class, Mondays February 3rd thru February 17th, 6 – 8pm. Presented by MacMAD. Come learn about the significant changes in iOS 13. There are so many topics that will be covered in this series. This series is \$50 for non-members, free to all members that are paid up through March 1st. To RSVP call 321-751-6771.

Considering Cremation? Lunch & Learn Seminar Presented by National Cremation, Tuesday February 4th, 11 – 1pm. Learn why making cremation arrangements in advance will help your family by reducing the financial & emotional burden. Join National Cremation Society to learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. Lunch is provided, RSVP to 321-751-6771.

Memories in the Making, Tuesday's February 4th thru March 24th, from 1:30 – 3pm. This FREE signature art program by the Alzheimer's Association, provides people living with early stage Alzheimer's and Dementia with a forum to express themselves through watercolor painting and drawing. Sponsored by VITAS Healthcare and the Alzheimer's Association. No art experience is needed to attend but space is limited. RSVP required, call 1-800-272-3900 or email infocnfl@alz.org

Research Participants Needed for Study, Friday's February 7th and 21st, from 9 – 2pm. Florida Institute of Technology is looking for individuals 70 & older with no previous diagnosis of Alzheimer's Disease or other related dementia's, acquired brain injuries, or strokes for a study investigating normal cognitively-well Seniors. Compensation of \$25 will be provided. For more information, call 321-252-8457.

The Aging Brain, Monday February 10th, 1 – 4pm. As a person gets older changes occur in all parts of the body, including the brain. What happens to our brain when there is traumatic injury? How do I understand dementia? Who can study my brain after I die? These and so many other questions can be answered by our team of experts at this presentation. Call 321-751-6771 to reserve your seat today. Hosted by One Senior Place.

FREE Memory Testing, Tuesday February 11th, from 10 – 12pm. Bioclinica will be offering free memory screenings the second Tuesday of each month at One Senior Place. Please call 321-202-2712 to schedule an appointment.

Ask The Doctor Lunch & Learn Series, Tuesday February 11th, at 11:30am. VITAS Healthcare and Dr. Frederick Peterson will present a monthly series of "Ask the Doctor" seminars. Call 321-751-6771 to reserve your seat today, lunch will be served.

BINGO with Courtenay Springs Village, Tuesday February 11th, 1:30 – 3:30pm. Free to play. Prizes will be awarded. Sponsored by Courtenay Springs Village. Limited seating must RSVP to 321-751-6771.

Cooking with Courtenay, Wednesday February 12th, from 1 – 2:30pm. Join Chef Brian Kelley from Courtenay Springs Village for a fun live demonstration on how to

Chef-Up a great meal! Lunch will be provided, must RSVP to 321-751-6771.

Growing Old without Going Broke, Thursday February 13th, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. We will discuss how to pay for long term care (home health care, assisted living facility, or nursing home) privately, through VA assistance or Medicaid so that you can make intelligent, informed choices.

Have a Sweetheart Day with Celtic Tours & Sandals Vacations, Friday's February 14th, from 12 – 2pm. Senior Travel creates travel itineraries for those that want to live a full life after age 55, single, or with a significant other, healthy or special needs to travel the world. Lunch will be served, must RSVP to 321-751-6771

Avoiding Guardianship, presented by Rhodes Law, Monday February 17th, at 10am. Join Ruth C. Rhodes, Esq. for a free Elder Justice Seminar where you will learn the methods and alternatives to avoid the costs and complications of guardianship. Light refreshments will be served. For more information, call 321-610-4542.

Tea & Sweets, Monday February 17th, 1 – 2:30pm. Join us as author JJ White talks about his book "Nisei". This book is about a Hawaiian born American who after the Pearl Harbor attack must overcome prejudice. RSVP required, call 321-751-6771. Presented by One Senior Place and Cape Canaveral Pen Women Group. Teas by Dragonfly Botanica, sweets by Greystone Health Network.

VA - Aid & Attendance Seminar, Tuesday February 18th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. For more information, call 321-253-1667.

MAC User Group Meeting, Tuesday February 18th, from 6:30 – 8pm. If you have questions about your iPad, iPhone, MacBook or Apple Watch, or you want to know how some apps work, this meeting is for you. RSVP to 321-751-6771. Presented by MAC Mad.

Nutrition and Pain Management, Thursday February 20th, 12 – 1pm. Presented by Aquatic Health & Rehab. Diet/Nutrition, inflammation (what to eat/what not to eat), Alkaline versus Acidity. For more information and to RSVP call 321-253-6324.

Considering Cremation? Seminar Presented by National Cremation, Thursday February 20th, 2 – 4pm. Learn why making cremation arrangements in advance will help your family by reducing the financial & emotional burden. Join National Cremation Society to learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. Lunch is provided, RSVP to 321-751-6771.

Can You Hear Me Now? Lunch and Learn Seminar, Friday February 21st, from 11 – 1pm. This presentation brought to you by Personal Hearing Solutions and industry expert Kaitlyn Lakey with Sivantos. This talk will center on the ways that hearing aids and assistive listening devices can enhance your lifestyle. Lunch provided, must RSVP to 321-253-6310.

Wine and Wellness, Friday February 21st, 6 – 7pm. Presented by Aquatic Health & Rehab. Jump start your life, on your way to health and wealth! For more information and to RSVP call 321-253-6324.

AARP Driver Safety Class, Monday February 24th, 9:30-10:30pm. Designed to help individuals retain their driving competencies, this class has several key objectives that will help you achieve this goal. Cost is \$20 per person or \$15 for members of AARP. To register call instructor Lou Castro at 321-698-2311.

Essential Legal Documents That Provide Peace of Mind, Tuesday February 25th, at 10am. Join the Estate Planning & Elder Law Centers of Brevard to find out what documents are the essential ones everyone should have. What they mean, and how they can provide you some peace of mind.

Brown Bag BINGO with Vascular Vein Centers, Wednesday February 26th, from 1:30 – 3:30pm. FREE to play, prizes and light refreshments. Must RSVP by calling 321-751-6771.

Medicaid Planning Seminar, Thursday February 27th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. For more information, call 321-253-1667.

Social Media Past Your 50's, UCF Seminar, Thursday February 27th, from 1 – 2:30pm. Social Media is a big part of our lives. This talk explores the latest research on the benefits and hazards of social media in people over 50. In this age group, it turns out social media is a lot more beneficial. Call 321-751-6771 to reserve your seat today.

SUPPORT GROUPS

Alzheimer's & Dementia Support Group, Wednesday February 12th, from 2:30 – 3:30pm. The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia. For more information, contact Market Street Residence at 321-253-6321.

Caregiver Support Group, Thursday January 13th and 27th, from 10-11:30am Facilitated by VITAS Healthcare, this support group designed for those looking for safe harbor during the storm when faced with caring for loved ones dealing with dementia and memory loss. Share gentle conversation, care and understanding. For more information, call 321-752-2534.

Loss, Grief & Bereavement Support Group, Thursday January 13th and 27th, from 10-12pm. While the feelings and emotions associated with grief and loss are unique and individual to each person, one often can find comfort from the experiences of others. Registration is mandatory, RSVP to Martin Concepcion at 321-752-2569. Facilitated by VITAS Healthcare.

Pulmonary Fibrosis Support Group, Tuesday February 18th, from 1 – 3pm. Support group for pulmonary fibrosis patients and caregivers. This group meets every 3rd Tuesday for talks, special topics, snacks and friendship. For more information, contact Bonnie Halenkamp at 954-931-0459.

RECURRING EVENTS

Questions About Your Hearing? Personal Hearing Solutions, Every Monday from 9:30-3pm. Sandra Wagner will be on hand to share information & answer your questions about hearing loss and solutions to it for a safe and healthy lifestyle. For more information stop by or call 321-253-6310.

Brevard Users Group (BUG Club), Monday February 3rd, 2:00 - 3pm. The Brevard Users Group (The BUG Club) is a personal computer support group meeting the first Monday of each month with the exception of holidays and special events. This group will offer the basics of learning Windows based computers. For info send email to president@bugclub.org.

Meet & Greet with Courtenay Springs Village, Every Wednesday from 9-12pm. Anna Smith will be on hand to share information & answer your questions about the Courtenay Springs Village lifestyle.

Book Club - Legacy Club, Thursday afternoons from 2 – 3pm. Join us to read thought provoking literature and participate in lively discussions. Sponsored by the Legacy Club. RSVP 321-751-6771 to reserve your seat.

ONE SENIOR CLUB ACTIVITIES Membership \$25 per year New members are welcome!

One Senior Club each Wednesday 9:30-2pm This active senior club meets weekly for board & card games, speakers, monthly birthday celebrations, and much more. Join the fun!

Contact information:
 Audrey Chow-Jones, Client Relations Manager
 One Senior Place, 8085 Spyglass Hill Road,
 Viera, FL 32940
 (321) 751-6771
Audrey@oneseniorplace.com

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the individual who suffers. Whole family structures and dynamics must be adjusted accordingly. There becomes a “new normal.” And the stress that family caregivers experience is a very real and serious issue. Burnout is a problem that we want to prevent.

Studies show that are caregivers need more support. They are not fully able to take care of themselves because of all of the demands they face providing care. While the typical family caregivers in Florida are women over 55 years old, we know that there are also caregivers known as the “sandwich generation;” they are taking care of their children AND other elder loved ones such as parents or grandparents. It is no surprise that most caregivers report feeling extremely stressed about trying to balance their work and family duties and taking care of their household.

We cannot leave our caregivers behind. More can and should be done in our communities. In a nutshell, support, care and understanding are often falling short of their needs, and that is why we are committed to helping through programs like the National Family Caregiver Support Program, DOEA’s Home Care for the Elderly Program, and the Alzheimer’s Disease Initiative, the Dementia Care and Cure Initiative, to name a few.

I thank Governor DeSantis, Lieutenant Governor Nunez and the legislature for their support and funding for essential care programs like respite and adult day care that provide relief for care partners in order for them to stay well and hope to continue that funding as demands rise. Governor DeSantis has recommended significant budget increases for our programs to serve seniors and caregivers, and we know so much good will come from this increased funding.

Our vision is for Florida communities to be places where residents feel comfortable to live through all stages of life. We are proud of our efforts but recognize we still have a long way to go. Until every family caregiver can say that they feel supported and that they have access to the help or services they need, our work is not done. ☺

CREDITORS: All reasonably ascertainable creditors must be mailed a “Notice to Creditors” advising that they have 30 days from the receipt of the notice to file a claim with the court. Other creditors have three months from the date Notice is published in the newspaper to file a claim with the court. If a questionable claim is filed, the Personal Representative has 30 days in which to file an

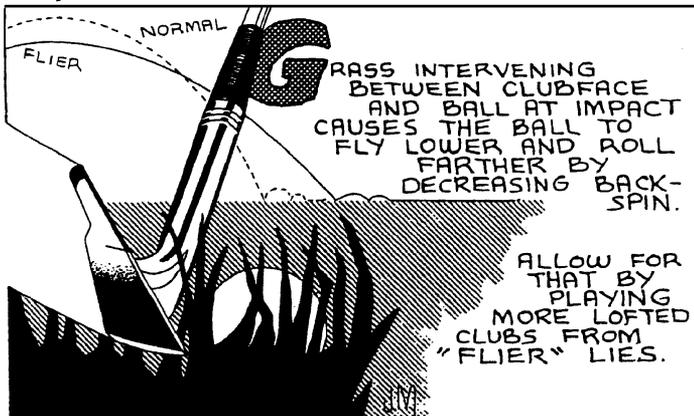


objection with the court. Once an objection is filed, to pursue the claim the creditor must bring an independent legal action within 30 days.

Not all assets in probate are subject to creditors’ claims, including \$20,000 in furniture and appliances, plus two motor vehicles. When the home is going to certain relatives, the court can determine that it is “protected homestead” free of most creditor claims. However, the home is still subject to mortgages on the property, IRS liens, liens for work performed on the property, and real estate taxes.

For further information on estate planning you may be interested in Attorney Truman Scarborough’s Booklet on Estate Planning in Florida. It is available without charge or obligation by calling 321-267-4770. His office is located at 239 Harrison Street, Titusville, Florida. ☺

Play Better Golf with JACK NICKLAUS



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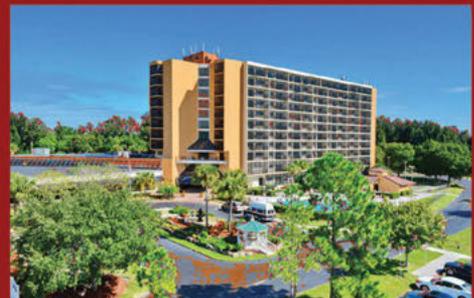
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