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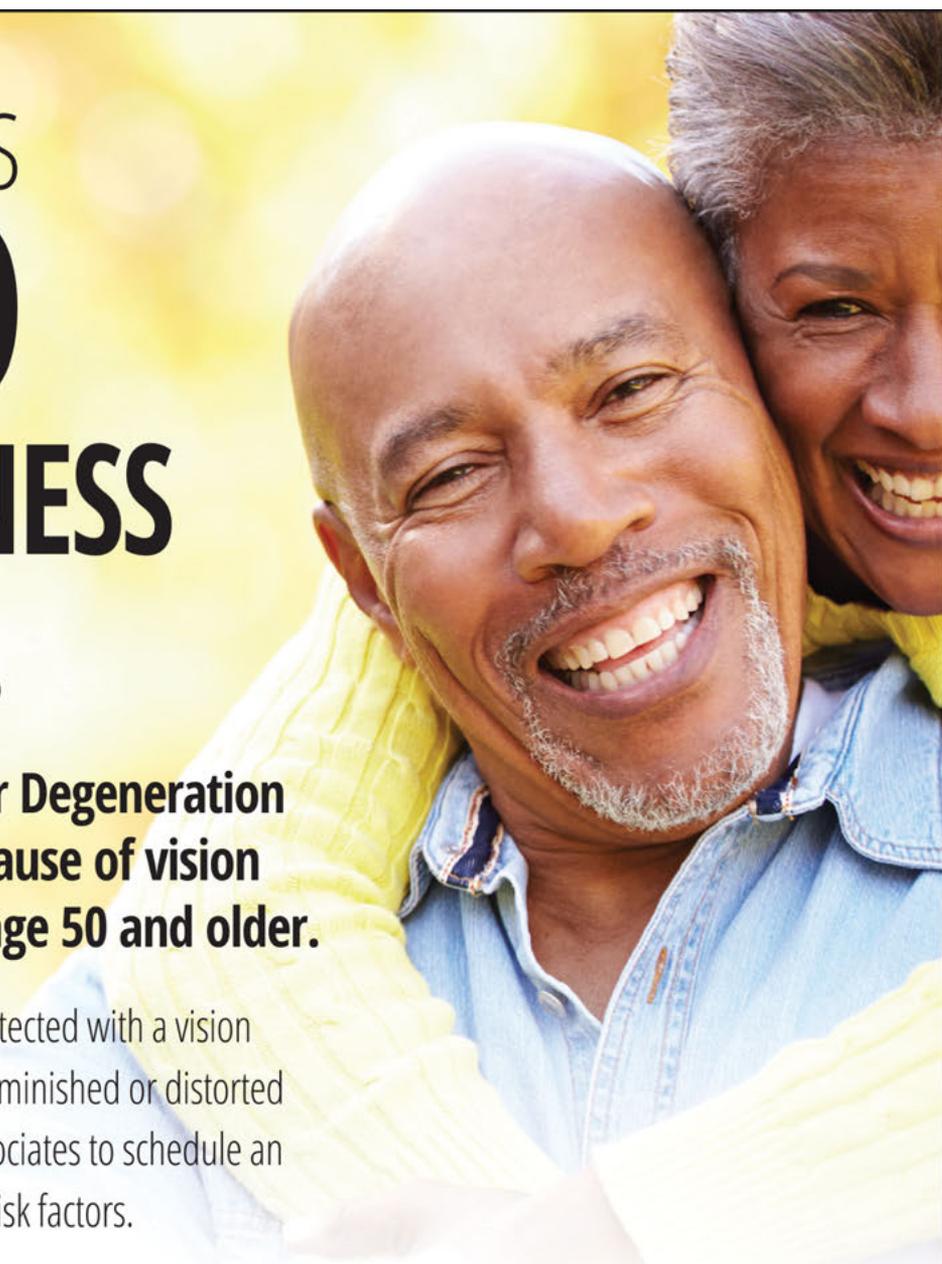
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COVER STORY

- 11 **King Center Season In Full Swing As Renovations Near Completion**



AROUND THE HOUSE

- 16 **All-in-One PC Pitfalls** – Bill Ford
 27 **From the Kitchen of Good Housekeeping**
 51 **Trip to Vet Stresses Pet** – Sam Mazzotta
 59 **Find A Place For Luscious Lantana In Flower Gardens** – Gary R. Bachman



COMMUNITY

- 52 **Community Calendar**
 58 **Calendar Highlights**
 60 **Senior Calendar**

ENTERTAINMENT

- 42 **Crossword Puzzle**
 46 **Sudoku Puzzle**
 48 **Sudoku Solution**
 48 **Crossword Solution**
 49 **Senior Monthly Travel Tips**
 66 **Better Golf with Jack Nicklaus**

FINANCIAL ADVICE

- 13 **What is Probate?**
 – Truman Scarborough
 17 **Senior Fear Factor**
 – Jason Valavanis
 20 **Social Security Column**
 – Blanca Taylor

GENERAL INTEREST

- 12 **Governor Ron DeSantis Promotes a 'Season of Opportunity' in 2020 State of the State Address** – Richard Prudom
 19 **Senior Advocacy** – Joe Steckler
 28 **The Last Naval Battle of the Revolutionary War**
 29 **HELPING SENIORS OF BREVARD NEWSLETTER**
 41 **Mom & Me** – Audrey & Kimberley
 45 **Senior News** – Matilda Charles
 46 **Winne and Warren** – Reverend Jeff Wood
 47 **Veterans Post** – Freddy Groves
 48 **COUPONS & SPECIALS**

NOSTALGIA

- 14 **Pat Priest's Munster Memories**
 – Nick Thomas



- 22 **History of Brevard's South Beaches**
 – South Brevard Historical Society

SENIOR HEALTH

- 18 **Embarrassed to Return to the Dentist After A Long Absence?**
 21 **Breast Cancer, Diet And Risk**
 – Dr. Arvind M. Dhople, Ph.D.
 25 **Associates Spread Love and Happiness on Valentine's Day with Senior Citizens**
 – Health First.
 26 **VNA Answer Nurse** – VNA
 27 **Living Your Best Life!**
 – Greater Palm Bay Chamber of Commerce

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Letter from the Publisher

It seems like we have entered the season for health fairs and expos. As always, we participate in most of these and love to meet so many of our readers. We are constantly amazed at our readers' active life style, community involvement and attention to the world around us. We also enjoy the complements about Senior Scene Magazine and the recognition of our place in the community. Speaking of health fairs and expos, check out the information about upcoming events on page 63.

Have you recently stopped to think what a great place Brevard County is? Great weather, community events, shopping, schools, elder services, on and on. It's so easy to gripe if it goes below 60 degrees or if we get stuck in 5 minutes of traffic. For those of us with roots up North, it's easy to forget about 12 inches of snow or an hour commute. So enjoy what we have here and spread the smile.

Senior Scene is excited to remind our reader about a resource here in Brevard County for our mature residents. We have designed a professional, comprehensive and uncomplicated online product, designed to provide a centrally located Directory of all businesses and services available to our Seniors. Go to www.spacecoastseniorservices.com and enjoy.

Sometimes a diversion is in order and the Space Coast has a lot to offer. Check out our Community Calendar, starting on page 50 for more information. You can look through all of the events, consider a movie, enjoy some comfort food and enjoy March. Remember, as a wise old man once said, LEARN from the Past, PLAN for the Future, but always LIVE in the Present.

See you next month.




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COVER STORY



King Center Season In Full Swing As Renovations Near Completion

To say it has been busy at the King Center for the Performing this season is an understatement. On top of its jam-packed schedule of events, Brevard County's premiere entertainment venue has undergone a dramatic renovation over the past several months.

Visitors will notice a fully redesigned front entrance, a refresh of the main lobby, and a beautifully remodeled Crown Club. In addition, the air conditioning system that cools the L3Harris Theatre—the King Center's main 2,016-seat auditorium—has been repaired.

The King Center is now the coolest place in town. Literally.

And the excitement is not coming to an end anytime soon. With plenty of shows to look forward to this spring and well into the summer months, the community will have a lot enjoy.

Among the household names that will take the King Center stage are Harry Connick Jr. (March 19), Frankie Valli (April 5), and Tab Benoit (April 7).

There are also many great tribute performances on the calendar, such as *Beginnings: A Celebration of the Music of Chicago* (March 22), *Hotel California: A Tribute to the Eagles* (March 26), *The Music of Cream* (April 1), and *A Bowie Celebration* (April 8).

Another can't-miss show, *The Kingdom Choir*, will perform on April 25. Known for their show-stopping performance of "Stand By Me" at the Royal Wedding, the London-based choir will bring their infectious joy and inspiration to Melbourne.

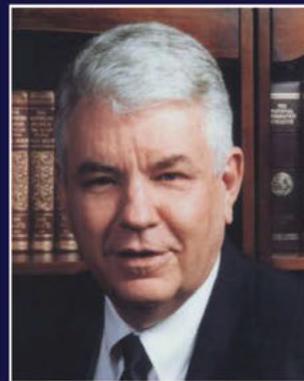
For classic rock fans, get ready for the ever-popular 2020 *Classic Albums Live Summer Concert Series* sponsored in part by Bank of America. Kicking off on May 16 with the *Music of Woodstock*, the series features six performances by the world's best musicians recreating all of your favorite albums.

With so much happening at the King Center, becoming a member of the arts organization is worth looking into. King Center members receive special pre-sale

benefits and advance notice of new shows. Higher level Crown Club members receive perks such as parking passes and access to the Crown Club VIP room.

For a complete schedule of King Center events, information on the membership program and more, visit www.kingcenter.com or call the ticket office at 321-242-2219. Hours are from noon to 6 p.m. Monday through Friday, noon to 4 p.m. Saturday. Ⓢ

ESTATE PLANNING BOOKLET



By Attorney

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Governor Ron DeSantis Promotes a ‘Season of Opportunity’ in 2020 State of the State Address

On January 14, Florida Governor Ron DeSantis presented the 2020 State of the State Address, which looked back at his first year in office and shared his vision for the future direction of the Sunshine State. Invoking explorer Christopher Columbus and his “discoveries” in America, Governor DeSantis told state lawmakers to seek out new frontiers, declaring “there is more out there to achieve for our state – and there is no reason why we can’t seize this moment and deliver for the people of Florida.”

As Secretary of the Florida Department of Elder Affairs (DOEA), I commend Governor DeSantis for his speech and his continued commitment to Florida’s 5.5 million seniors. The Department is grateful for his bold leadership and support as we continue to make the Sunshine State a place for all Floridians, both young and old, to live, work, and play.

This annual speech marked the opening of the Legislature’s annual 60-day session and is the Governor’s second since taking office last year. This last year was focused

on expanding educational opportunities, protecting the environment and natural resources, reforming health care, and investing in infrastructure, whilst also reducing taxes and the Governor said that building on those successes will help Florida continue to grow.

In the area of health care – Governor DeSantis focused his remarks on expanding access to telehealth to repealing antiquated regulations. Governor DeSantis recognizes individuals age differently, and therefore the state’s residents do not each need the same kind of care or services as others the same age. He addressed a major initiative, to provide access to less expensive prescription drugs by bringing in safe, name-brand drugs from foreign markets; specifically Canada. This program can only be completed and implemented with federal approval, and the DeSantis administration has been working with the Trump administration to move forward with the applicable regulations. Yet, there is still a long way to go,

GOVERNOR RON DESANTIS ...continued on pg 66

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What is Probate?

By Attorney Truman Scarborough

This is the third in a series of articles on probate. In these articles, we have been looking at the “Formal” probate process which is required when the decedent died within the last two years and the value of the assets is over \$75,000.

Assets titled just in a decedent’s name without beneficiaries are frozen. No one can sign the deceased person’s name on checks, deeds, etc. A Power of Attorney does not help, since it is effective only while the creator is living. It is similar to an employer – employee relationship. If an employer goes out of business there are no employees.

The process where property is transferred from the decedent to the beneficiaries is called “Probate”. The court creates a legal entity (like a corporation) called the “Probate Estate” and appoints a Personal Representative (executor) to administer the estate. Step-by-step the Probate Court must be shown that everything is proceeding as required by Florida Statutes and Florida Probate Rules. The word “Probate” essentially means “to prove.” You may know that there are no problems with beneficiaries or creditors, but the court does not.



In the last article we looked at the Personal Representative’s responsibilities to beneficiaries and creditors. We will now look at the Personal Representative’s responsibilities for taxes and expenses for administration.

TAXES: The Personal Representative must file the decedent’s 1040 Income Tax Return for income received by the decedent while he/she was living. Income received after the decedent’s death is reported on a separate Tax Return. Because we cannot use a person’s social security number after they have died, the Personal Representative must obtain a tax identification number called an EIN from the IRS. For income earned while the decedent was living, 1099s will show the decedent’s social security number. Income earned after the decedent passed away will show the EIN. A 1041 Fiduciary Income Tax Return is filed for income received under an EIN. There is a substantially higher tax rate on a 1041 than on an individual 1040 return. To avoid the higher tax rate, income can be distributed to the beneficiaries. These distributions are shown on Schedule K-1s, so the income can be reported by individual beneficiaries

on their own 1040 tax returns, rather than on the 1041, avoiding the higher tax rate.

For large estates, the Personal Representative may also

WHAT IS PROBATE? continued on pg 59



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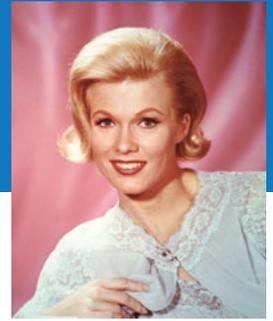


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TINSELTOWN TALKS By Nick Thomas

Pat Priest's Munster Memories



When Universal Pictures assembled the cast of the popular TV series "The Munsters" for the big screen adaptation in the 1966 film "Munster, Go Home!" another actress replaced Pat Priest as Marilyn Munster.

"I was devastated not to be in the film," said Priest from her home near Boise, Idaho. "We were on the set filming the end of the season and the producers sent one of their guys down to tell me. I was 29 and my contract was up for renewal, so I think they wanted a younger actress and didn't want to pay me more."

Priest says fellow cast members Fred Gwynne (Herman Munster) and Al Lewis (Grandpa) "went to bat for me" but "that's just the way it goes in this business."

While her role throughout "The Munsters" series was often small, Priest has always been upbeat about the experience.

"Occasionally, there was a show built around me, but I usually didn't have a lot of lines and I just accepted that," she said.

"On a positive note, I could learn my three or four lines on the freeway on my way to the studio!"



Nevertheless, Priest still has fond memories of working on the show, although there was a brief early encounter with Yvonne De Carlo (Lily Munster).

"She was a major movie star from the 40s and 50s," explained Priest. "My first day on the set the two of us were in a scene together and the director asked me to move forward into the light."

PAT PRIEST'S MUNSTER MEMORIES continued on pg 66

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All-in-One PC Pitfalls

By Bill Ford, *Data Doctors*



The success of Apple's iMac computers that incorporate all of the computer processing components inside of the display led to a large number of Windows-based copycats.

While this form-factor is attractive, it saves space on your desk and reduces the number of wires necessary to make

things work, there are several downsides to consider.

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Less Powerful

The very thing that makes these devices attractive is also what makes them a bad idea. In order to get everything to fit inside of these sleek displays, the manufacturers typically have to use less powerful processors and graphics chips because of the heat they generate.

Heat dissipation is a major issue with any computer, but more so when there is little room for airflow. Manufacturers tend to use the lower-powered chips used in laptops, which are slower than their desktop equivalents. You'll end up with what's essentially an oversized laptop that isn't nearly as portable and often not as powerful.

Anyone into gaming should absolutely steer clear of any type of all-in-one computer, as the graphics chipsets tend to be very low end.

Expensive Repairs

The single biggest reason to avoid this type of computer is the much higher expense should you have to replace any of the major components.

In order to get everything to fit inside the small enclosures, the manufacturers have to create proprietary components. This means that when it comes time to repair the computer, there's only one source for the replacement parts, which means much higher prices vs. standard components.

As an example, if something happens to your display, you're most likely looking at a replacement cost that is so close to a new computer, that it won't be cost-effective. With a standard computer that has a separate display, there are endless options for less than \$100 if you need to replace the display.

Limited Upgrades

Very little in all-in-one PCs can be upgraded – typically only the RAM and sometimes the hard drive - which means as soon as any component isn't powerful enough for your needs, you'll have to buy a whole new computer.

ALL-IN-ONE PC PITFALLS continued on pg 46



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Senior Fear Factor

By Jason ValaVanis, CFP®, ChFC
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In my 28 years working with the retirement community, I have discovered one common element of fear or anxiety that resonates heavy among our Seniors. This primary concern is not obvious until I get to meet them and begin a discussion. In America, Seniors are clobbered by a host of ongoing real problems. Yes, we have a great standard of living in our Country, but it doesn't come free. Our golden generation, the Seniors, are worried about everything: their physical health, Alzheimer's disease, aging, rising prices, politics, Medicare, Medicaid, housing, mobility, their children and grandchildren, etc.. The list goes on and on.

But one specific issue is the most common among almost every Senior I meet; Living too long. What? Common sense would suggest that living a long life is a good thing. With the recent accomplishments in science and medicine, coupled with the increase in the standard of living for everyone, aging into the 80s, 90s and beyond can expose another real problem. Yes, the anxiety of aging includes the notion of physical and mental deterioration. Understandably, more fear is present in the greater notion; being frail and vulnerable whilst having no more money. Once broke, their ability to purchase their comforts and personal maintenance the way

they see fit is now permanently gone. With this idea, they ask themselves these three questions:

1. Will I outlive my money?
2. If I run out of money, what will happen to me and where will I live?
3. Will I become a burden to my children or others?

Today's Seniors were raised in a much different time. Through the early and mid 1900s, children were trained to be industrious and independent, unlike today's teenagers who live on the couch and play video games posing as modern-day free-loaders, moochers and complainers. Our Seniors today were cut from a completely different cloth. They don't want any baby sitters or care takers giving them a hard time. They worry about losing their independence and especially their life savings - plain and simple.

With inflation, increases in investment risk and the historically low interest rates, there seems to be no place to invest like in the past. Retirees are searching for investments that meet the golden four objectives: safety, tax management, growth & liquidity. It is increasingly difficult to lasso all four benefits into one or two investments that allow the Senior investor to feel relieved of their number one fear - "outliving my money!".

SENIOR FEAR FACTOR continued on pg 45

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Embarrassed to Return to the Dentist After A Long Absence?

Embarrassed, since it's been awhile since you've seen a dentist? When people start to think it might be a good idea or time for their dental check up, they are probably due, or many times overdue.

If you don't have a dentist that you've visited regularly, or for a while, you may be worried about what they may find. Many people are frankly just plain embarrassed. Another concern is they don't want to be lectured. People are so overly busy in today's society that they simply forget to have regular dental exams and checkups.

Seniors are sometimes bogged down with multiple doctor visits, that they become overwhelmed with their aging teeth, gums and dental problems.

The most important thing is that you have finally decided to go, whether it has been more than a year, five years, or even ten years. It is of utmost importance to have a dental check up and X-rays for your overall health. A dentist may be the first to spot serious health problems like oral cancer and other

systemic conditions. The dentist will help you get back on track to a healthy dental lifestyle and prepare a treatment plan to meet your dental concerns.



Tooth decay and gum disease are two of the major concerns your dentist will look for and diagnosis, before they become serious and require invasive and costly dental treatment.

Simply stop putting your visit to the dentist off! The days of dental lectures are over, as modern day dentists have moved away from anxiety-inducing visits of placing the blame on patients. Dentists

understand that dental health is affected by the environment and hereditary factors.

Today's dentists' goal is to help patients achieve their optimal smile, and more importantly their full dental health. The more positive the dental visit and experience is with patients, the more likely a patient is to return for their follow up visits and achieve the dental care needed. Ⓢ

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Senior Advocacy

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

After months of anticipation, it is now official – Helping Seniors will sponsor a new Senior Advocacy Group at Zon assisted living facility, located at 1894 South Patrick Drive in Indian Harbor Beach. Join us the first Tuesday of each month from 10:00 AM until noon. The first meeting will be March 3, 2020. To make your reservation, please call Kim at 321-473-7770.

It is imperative that seniors unite to determine their own future. We have seen state and local elected officials vote to eliminate or transfer funds intended to help seniors. For the past decade Florida legislators have been raiding the Sadowski Fund, moving \$1 billion in funds meant to build affordable housing over to the general revenue portion of the state budget. Will we continue to let those we elect make decisions that adversely affect seniors?

Speaking of the state budget, I call your attention to the recent State of the State address by our Governor; if there was a mention of seniors anywhere in his talk, I failed to hear it. I have to admit that I am hard of hearing, but for that talk I had my hearing aids in and the TV turned up to hear any mention of seniors – which I did not.

You have read my comments about our County Commissioners defunding local nonprofits. Nonprofit funding in Brevard was once \$1 million annually, but times change and so do Commissioners. Although seniors are a rapidly growing segment of our population, programs and funding to assist seniors are not in place.

I do not think that our state or county is working to address problems caused by a rapid growth of seniors, problems that will only intensify as the population increases. Would it surprise you to know that we have more than 50,000 people on Medicaid waiting lists in Florida? Neither national nor state resources can resolve the issue without local support.

In 2015, Helping Seniors joined forces with community volunteers to survey thousands of seniors



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in Brevard County. Based on the results of that survey, we compiled a paper and presented it to the County Commissioners for action. Nothing was heard from that effort, but now we intend to pick up where we left off. Our goal is to spearhead work with the County Commissioners to develop a senior plan for Brevard County.

Sixty years ago I never envisioned writing columns like this. I was young, and what happened to seniors was not a concern to me. Now I can see that thinking about seniors is critical in places like Brevard where seniors make up almost half the population. We can and should do

better for those who need affordable housing, assistance with prescription drugs, ramps, and other things affecting an older population.

Call 321-473-7770 and reserve your spot for the first meeting of the Senior Advocacy Group.

Contact Helping Seniors at 321-473-7770, at www.HelpingSeniorsofBrevard.org, or at P.O. Box 372936, Satellite Beach, FL 329 

Get Your Social Security Benefit Statement (SSA-1099 / SSA-1042S)

By Blanca Taylor, Social Security Public Affairs Specialist

Tax season is approaching, and we have made replacing your annual Benefit Statement even easier. The Benefit Statement, also known as the SSA-1099 or the SSA-1042S, is a tax form we mail each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received from us in the previous year so you know how much Social Security income to report to the IRS on your tax return.

If you live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and get an instant, printable replacement form using your personal my Social Security account at www.socialsecurity.gov/myaccount. A replacement SSA-1099 or SSA-1042S is available for the previous tax year after February 1.

If you already have a my Social Security account, you can log in to your account to view and print your SSA-1099 or SSA-1042S. If you don't have access to a printer, you can save the document to your computer or email it to yourself. If you don't have a my Social Security account, creating one is very easy to do and usually takes less than 10 minutes.

If you're a non-citizen who lives outside of the United States and you received or repaid Social Security benefits last year, we will send you form SSA-1042S in the mail. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI) benefits.

With a personal my Social Security account, you can do much of your business with us online. If you receive benefits or have Medicare, your personal my Social Security account is also the best way to:

- Request a replacement Social Security number card (in most states and the District of Columbia).
- Get your benefit verification letter.
- Check your benefit and payment information.
- Change your address and phone number.
- Change your direct deposit information.
- Request a replacement Medicare card.
- Report your wages if you work and receive Social Security disability insurance or SSI benefits.

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UPCOMING EVENTS

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!

14th Annual Key West Holiday Trip - November 29th - December 2nd, 2020 - \$571 per person based on double occupancy and \$809 for single - trip includes roundtrip motorcoach,

3nights accommodations at Fairfield Inn and Suites with breakfast daily, lunch on travel days and dinner first night in Key West. On Monday evening we will do the Sunset Catamaran Cruise with live music, food and drinks. Deposit of \$100 per person due by June 1st, this trip sells out every year, I already have 12 people deposited before posting this!

Tarpon Springs Tuesday, April 21st - \$79 - trip includes 45 minute boat ride with sponge diver, lunch at Mama's then enjoy the shops of tarpon Springs. Maximum of 49 seats per boat. Sign up by April 1

NEW Carnival Mardi Gras - November 21st-28th - **our rates are \$200-300 less per person** than currently being sold for. Be the first to ride the roller coaster at sea plus no cooking on Thanksgiving! Deposit of \$250 per person due now get your space before it is gone!

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Breast Cancer, Diet and Risk

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

Have you ever said “no thanks” to a tempting dessert or eaten only salad for lunch because you were trying to cut back? If so, you are among many women who try every day to protect their health by eating right. Expert nutritionists recommend eating mostly vegetables, fruits, and whole grains. And less red meat (beef, pork, and lamb), less processed meat (bacon, luncheon meats, and hot dogs), and fewer sweets. A healthy diet can help reduce the risk of heart disease, diabetes, stroke, and certain cancer types.

The U.S. Centers for Disease Control and Prevention had released a report in October 2018 on cancer and obesity, highlighting that cancers associated with overweight and obesity, including thyroid, liver, kidney, and ovarian cancer, constitute 40% of cancers diagnosed in the U.S.A., with over 630,000 diagnoses in 2015 alone. Disparities between sexes as the rates of cancers associated with obesity are especially stark, with 55% of all cancers diagnosed in women being associated with overweight and obesity, compared with only 24% of cancers in men.

A healthy diet can also help you get to and stay at a healthy weight. Overweight and obesity increase the risk for getting breast cancer (according to the American Cancer Society).

What’s less clear is the link between breast cancer and any one food type. Many studies about foods and breast cancer risk have had different results, but no clear-cut answers.

Many studies have found that breast cancer is less common in countries where the typical diet is low in total fat, low in polyunsaturated fat, and low in saturated fat. But most studies that looked at the amount of fat eaten by women in the United States did not find a link to breast cancer risk. This could be because women in countries where breast cancer is less common also have other differences besides the amount of fat they eat. Those differences may include how much physical activity they get, what else they eat, and genetic factors.

So far, no study has shown that taking vitamins reduces breast cancer risk. Dietary supplements are not regulated like medicines in the United States – they do not have to be proven effective (or even safe) before being sold, although there are limits on what they are allowed to claim they can do. Food is the best source of vitamins and minerals. If you take vitamins or are thinking about starting, you should talk to your doctor about it.

BREAST CANCER, DIET AND RISK continued on pg 58

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History of Brevard's South Beaches

By South Brevard Historical Society

Seeking a quiet place to settle and begin a new life after fighting in the Civil War, former soldiers traveled along the Indian River Lagoon seeking to settle along its shoreline on land that they thought would serve them well. Of the many sites developed during the late 1800's two of the more interesting sites are known today as Honest John's Fish Camp and Oak Lodge.

Leaving Georgia for Florida in 1887, brothers Robert Toombs Smith and Charley Smith spent the last leg of their trip sailing along eastern shore line of the Indian River Lagoon to the mouth of mullet creek where they laid claim to 159-acres. The brothers cleared the land by hand for a house and for an area to grow produce which would be their business. Using local materials such as heart pine for siding and floors and coquina for pilings, they built a 2-story house which still stands today. The family grew and shipped produce until Robert's third son, Honest John, changed the family business to commercial



fishing. Today the homestead is known as a great place for fishing and kayaking <http://www.honestjohnsfishcamp.com/>.

In 1800-1801, Oak Lodge was built on the eastern shore of the Indian River Lagoon (opposite of what is the city of Grant today). Charles Latham purchased the 164-acre property and then had a ten room wood structure built to

house scientists who came to the area to study the plants and animals. He and his wife Frances lived on the property and often participated in the research. A fire destroyed the building in 1893. The second building burned during the night in May of 1910 which was especially memorable as Halley's comet was visible in the sky above the burning building as one looked from the western shore.

Please visit the South Brevard Historical Society's website (<http://www.southbrevardhistory.org>) for further information about Brevard's history and local events. ☺

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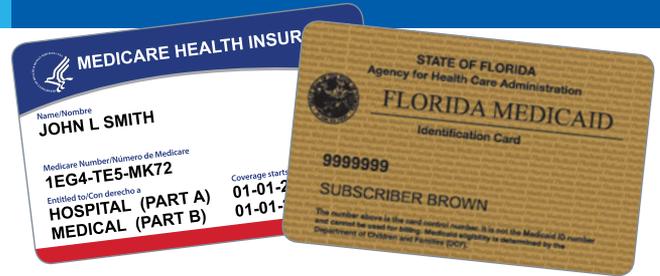
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Associates Spread Love and Happiness on Valentine's Day with Senior Citizens

Health First Health Plans Associates Volunteer to Serve Around 75 Trinity Towers South Residents with a Full Complimentary Breakfast and More

Health First

It was a room filled with love – and a lot of it to go around. For Joann, Valentine's Day was a little different inside the Trinity Towers cafeteria this year. Table after table, residents filled the empty seats to celebrate the special day with Health First Health Plans associates who had one goal in mind – to bring joy and happiness.

Joann, a Trinity Towers resident, witnessed those warm and welcoming feelings firsthand as dozens of associates volunteered to serve around 75 residents a full complimentary breakfast.

Valentine's Day was made even more special when the volunteers also helped them with arts and crafts. Together, they decorated their individual Polaroid pictures into a Valentine's Day picture frame to hang on the fridge or give to a loved one.

Joann said the experience of others having a big heart and giving back is what she'll cherish forever.

"I'm completely overjoyed," Joann said.

Along with Valentine's Day, Joann now has two special holidays to look forward to each year, thanks to Health First.

"It's really great because Health First comes around Christmas, too, to give back, so we have a lot of good times here," she said.

Wellness and health reaches far beyond hospital doors. Its impact is felt in a variety of ways throughout the surrounding communities, and Health First strives to make it its sole purpose.

"Our goal is to be a leader in the community when it comes to health and wellness," said Bryan Jones, Health First Health Plans Director of Member Engagement. "Putting the message that we're here to support everyone is really important to convey to the community." (S)



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Medication Safety

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.

My husband and I take a lot of different medications. Recently, he accidentally took my morning meds and ended up in the emergency room. It seems with each doctor's appointment, something is added, changed, or taken off our individual regimens. It's overwhelming. How are we supposed to stay organized?

As seniors we often take multiple medications. We're at a higher risk of drug interactions and negative side effects. As we age, we begin to suffer from loss of vision and memory. We even have issues when it comes to swallowing. Here are some easy at home tips to stay organized and make your medication regiment easier.

Tip #1: Vision Problems

Your pharmacist can provide large print prescription labels. Labels can even be printed in braille. Depending on the company, a talking medication system may be available which provides microchipped labels on bottles. With a "reader" you scan the label to hear all the relevant information: medication name, prescription number, pharmacy information, warnings, and any additional information.

Tip #2: Memory Loss

Depending on the severity of the memory loss, use a pill organizer that provides for morning, afternoon, and night pills.

After a pill organizer, the second most helpful tip offered was to keep a checklist of your medication regiment next to your pills, especially if you have pills you take morning, noon, and night. Some individuals offer that setting an alarm is helpful especially meds that are prescribed short term due to surgery or a procedure.

Tip #3: Swallowing

Talk to your doctor right away if you have trouble swallowing. Your doctor will assist by evaluating your medications and determine the best method for taking what you need. You may be prescribed capsules instead of tablets or prescribe medication that can be taken in different doses. Your doctor must be consulted for the appropriate methods of taking all prescribed medication. Never crush or break a capsule or tablet for mixing with food or drink. Never chew any medication. Some medications are long-acting formulas, be released to soon, and either make the person very sick or the medication won't work as prescribed.

Tip #4. Track Prescriptions

If you're managing multiple prescription medications, consider taking advantage of an online tool or app to store and track prescription information.

VNA: MEDICATION SAFETY continued on page 57

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Pepper and Egg Sandwiches

Add an instant taste of summer to savory winter dishes with a peck of bright peppers. When you can't -- or don't have time to -- grill them yourself, grab a 12-ounce jar off the pantry shelf, drain well and chop, and try them in this quick recipe.

1 large sweet onion, chopped
8 large eggs
Red peppers
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
4 ounces (1 cup) provolone cheese, shredded
4 (6-inch) hero rolls

1. Spray a 12-inch nonstick skillet with nonstick spray; then heat on medium 1 minute. Add onion and cook, covered, 10 minutes



or until lightly browned, stirring occasionally.

2. Meanwhile, in bowl, whisk together eggs, salt and pepper. Add red peppers to onion in skillet. Pour eggs over vegetables; cover and cook 8 minutes or until almost set, stirring occasionally. Sprinkle with provolone cheese; cover and cook 2 minutes or until cheese melts. 3. Spoon egg mixture into split hero rolls. Serves 4.

Vegetable Fritters

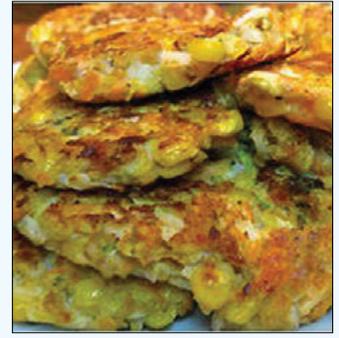
1 large carrot
1 medium (10-ounce) zucchini
1 medium (10-ounce) yellow straightneck squash
1/3 cup all-purpose flour
1/3 cup freshly grated Parmesan cheese
1/2 teaspoon salt
1/8 teaspoon ground black pepper

1 large egg
1/2 cup vegetable oil

1. With course shredder, shred carrot, zucchini and squash. Pat vegetables very dry with paper towels.

2. In medium bowl, mix shredded vegetable with flour, Parmesan cheese, salt, pepper and egg.

3. In 10-inch skillet, heat oil over medium heat. Gently drop one-eighth of vegetable mixture at a time (1/4 cup) into oil in skillet,



flattening slightly to about 3 inches around.

4. Cook 3 fritters at a time, turning once, 5 minutes, until golden brown. With pancake turner, transfer to paper towels to drain. Keep warm in low oven while cooking remainder. Makes 4 accompaniment servings.

* Each serving: About 245 calories, 18g total fat (4g saturated), 60mg cholesterol, 450mg sodium, 15g total carbohydrate, 8g protein.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/. (c) 2020 Hearst Communications, Inc. All rights reserved

Living Your Best Life!

Living your best life involves our overall health and the important choices we make along the way. The lifestyle we choose can have a real impact on our future health... many times an accident or illness puts us in a position where education and accurate information is an absolute necessity in making the best decisions. As we age, knowing our options becomes so critical in choosing the services and care that meets our specific needs! In all these circumstances, it is what we know and who we can trust that plays such an important role in our decision making process.

The Lifestyle, Health & Wellness Expo is a day to focus on living your best life! Hosted by the Greater Palm Bay Chamber of Commerce, it is happening at the Melbourne Square Mall, Center Court (in front of Dillard's) on Saturday, March 14th from 10:00 am to 3:00 pm. The event is FREE and Open to the Public. Throughout the day, expert panelists are scheduled to speak on various Lifestyle, Health & Wellness topics such as Chronic Illness, Nutrition, Elder Law, Dementia, Medical Cannabis, Senior-Life Transition, Financial Health, Mental Health, Pain Management, and much more. Some of the guest speakers include Amy Gill, ARPN at Vitas HealthCare discussing End of Life Decisions; Jennifer Helin of Seniors Helping Seniors and



Beverley Squire-Wiggins of Home Instead sharing about aging at home and next-step options; Cynthia V. Hall of Van DeVoorde Hall Law informing attendees about Elder Law, Wills, Trusts, POA, Health Care Surrogates, etc.

The Expo will kick off with a Wellness Walk at 10:00 am offering free pedometers to the first 300 participants and the chance to win great prizes! Attendees will be given the opportunity to ask questions and receive FREE health screenings, demonstrations and information from over 50 Health Industry suppliers and the experts. Some of the FREE screenings include blood pressure readings and blood glucose checks. In addition, Dillard's will be putting on a Lifestyle and Fitness Fashion Show in the afternoon! It will be a day committed to education and awareness to give you the tools you need to LIVE YOU BEST LIFE!

For more information, please contact the Greater Palm Bay Chamber of Commerce at 321-951-9998 or go to www.greaterpalmbaychamber.com.

The Last Naval Battle of the Revolutionary War

While Florida was still a Spanish Colony, Naval Battles were common between British and American/French Frigates off the entire Atlantic Coast. For many decades the national organizations whose members have to have had ancestors who fought in the American Revolution — The Sons (SAR), Daughters (DAR) and Children (CAR) of the American Revolution have held annual ceremonies related to highlights of our War of Independence from the United Kingdom. One such milestone has been the Last Naval Battle which took place only days before Lord Cornwallis surrendered to General Washington at Yorktown, Virginia.

The fierce but very short battle was of major importance to the American Army and Navy since the American ships had a precious cargo of 72,000 Spanish Silver Dollars being taken from Havana, Cuba to Philadelphia to pay Continental Army troops who had been fighting for weeks without pay. The money got through with the help of a French allied Frigate and some good sailing by the American Captains. Decades ago, inside the Kennedy Space Center an historical marker was erected to mark the event and small groups began to have ceremonies on or near the March 10, 1783 date of the battle.

By the late 1990's after the Veterans Memorial Center was constructed on Merritt Island, the sign and a facsimile cannon were moved from the Cape to the VMC. Every year since, SAR, DAR and CAR units gather from many cities around Florida and the southeast to conduct a Massing of Colors and Laying of Wreaths to mark and

honor the event and the sailors who participated. The 2020 Commemoration is expected to be the biggest yet with over 35 units expected many in Revolutionary War era garb as the story is retold. This year the National President General of the SAR is expected to attend and will share the stage with the modern American Navy and a Guest Speaker from the Cape Canaveral based Naval Ordinance Test Unit (NOTU. It will be a great event and a chance to relive history. The public will be welcome and no one will be impressed into naval service. Contact the VMC for more information on 321-453-1776 for more information.

The Last Naval Battle of the Revolutionary War The 237th Commemoration



*Veterans Memorial Center— Merritt Island
Saturday, March 7, 2020 (10-11:30 am)*

Parade of Flags - Registration by LMB 0930

*Sponsored by Brevard Chapter of the Sons of the
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*Featuring the National President General of SAR and
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Contact the VMC for more info: 321-453-1776

*✶ The battle took place south of Cape Canaveral on
Mar 10, 1783. Three British ships attacked two Continental
Navy ships. In less than 1 hour, one British ship broke off
from the battle and fled. The Americans resumed their
mission.*

For more information about contact Donn Weaver at the Veterans Memorial Center on Merritt Island on 321-453-1776. ☎

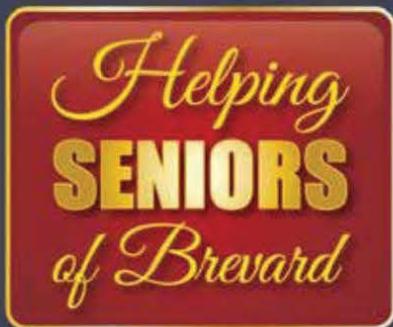


Helping Seniors Of Brevard

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Issue

Special Pull-Out Newsletter



If you are a SENIOR searching for assistance in finding services for Health, Household, Financial, Legal or Other Needs,

**CALL:
321-473-7770.**

HelpingSeniorsofBrevard.org



President's Message

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

Greetings,

When asked what I have done at different times in my life, I have broken it down into 18 years before Navy, 36 years in Navy, and 32 years after Navy – the last part spent here in Brevard. I have enjoyed watching our county grow, but there is much more growing to do. We must develop an Aging Plan that can identify and support senior needs.

For several years I have taken calls from seniors who have asked about affordable housing. My answer has been limited to several locations, all of which have lengthy waiting lists. This is not a satisfactory answer to a person 80 years old living on a fixed income of \$1,100 a month, who could easily become homeless and another woods occupant.

This is a real situation, folks, and why Helping Seniors has started a new Senior Advocacy Group that will meet every first Tuesday of the month at 10 AM at Zon Assisted Living Facility, located at 1894 S. Patrick Dr. in Indian Harbour Beach. To help identify and plan solutions to problems that affect seniors, call Kim at 321-473-7770 and reserve your spot.

I encourage you to listen to our weekly radio show broadcast live from WEJF 90.3 FM every Wednesday at noon. We talk about issues important to seniors. Affordable housing has been a topic we have discussed for several years but nothing has been done about it. We elect people to represent us, but seldom do we hear anything about seniors. The state budget keeps increasing, while legislators raid funds developed to build affordable housing to pay for it. Such actions must be stopped if we are to ever solve the affordable housing problem.

If we seniors are to help ourselves, then we need to be involved in identifying and proposing solutions to the problems that affect us. To see how you can participate, call Kim at 321-473-7770 to RSVP for the first meeting of the new Senior Advocacy Group. If you want to solve a problem then be part of the group working to do that. Call Helping Seniors today.

Joe Steckler
Elder Advocate



Helping Seniors Of Brevard



Transitioning to the Next Chapter

Debbie Beard, SRES® Broker/Owner of Brevard Relocate Realty Group



Kim's Corner

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



Preferred Estate Sale Partner Compassionate Downsizing 4 Seniors

In honor of Dr. Seuss' Birthday Month, here are a few options as you transition to your next chapter:

Will it be a condo or independent living?

Will you move in with your children or be in assisted living?

Where do you start?

It's not for the faint of heart.

Take one room at a time.

Your experience will be sublime.

What will you take?

What will you leave?

What will you give because it's outlived?

What will you donate?

What will you sell?

My, oh my, it's so hard to tell.

That's where Compassionate Downsizing 4 Seniors comes in.

To relieve your stress and worry and get you all settled in.

To discuss your transition options and develop a customized plan for your move, contact Compassionate Downsizing 4 Seniors, your local member of the National Association of Senior Move Managers, at 321-576-2147 or online at www.cd4s.net.

The NASMM community compromises 1,000 move managers across the U.S. and Canada to ensure a seamless long distance move if needed. We are licensed, insured, and bonded.

We are off to a great new year here in the Senior Resource Center, and in my corner many new and sometimes unheard of requests have come through the Senior Helpline. This story in particular has touched my heart.

One day I received a phone call from an elderly lady who has called our Senior Helpline before. This time she called to say she had lost her best friend, a woman she has known since the age of eleven. Although she knew about her passing, she had no way of knowing the location of her friend's final resting place.

Her request was for me to help her locate her best friend. There was one thing she did know, the name of someone she believed to be a social worker at the long term care facility where her friend used to live.

Immediately I called the facility and was successful in contacting this individual she believed to be a social worker. It turns out she is not a social worker but a guardian. My caller's best friend had been cremated and is resting in a local cemetery.

I called her with the news, and let her know that she will be presented with a small urn of ashes on behalf of the guardian. Although she was sad for her loss, she couldn't be happier that her best friend is now at peace.

Be on the lookout for more stories from yours truly,

Kim

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



Don't Jump too Fast to Antibiotics

*Lee Sheldon, DMD, PA
Solid Bite*

Over 90% of the flu and cold season diseases are caused by viruses. Yet, we often ask our doctors for antibiotics. Viruses do not respond to antibiotics. So, in an effort to get better faster, we're asking our doctors for medication, an antibiotic, that won't help us get better faster. The results are that we are taking a medication that won't help us and may produce side effects that make it more difficult for us in the long run.

There is a great article by Dr. Ross Albert that we can all find on the Internet. It shows us what works and what doesn't in very clear language. Another useful article is by Dr. Scott Kinkade. Both are online in *American Family Physician*.

Let me give you some common points. "Antibiotics should not be used routinely in the treatment of acute bronchitis." Some items that do have an evidence base (A=consistent, good quality patient-oriented evidence; B=inconsistent or limited-quality patient-oriented evidence; C = consensus, disease-oriented evidence, usual practice, expert opinion, or case series.) Antitussives (dextromethorphan, codeine, hydrocodone) in patients six years and older=C (over the counter), Beta-agonist inhalers in patients with wheezing=B (prescription), High-dose episodic inhaled corticosteroids=B (prescription), Echinacea=B (health food store), Pelargonium=B (health food store in some "natural" cough medicines), Dark honey in children=B. Reference: ROSS H. ALBERT, MD, PhD, Hartford Hospital, Hartford, Connecticut, *Am Fam Physician*. 2010 Dec 1;82(11):1345-1350.

The typical cold lasts ten days. Acute bronchitis from that cold can last as long as three weeks. Getting the support that you need can reduce your symptoms as your body heals.



A Touching Hospice Wedding

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

One of the underlying considerations for patients and families who choose hospice care for a seriously ill loved one is time—time for comfort, closure and quality of life in the time that remains. Recently, VITAS staff at one of our inpatient hospice units (IPU) made sure that a family member's wish came true...within 24 hours.

Shortly after patient Tracy was admitted to our IPU on a Wednesday, daughter Jessica asked our social worker Leigh Ann: Would it be possible to hold her wedding, originally scheduled two months out, in the IPU on Sunday? She wanted her mother to be present.

"Trust Me, Honey. We Can Get It Done."

Leigh Anne, who knew that Tracy's health was precarious, suggested a Friday wedding with this reassurance: "Trust me, honey. We can get it done. It will be a team effort."

Within 24 hours, Leigh Anne baked a three-tier wedding cake, IPU staff handled decorations, the cook prepared a buffet, a nurse took photos, a funeral home donated flowers and a judge signed the marriage license. Jessica and Jacob were married in Tracy's room on Thursday. Tracy died peacefully three days later.

"Without a doubt, this is the most gratifying job you'll ever have, even in the midst of all this sadness," says Leigh Anne. "When you do something for someone with no expectation that they have to do anything in return, it's a very gratifying feeling."

For more information about end-of-life care services, call VITAS Healthcare at 321.339.2893 or visit VITAS.com.





Your Aging Eyes

Dr. Aggarwal
Board Certified Ophthalmologist
The Eye Clinic & Laser Institute



Legislation Addresses Guardianship Abuses

William A. Johnson, P.A.
Elder Law Attorney

Age-related macular degeneration, cataracts, diabetic retinopathy, glaucoma, dry eye, and low vision are some eye diseases and conditions that can affect older adults. One in six Americans age 65 and older have a vision impairment that cannot be corrected with glasses or contact lenses.

Eye disease risk increases with age, yet many older adults neglect to see an ophthalmologist for care. Early detection and treatment is imperative to saving sight.

If you are age 50 or older, make a point of visiting your eye care professional annually. Having a dilated eye exam every year can help detect age-related eye diseases in their early stages.

In addition to seeing your eye doctor yearly, here are some tips for healthy vision: stop smoking, eat a diet rich in green leafy vegetables and fish, exercise, maintain normal blood pressure, wear sunglasses and a brimmed hat anytime you are outside in bright sunshine, and wear safety eyewear when working around your house or when playing sports.

The Eye Clinic and Laser Institute has four locations throughout Brevard County and perform all surgeries in our Ambulatory Surgical Center located in Merritt Island. If you feel you may have a cataract(s) or need an annual eye exam, call us at **(321) 453-3937** to schedule an appointment or visit us online at www.youreyeclinik.com.



The Florida Legislature is proposing legislation that would address the alleged abuses by professional guardians. Senate Bill 994 filed by Senator Passidomo (R-Naples) and House Bill 709 filed by Representative Burton (R-Lakeland) has gained traction and will most likely pass this session. These bills make changes to Florida Statute 744 (Guardianship) to address the perceived abuses by a few “bad apple” professional guardians. These changes fall into four main categories.

First, the guardianship statute would be amended to prohibit guardians from executing Do-Not-Resuscitate-Orders (DNRO) without first obtaining a court order. This requirement would not affect existing DNROs executed prior to the establishment of the guardianship. The procedure for a guardian to obtain a DNRO is still being discussed. A few amendments have been added to the bills to address the question of how fast a DNRO can be obtained. This is to prevent having a ward who is dying from having to be needlessly and constantly resuscitated during the interim period while the guardian is trying to obtain the court order.

Second, professional guardians would be prohibited from petitioning to be appointed on their own behalf. In other words, another interested party would need to petition to have a professional guardian appointed.

Third, professional guardians would be required to disclose all conflicts of interest including prior or existing relationships with the examining committee members, the judge, or the attorney for the alleged incapacitated person.

Lastly, professional guardians will be required to disclose all remuneration received from any source related to the alleged incapacitated person or ward.



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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.

The Helping Seniors 2020 Car Raffle

- (1) Choose the car you like!
- (2) Get your Car Raffle tickets!
- (3) Save the Date: April 25th
- (4) Join us for Grand Drawing!

Get Tickets Today

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Tickets also available at all
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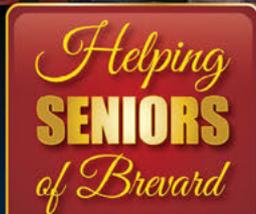
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Grand Drawing Event - 6pm-9pm April 25th 2020
at the American Muscle Car Museum
(need not be present to win - but your Car Raffle ticket is "Admit One" - so plan to join us for a great evening!)

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





Avoiding Guardianship

*Gregory J. Schwendeman, Esquire
The Law Office of Amy B. Van Fossen, P.A.
Melbourne, Florida*

It is difficult to watch your parents age. They raised you, loved you, and took care of you. Now, you find yourself taking care of them; helping to manage their daily needs. But do you have the legal tools necessary to help manage their legal, financial, and medical needs?

What are the legal tools necessary to help Dad? The Courts look for the “least restrictive means”; they look to see if Dad executed a Durable Power of Attorney, a Living Will and Healthcare Surrogate, and a Preneed Naming of Guardian.

A Durable Power of Attorney is created while Dad still has the ability to make his own financial, legal, and healthcare decisions. A Durable Power of Attorney is a written document that permits Dad to choose who will make his financial, legal, and health care decisions when he cannot. Be careful, the Durable Power of Attorney law in Florida changed substantially in 2011, so make sure Dad’s Durable Power of Attorney is both up-to-date and comports with the changes.

The Living Will & Designation of Healthcare Surrogate allows another individual to make health care decisions for Dad, should he become incapacitated. And, if Dad ever does need a guardian, he can plan in advance and nominate whomever he trusts in the Preneed Naming of Guardian.

Properly prepared and executed, these documents can bring peace of mind to Dad and save possibly thousands of dollars. If Dad cannot execute legal documents, you may need a guardianship. Call us for details-321-345-5945



It's Pneumonia Time

*Traci Graf, RN
AVID Home Care*

It’s that time of year again...the winter months have the highest incidence of Community Acquired Pneumonia (CAP), which is only one of 30 different types! Unfortunately it is the most common type, is highly contagious, and is a leading cause of death among adults.

CAP is responsible for over 4.5 million ER and outpatient visits annually. It is the second most common cause of hospital admissions. The incidence among older adults is 2000/100,000 in comparison to all ages at 650/100,000 each year and surprisingly 9% of all cases are re-hospitalized within the same year!

Pneumonia happens when the air sacs that line the lungs become filled with fluid or pus, and an infection starts. The cause can be bacterial, viral, or fungal and can be extremely debilitating to even a healthy senior.

The most common comorbidities placing people at higher risk for developing pneumonia are COPD followed by congestive heart failure, diabetes, and strokes. At highest risk are adults older than 65, kids younger than 2, smokers, and people with compromised immune systems.

A few facts about the different types: the most likely culprit for bacterial pneumonia is streptococcus, which lives in our upper respiratory tract, accounts for 900,000 cases annually, and affects people of all ages.

Viral pneumonia is responsible for 1/3 of all cases and is usually caused by the influenza virus. This is why the flu vaccine is so important.

Fungal pneumonias are not contagious person to person, affect people with compromised immune systems, and will cause a severe, mucous producing cough.

(Continued on page 7)



The New Secure Act?

*August H. Velten, CLU
August Velten & Associates, Inc.*

Well, what is it and who does it effect?

The Retirement Enhancement (Secure) Act of 2019 was signed by the President on December 20, 2019. It became active on January 1st. It should dramatically change the way savers think about retirement savings plans. These plans would include 401k, 403b, 457 and individual traditional IRAs.

The most obvious change is the RMD (Required Minimum Distribution) age extension to 72 from 70 ½. IRS has also tweaked the mortality tables which determines RMD amounts for each of us as we age.

A negative for savers is the new 10 year distribution rule for non-spousal beneficiaries of traditional IRAs. We can no longer designate a grandchild as primary beneficiary to create a "Stretch IRA."

What is a Stretch IRA? It would allow that grandchild to take the IRA RMD distributions over their lifetime. Now that same person needs to take the full value of the IRA over 10 years. This may create a large tax bill for that beneficiary, especially if they are an individual taxpayer. They also may have their own fairly high tax bracket from employment, which would compound the problem.

The new 10 year rule does not apply to a spousal rollover. When the owner dies, their spouse may roll over their spouse's IRA into their own IRA, thus delaying any RMD requirement to age 72. However, this creates a larger IRA owned by a single person, who has a higher tax bracket than a married couple.

Current tax cuts are scheduled to expire December 31, 2025, so it is very likely that everyone will be in a higher tax bracket including the IRA beneficiaries. This is why Roth IRA planning just became even more crucial when planning for retirement income.

Social Security benefits have become a substantial portion (35-40%) of retirees' retirement budget. So, besides all the other good reasons, Roth income (tax free) planning should also be used to help reduce taxation of social security benefits.

I address this and other planning tools in my Maximizing Social Security classes held at: Florida Institute of Technology

- Tuesday, March 17, 6:30 – 8:30 pm
- Saturday, March 21, 9:30 am – 12:00 noon

Brevard County Government Center

- Saturday, March 28, 9:30 am – 12:00 noon
- Tuesday, March 31, 6:30 – 8:30 pm

If you are interested in attending a class, please go to <https://adultfinancialled.org/course-list/> and type Florida in the filter box. Or you can call our office at 321-622-5418 to register.

It's Pneumonia Time by Traci Graf (Continued from page 6)

Aspiration pneumonia can happen after a stroke and usually occurs in the right lung. There is a shorter anatomical path to the right lung making it more susceptible to receiving stomach contents if there is a delay in swallowing. If you have a history of pneumonia in the right lung, your doctor may send you for a swallow study to find the source.

Almost all pneumonias have similar symptoms of fever, chills, headaches, shortness of breath, extreme fatigue, muscle pain, loss of appetite, worsening cough, and yellow, green, or bloody sputum. If you are experiencing any of these, please consider reaching out to your doctor.

Diagnosis is easy with a chest x-ray and blood work, and early treatment is important as it can lead to respiratory failure, sepsis, and death. The overall incidence in the U.S. is decreasing, which is believed to be from the increase in vaccinations. Please talk to your doctor about the different vaccines available and which one is right for you.



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We are grateful to all our current underwriters!

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Mom & Me

by Audrey & Kimberley

Dear Mom and Me,

We were good parents. Our three children were well educated and we thought they were well on their way for happy adult lives. Suddenly one marriage after the other has come apart.

Now they are all in live in arrangements, one has had a series of such arrangements. We are embarrassed and very disappointed. What did we do wrong that has caused them to be unable to make a marital commitment?

– *No Happy Marriages*



Dear N.H.M.,

It is difficult to see your children struggle with marriage and commitment. But the struggle is theirs. You provided an example of commitment to them and they are now adults to be successful in their own right and to fail is their right too....even in marriage. I do not think there is anything you can do other than listen and provide advice ONLY IF ASKED?

– KIMBERLY

Dear N.H.M.,

Today's society has changed drastically. The lessons we thought our children learned have been disregarded. They are going to do as they want and you can do nothing about it. You did nothing wrong, the rules just changed.

Try to put more emphasis on enjoying your own lives and along the way I am sure you will find many other parents disappointed and embarrassed just like you. You did your best - some folks are just luckier than others.

– AUDREY

Proud to be a Part of this Community.

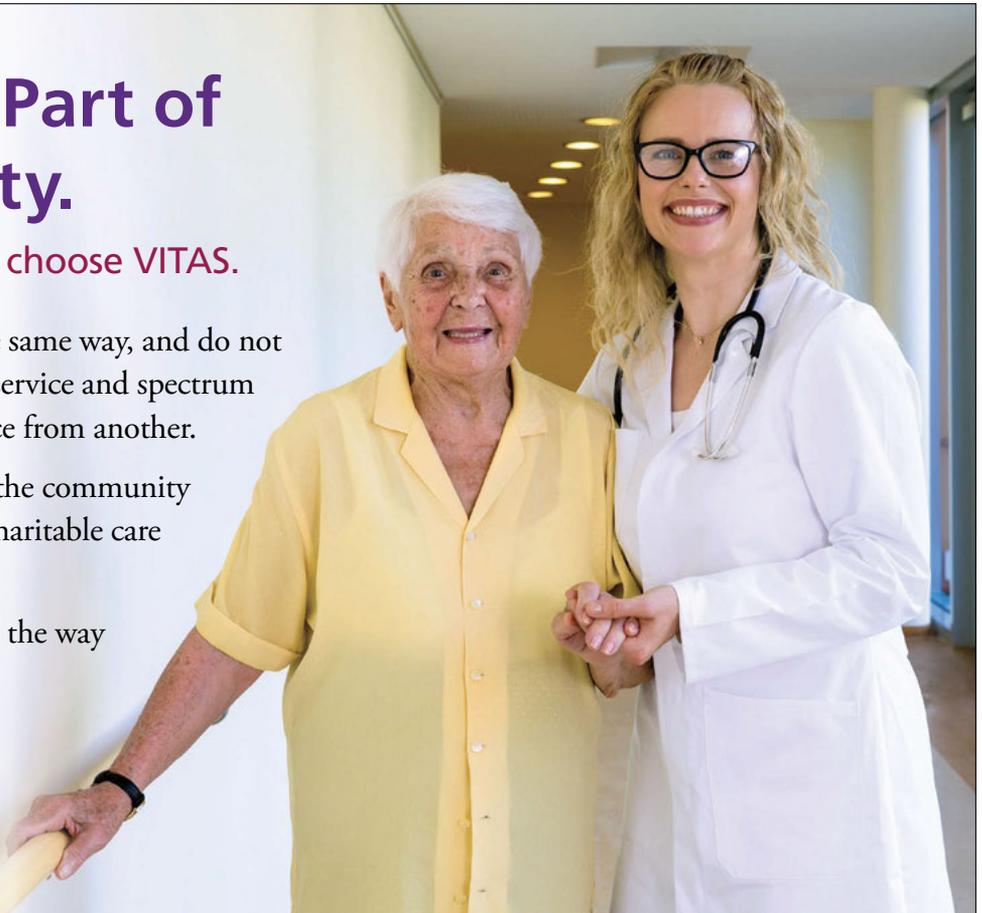
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Free Health Screenings

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King Crossword

- ACROSS**
- 1 Docket entry
 - 5 Heidi's range
 - 9 One's years
 - 12 Greatly
 - 13 Inquisitive
 - 14 Present
 - 15 Madison's place
 - 17 Exist
 - 18 Ardor
 - 19 Cuts into cubes
 - 21 Extra
 - 24 Rover's friend
 - 25 Difficult
 - 26 Hawk trainer
 - 30 Carte lead-in
 - 31 Eliot's Marner
 - 32 Rotation duration
 - 33 Outwardly curved on both sides
 - 35 Bouquet holder
 - 36 Reed instrument
 - 37 Essential points
 - 38 Prenatal test,
- DOWN**
- 1 Crow's call
 - 2 Clay, now
 - 3 "Help!"
 - 4 Left an impression
 - 5 Actress Paquin
 - 6 Missing
 - 7 Omega preceder
 - 8 Municipal magistrates
 - 9 Huge snakes
 - 10 Bush opponent
 - 11 Rams fans?
 - 16 U.K. ref. bk.
 - 20 Altar affirmative
 - 21 Moby-Dick's pursuer
 - 22 "The Persistence of Memory" painter
 - 23 Severe
 - 24 Linen source
 - 26 Basketball team
 - 27 Brewery product
 - 28 Right on the map?
 - 29 Deli loaves
 - 31 Took a nap
 - 34 Japanese sash
 - 35 Food
 - 37 Classic muscle car
 - 38 Settled down
 - 39 Unembellished
 - 40 Drescher or Lebowitz
 - 41 Zits
 - 44 Poison —
 - 45 Charged bit
 - 46 Portion of N.A.
 - 47 "Family Guy" daughter

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Contact Chris Morse or Betty Powers @ 321-978-5211,
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A graphic illustration featuring a woman in a military-style uniform holding a vintage microphone. In the background, there are tanks and soldiers in a battlefield setting. The text on the graphic reads: "Saturday, March 7, 2020", "The Center For Collaboration", "1100 Rockledge Blvd, Rockledge, FL 32955", "Reception 1 pm – 2pm", "Program 2 pm – 4pm", and "Every Day is Veterans Day at VITAS". At the bottom, it says "7th ANNUAL EVERY DAY IS VETERANS DAY!" with stars.



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Brevard Parkinson's Alliance Walk Day

Saturday, March 28th

10:00am – 1:00pm

Wickham Park Pavillion

Register at

www.BrevardParkinsons.org

A Patriotic Musical Salute Honoring our WWII Veterans

Featuring Melbourne Municipal Band, Swingtime Lite, and Swingtimers Vocal Trio

Special Guests Space Coast Highlanders Bagpipe and Drum Band

Remembering Our Music

Have you ever tried to remember all the words to a song from your childhood or teenage years, or something you heard your parents sing? If you can remember one or two lines of a verse or the title, you can find the whole song on the Internet. Here's an example. I put one line of a song in Google, and there it was! Not only did all the lyrics pop up but there were links to videos of groups singing the song. There were links, too, to more information. Imagine my surprise when I discovered that the song was written in 1911. World War II was full of good music, and chances are you remember at least parts of some of the songs. Search online for World War II songs or any other era you're interested in. Wikipedia even has categories such as "Songs of 1950s." Or search Wikipedia by singer and click on their discography for all the songs they released. Remember "Any Bonds Today?", the

1941 song written for a war bond drive and presented in a Bugs Bunny cartoon? Or for younger seniors, how about "Blowin' in the Wind," Bob Dylan's 1962 song. How many verses do you remember? When the weather warms up, you might consider haunting garage sales and antique marts for old sheet music. If you no longer have a keyboard, look on Amazon for compact 54-key electronic keyboards for less than \$100. And what do you do once you've collected all the music from your youth? Consider sharing it. If you play well enough, ask about visiting a retirement facility and playing for the residents. Make copies of the lyrics and hand them out for a sing-along. For Alzheimer's patients, hearing or singing music can animate silent patients, reduce stress and strengthen memory. © (C) 2020 KING FEATURES SYND., INC

SENIOR FEAR FACTOR continued from pg 17

What is a concerned Senior to do? Where should he or she go to harness the benefits of those coveted investment concepts in order to live and prosper until their end of days? Is it the stock brokers, the insurance agents, or the banks?

Well, there is no perfect answer, and there never will be. The times have changed so drastically that the playing field has been redefined. With this lingering dilemma, the Senior citizen needs to recognize that the financial arena has been redesigned. Essentially, the standard income producing solutions are no longer the same. It seems, no longer can the Senior intimately trust the stock brokers, the insurance agents, or the banks. A new paradigm has been created.

Here in my office, we understand this new paradigm. We know how to work with it and help alleviate the "living too long" dilemma. It's not easy, but it is possible. Certain new strategies now exist that position the Senior's savings into accounts that blend the best of the four investment desires: safety, tax management, growth & liquidity. Not every Senior can accomplish this overnight, but we strive to place the wheel in motion for them to achieve a long and stress-free retirement. Give me a call if you are feeling the same uneasiness about living too long. ©

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

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Winne and Warren

Rev. Jeff Wood, *First Presbyterian Church of Sebastian*
wlovefirst.org & facebook.com/wlovefirstsebastian

Winnie and Warren were approaching the lot on which their luxurious new home was being built. “Their” is a bit of a stretch. Winnie had considerable family wealth. As they poured over the architectural plans she repeatedly said to her husband, “Warren, just think, if it weren’t for my money, these blueprints wouldn’t be here.” Warren hadn’t said a word. When the house was being erected, Winnie would comment, each time they drove up to see the newest room being framed in, “Warren, just think, if it weren’t for my money, this room wouldn’t be here.” Warren didn’t say a word. Then as the beautiful floors were put in, “Warren, if it weren’t for my money, this wouldn’t be here.” He didn’t say a word. Then as the furnishings were being installed and moved in, “Warren, if it weren’t for my money, these wouldn’t be here.” Again, not a word. Finally, they moved in and Winnie said, “Warren, just think, if it weren’t for my money, this wouldn’t be here.” This time Warren did speak. “Frankly, Winnie, if it weren’t for your money, I wouldn’t be here.”

Twist this story just a little bit in another direction, in a much nicer direction, and I’ll say that I hope you, who belong to houses of worship, know that they wouldn’t be there without your money. Be sure this spring to remember your local place of faith with your prayers, your energy, and your money. ☺

More Expensive

With all of the listed limitations and downsides, the icing on the cake is that this type of computer is also more expensive than the alternatives. Not only will you pay a substantial premium for the space savings, but you’ll have less capacity, speed, and storage.

Small Alternatives to All-In-One Computers

An obvious alternative is a laptop computer, but for those that desire a much larger display, there’s a less obvious option.

The folks at Intel created a really popular computer that fits in your hand called the NUC (Next Unit of Computing - <http://bit.ly/2tkMpMw>). It was originally designed as a processing package for digital signage, but it quickly grew popular with the hobbyists and eventually the average user.

At roughly 4.5” square and 1.5” tall, it may not look like much, but it’s a fully functional computer with fewer limitations and it easily fits under your monitor. The cost of upgrading or repairing every part of the system is much more cost-effective than any all-in-one computer. ☹

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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!

Learn How to Navigate the Medical Care Maze

It's easy to get lost in the shuffle of medical care. When something is wrong, you need to know what it is, and quickly. That didn't happen with a veteran in New York. For that veteran there was a delay in finding out about abnormal test results. Policies say that if the results require intervention or action, the patient needs to hear from the ordering provider in seven days. If that provider isn't available, each medical facility must have a surrogate, someone charged with handling the test results. In other words, the results just don't get lost somewhere and forgotten. For the veteran above, there was a 36-day delay. The person who ran the tests quickly passed along the results to the surrogate provider ... who sat on them for 28 days. After handing them off to the next in line in the hierarchy (the chief of staff), the veteran was finally notified eight additional days later. In another case there was a problem



with ambulance transport. A provider told paramedics to transport a veteran to a certain civilian hospital because the closest civilian hospital didn't have the proper equipment. The doctor personally called the hospital and verified that information. The paramedics, however, decided to take the patient to the closest civilian hospital. They later had to pick up the veteran and take him to the correct hospital. This leaves it to you, the patient, to ask questions. Specifically you want to know: When will the medical test results be ready? Who will have those results? Get the name and phone number. If you're transported by ambulance and can communicate, ask where you're being taken. The more medical people you query along the way, the better your chances of being listened to and finding the one with the information you need. Be persistent. © (C) 2020 KING FEATURES SYND., INC.

The Brevard Symphony Orchestra presents
BEETHOVEN - SYMPHONY NO. 6 "PASTORAL"
Music Director Christopher Confessore
Amy Porter, guest flutist

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DAUGHERTY *Trail of Tears* for solo flute and orchestra

BEETHOVEN *Symphony No. 6 in F Major "Pastoral"*



Tickets start at \$19. To learn more about the program and to buy tickets, please visit BrevardSymphony.com/Pastoral.

Tickets may also be purchased by calling the King Center Box Office at 321.242.2219. Questions? Call the BSO Office at 321.242.2024.



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See ad on pg. 51

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See ad on pg. 56

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King Crossword Answers
Solution time: 21 mins

C	A	S	E		A	L	P	S		A	G	E
A	L	O	T		N	O	S	Y		N	O	W
W	I	S	C	O	N	S	I	N		A	R	E
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SUDOKU Answers

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

5 Steps to Take If Your Airline Loses Your Luggage

Chris Morse *Senior Travel Specialist*

It's every traveler's nightmare. You arrive at your destination, filled with excitement. But as you wait and wait for your suitcase to glide toward you on the luggage carousel, a sinking feeling forms in the pit of your stomach. The airline lost your luggage. So what do you do now? Here are five steps to take if the airline loses your suitcases.

Step 1: Remember Your Bag May Not Really Be Lost

Is your bag really lost? Airlines rarely lose luggage for good. SITA, a specialist in air transport communications, says airlines temporarily lost 5.73 bags per 1,000 passengers in 2019. It's highly unlikely your luggage will be lost forever. It might be directed to another airport, but will get to you in a day or two. Airlines will pay to have your luggage delivered to your vacation address or home!

Step 2: Notify the Airline

The first thing you should do when you realize your luggage is missing in action is to notify the airline. Go immediately to the airline's lost baggage counter and let them know what happened. The customer service representative will ask you for identification and your baggage claim tag information. He or she will also ask you to provide your phone number and hotel or home address. Meanwhile, the customer service rep will look up your itinerary in order to determine where your suitcase is located. Often bags end up on the wrong flight. In fact, many are not really lost. They're just delayed.

And airlines can usually track them down within just a few hours.

Step 3: Get an Airline Contact Number

Once you tell the airline that they've lost your luggage, get a contact number for the airline. Sometimes the airline may drag its feet finding your luggage or it may be taking its sweet time before compensating for your losses. If you know how to contact the right department, you can call and pester them until they provide you with the results you need.

Step 4: Get a Written Claim

Before you leave the airline counter, get a written claim for damages. In the U.S., when you pay a fee to check your luggage, the airline must reimburse the fee if it's lost. The airline will usually send the refund within just a few weeks. The baggage claim representative should give you a claim number and documentation of the claim!

Step 5: Keep Track of Your Expenses and Don't Forget to Follow Up

Being on vacation without your luggage isn't fun. But you have to make the best of it. You'll need to purchase clothes and toiletries. Keep track of the money you spend. Don't lose your receipts. You'll need to submit them to the airline for reimbursement. The airline should pay any reasonable expenses you incur. Of course, the key

5 STEPS TO TAKE ... continued on page 58



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 "Beggin'" • "The Night" • "Swearin' To God" • "Who Loves You" • "Down (Go Away)"
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April 5, 7 pm

Tab Benoit
Tuesday **BME**
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April 7, 8 pm

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PAW'S CORNER

By Sam Mazzotta

Trip to Vet Stresses Pet

DEAR PAW'S CORNER: My poodle mix, "Jester," is a sweet and energetic dog -- until it's time to go to the vet. When the carrier kennel comes out, he begins to tremble and whine, and resists being put in. He is always very stressed at the vet office. How can I help him be less scared about visiting the vet?

— Sarah in Chicago

DEAR SARAH: You're not alone in this. Many pets get extremely anxious when they have to go to the veterinarian, and it can be a stressful experience for the owner, too, who knows their pet is so worried and stressed out. Talk to the vet for suggestions and strategies to minimize your dog's anxiety on the way to the office. The day before Jester's checkup, call the vet's office and remind them that your dog will



need extra TLC during the visit. This way, the vet is prepared, too. Spend time desensitizing Jester to the carrier cage. This will take a while but will make it easier to place him into the cage for any trip -- not just the vet visit. Jester strongly associates the carrier with vet visits. You need to help him associate it with other things, like fun and treats. Bring the carrier out periodically and sit next to it, placing Jester's favorite toy nearby. Don't force him into it or, really, do anything -- just have the carrier cage out while you go about your day. Each time he approaches the carrier calmly, without barking or trembling, give Jester a little treat. Ideally, you want him to climb freely into the carrier, expecting a treat.

Send your comments, questions or tips to ask@pawscorner.com. © (c) 2020 King Features Syndicate, Inc.



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MARCH COMMUNITY CALENDAR

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

The Thru March 6: 2020 Space Coast Young Artist's Exhibition,

Foosaner Art Museum, Eau Gallie Arts District, 321-674-8916, FoosanerArtMuseum.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

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

Thru Apr 25: Ubuhe Women:

Beadwork and the Art of Independence, Ruth Funk Center for Textile Arts at FIT, Melbourne, 321-674-8313, textiles.fit.edu

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

March 1: Space Coast Fresh Fest, Riverfront Park in Cocoa Village, hello@SpaceCoastFreshFest.com

March 1: 20th Anniversary Concert, Central Florida Winds, Suntree United Methodist Church, 321-405-2359, CFWinds.com

March 3: Celtic Woman Celebration: The 15th Anniversary, King Center, Melbourne, 321-242-2219, KingCenter.com

March 4: The Peking Acrobats, King Center, Melbourne, 321-242-2219, KingCenter.com

March 4 & 5: Let's Boogie All Night Long, Swingtime Dance, Melbourne Auditorium, Melbourne, 321-724-0555

March 4: Gold City in Concert, (7 pm) Grace United Methodist Church, 65 Needle Bv., Merritt Island. Admission is FREE with Love Offering received. Call the church at 321-452-2420 or Joe at 321-452-0376 for more information.

March 5: Dire Straits Legacy, King Center, Melbourne, 321-242-2219, KingCenter.com

March 6: Trinity River Band, Stage 12 Theatre, Titusville, 321-222-7797, JTsBluegrass.com

March 6: Jane Monheit, King Center, Melbourne, 321-242-2219, KingCenter.com

March 6: The Fab Faux, King Center, Melbourne, 321-242-2219, KingCenter.com

March 7: My Mother Wore Pearls Tea, Historic Pritchard House, Downtown Titusville, 321-607-0203, nbbd.com/godo/PritchardHouse

March 7: Kenny G, King Center, Melbourne, 321-242-2219, KingCenter.com

March 7: Space Coast Chapter USA Dance: Monthly Dance, Martin Andersen Senior Center, Rockledge, pgusadance@gmail.com

Mar 7 & 8: Spring Art & Craft Fair, Historic Cocoa Village, 321-631-9075, VisitCocoaVillage.com

March 7-10: Space Coast Seafood and Music Festival, Space Coast Daily Park, 855-386-3836, contact@SpaceCoastDaily.com

Mar 8: 35th Anniversary Concert, Community Band of Brevard, Merritt Island High School, 321-338-6210, CommunityBandofBrevard.com

Mar 8: Jazz Concert: Jeff Rupert Quartet, presented by Space Coast Jazz Society at Rockledge Country Club, 321-453-4191, BrevardJazzSociety.com

March 8: Brevard Symphony Youth Orchestra Concert, Eau Gallie High School, 321-216-7804, BSYO.us

March 10: Art Garfunkel, King Center, Melbourne, 321-242-2219, KingCenter.com

March 10-29: La Cage aux Folles, Riverside Theatre, Vero Beach, 772-231-6990, RiversideTheatre.com

March 11-12: Let's Boogie All Night Long, Melbourne Municipal Band, Melbourne Auditorium, 321-724-0555, MMBand.org

March 12: Steve Tyrell, King Center, Melbourne, 321-242-2219, KingCenter.com

March 13-29: The Pirates of Penzance, Surfside Players, Cocoa Beach, 321-783-3127, SurfsidePlayers.com

March 13: Swing into Spring Dance, 7PM, Melbourne Municipal Band, Melbourne Auditorium, 321-724-0555, MMBand.org

March 13: Get the Led Out, King Center, Melbourne, 321-242-2219, KingCenter.com

March 13-29: A Chorus Line, Henegar Center, Downtown Melbourne, 321-723-8698, Henegar.org

March 13-29: Into the Woods, Historic Cocoa Village Playhouse, 321-636-5050, CocoaVillagePlayhouse.com

March 14: Attic Treasures and Bake Sale, 8:30am-12:30pm, Suntree United Methodist Church, 7400N Wickham Rd

March 14: Brevard Symphony Orchestra Concert: Beethoven - Pastoral Symphony, King Center, Melbourne, 321-242-2219, KingCenter.com

March 14: Warbird Museum Fly-In/ Drive-In Breakfast, Valiant Air Command Warbird Museum, Titusville, 321-268-1941, ValiantAirCommand.com

Mar 14-15: Indiafest, Wickham Park Amphitheater, Melbourne, IndiafestBrevard.org

March 16: Brevard's Got Talent Competition, Melbourne Auditorium, admin@sccabo.org, SCCABO.org

March 18: Anka Sings Sinatra: His Songs, My Songs, My Way, King Center, Melbourne, 321-242-2219, KingCenter.com

March 19: Harry Connick Jr., King Center, Melbourne, 321-242-2219, KingCenter.com

March 20 - April 26: Cemetary Club, Melbourne Civic Theatre, Downtown Melbourne, 321-723-6935, myMCT.org

March 20: New York Bee Gees, King Center, Melbourne, 321-242-2219, KingCenter.com

March 21: Fan Favorites: Part Deux Concert, Space Coast Symphony, Satellite High School, Satellite Beach, 855-252-7276, SpaceCoastSymphony.org

March 21: The Lao Tizer Band Featuring Chieli Minucci & Eric Marienthal, King Center, Melbourne, 321-242-2219, KingCenter.com

March 22: Beginnings: The Celebration of the Music of Chicago, King Center, Melbourne, 321-242-2219, KingCenter.com

March 22: Indialantic Chamber Singers Spring Concert, Advent Lutheran Church, Suntree, 321-426-0360, IndialanticChamberSingers.org

March 24 - April 12: Bakersfield Mist, Riverside Theatre, Vero Beach, 772-231-6990, RiversideTheatre.com

March 24: Vocal Trash: "Think" Program (Theatre for Youth), King Center, Melbourne, 321-242-2219, KingCenter.com

March 25-26: It's Showtime! Concert, Melbourne Community Orchestra, Melbourne Auditorium, 321-285-6724, MCOchestra.org

March 26: Hotel California: A Salute to the Eagles, King Center, Melbourne, 321-242-2219, KingCenter.com

March 27: Chamber Music Society of Lincoln Center, Melbourne Chamber Music Society, St. Mark's United Methodist Church, Indialantic, 321-213-5100, MelbourneChamberMusicSociety.com

March 27: Howard Jones Acoustic Trio, King Center, Melbourne, 321-242-2219, KingCenter.com

Mar 28 - May 23: 2020 Annual Exhibition, Foosaner Art Museum, Eau Gallie Arts District, 321-674-8916, FoosanerArtMuseum.org

March 29: Buddy Guy & Kenny Wayne



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

CALENDAR OF EVENTS

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 re-freshments. 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.

Mar 28 - Vietnam 50th Anniversary Commemoration and Homecoming, VA Cape Canaveral National Cemetery (1000-1100) in Scottsmeer.

Apr 11 - 25th Annual Central Brevard VMC "Stand Down - Then Stand Up" at Cocoa Armory (0730-1400). Meetings start in early Feb to prepare. Set up - will be 10 April, 1200-1700. No DoD this year. Need Fundraising help with Vet Organizations. Focus on employer vendors to get jobs for Vets (The Stand Up focus). Contact Donn Weaver or Don Pearsall at VMC 321-453-1776 for questions or to volunteer to support this meaningful Mission.

Shepherd, King Center, Melbourne, 321-242-2219, KingCenter.com

March 29: Indialantic Chamber Singers Spring Concert, Eastminster Presbyterian Church, Indialantic, 321-426-0360, IndialanticChamberSingers.org

March 31: Gordon Gumshoe: Fairy Tale Detective (Theatre for Youth), King Center, Melbourne, 321-242-2219, KingCenter.com

CLUBS & ORGANIZATIONS

March 6: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at the Florida's Seafood Bar & Grill, 480 W. Cocoa Beach Cswy., Cocoa Beach on Friday, March 6 at 12:00 p.m. All are welcome to join the group. For additional details, please call 502-299-8949 or 321-890-4310.

March 20: The Single, Separated, Widowed and Divorced (SSWD) group will hold a potluck dinner and wine tasting evening at the Parish Center, Church of Our Saviour, 5301 N. Atlantic Ave., Cocoa Beach on Friday, March 20 starting at 5:00 p.m. All are invited to attend. Please bring a dish to share and canned goods for the St. Vincent de Paul Society. For additional details, please call 502-299-8949 or 321-890-4310.

March 24: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch and celebration of March birthdays at Coaster's Tap House,

5675 N. Atlantic Ave., Suite 1222, Cocoa Beach on Tuesday, March 24 at 12:00 p.m. All are 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 Brevard Antiques and Collectibles Club holds monthly meetings at two area locations. The first Friday of the month at the Suntime / Viera Library, 902 Jordan Blass Dr., at 10:00 AM, and the third Tuesday at the Melbourne Beach Library, 324 Ocean Ave. at 1:30 PM. We have a different topic at each meeting. The group is open to anyone having an interest in learning about antiques and collectibles. We are collectors - not dealers therefore we do not give appraisals.

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

The Indian Harbour Beach Garden Club is having a meeting on March 18 @ Indian Harbour Beach Recreation Ctr., Yacht Club Blvd. Speaker is Susan Hall, Landscape Architect. She will talk about "How to dress up your front entrance". Doors open at 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

Meet and Greet the Author: Stan Bain, Tuesday, March 3 at 1pm, in the Jane Von Thron Room Florida Author Stan Bain will be talking about his book, You Are Never Alone.

Hard Boiled Life, Saturday, March 7, at 1pm, in the Community Room Join us for a journey into the life of an American original, Dashiell Hammett, presented by Joe Holzer.

Crime Prevention with CBPD: Personal Safety in Public and at Home, March 10 at 12 pm and March 19 at 3pm in the Community Room. The Cocoa Beach Police Department will share information about personal safety in public and at home and answer your questions about crime prevention.

Chef Warren Catterson: Mediterranean Cuisine, Saturday, March 14 at 2pm, in the Community Room. Chef Warren will show how many of the dishes of many Mediterranean dishes can be prepared in your own kitchen. Please pre-register at the library.

Meet and Greet the Author: Michael Pyle, Wednesday, March 18 at 3pm, in the Community Room Author Michael Pyle will be talking about his book, Cuban Roots.

Compassion and Choices Wednesday, March 18 at 6pm in the Community Room Mark Weiss of

Brevard County Fire and Rescue will be our speaker, addressing all those issues and answering questions! Please pre-register at the library.

Turtle Talk 101, Saturday, March 21 at 10am in the Community Room. The Sea Turtle Preservation Society will present an introduction to local sea turtle species, biology, and conversation with slideshows, pamphlets, and models of turtles to discuss and touch. RSVP online at <https://seaturtlespacecoast.org> or register as a walk-in at the event. Registration begins at 9:30am and the talk begins at 10am.

Personal Finance and Investing: Building a Balanced Portfolio, Tuesday, March 24 at 11am, in the Jane Von Thron Room. A free seminar series presented by Steve Hauser, a retired stock broker. Please pre-register at the library

Health for life: Natural Solutions to Allergy Problems with Sylvie Morin, DOM, Friday, March 20 at 10am in the Jane Von Thron Room Already sneezing? Learn about the causes of the symptoms that occur during allergies, and about effective non-drug solutions. Please pre-register at the library.

UNESCO World Poetry Day, Saturday, March 21 at 2pm in the Community Room. Join us for Brevard poet panel

moderated by John Lavelle, Ph.D. Associate Professor, School of Arts and Communication, Florida Tech to celebrate and talk about the importance of poetry.
AARP Volunteer Tax Assistance, February 4 - April 15, Tuesdays & Wednesdays 9am-1pm and Thursdays 10am-2pm in the Study Rooms. AARP offers free assistance with taxes and e-filing at the library. Appointments are recommended and can be made in-person on Tuesdays, Wednesdays, or Thursdays during the times AARP representatives are present. Phone reservations cannot be taken.

HEALTH & FITNESS AT THE LIBRARY: VNA Community Wellness Clinic, Wednesday, March 4 at 9:30am, in the Captain's Room. The Visiting Nurse Association (VNA) is a Medicare certified home health agency that also provides community wellness services throughout Brevard. Stop by between 9:30am and 11:00am to have your blood pressure and glucose screened for free. Please fast from midnight the night before if you would like your glucose screened.
Hatha Yoga with Emily, Tuesdays, at 2pm, in the Community Room. You must be able to comfortably get up and down from the floor and bring your own yoga mat. Cost is \$5 per class. Wear comfortable clothing and bring along any props you like to use.

Gentle Yoga and Stretching with Rochelle and Martha, Wednesdays, at 9:15 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. Learn line dancing, basics will be covered and at least 3 dances will be taught each week. Cost is \$5 per class.

Senior Fitness, Mondays, Wednesday, & Fridays, at 1:00 pm, in the Community Room. Senior Fitness with Polly Helm, a personal trainer who is certified in senior fitness. Please bring your own hand weights and water. Bands and chairs will be provided. Cost is \$5 per class.

Wuji Wednesday Qigong Balance, Wednesdays, at 11:00 am, in the Community Room. Taught by ShiFu (expert) Lea Williamson who has been practicing daily qigong for over 25 years and teaching over 15 years. Cost is \$5 per class.

MOVIE PROGRAMS: Free Film Fridays: Shakespeare Cinema, Fridays, March at 3:00pm, in the Community Room Popcorn and refreshments will be served.

March 6: Much Ado About Nothing, 2012, 107 minutes, rated PG-13

Continued on next page >

ILLUMINATE THE NIGHT 2020 GALA!

Light Up Rio



APRIL 3, 2020

Brazilian

Carnival

6:30 P.M. TO 11:00 P.M.

HILTON RIALTO

200 RIALTO PLACE, MELBOURNE FL, 32901

WWW.SPRINGFORWARDFORAUTISM.ORG

Cocoa Beach Public Library – continued

March 13: Love's Labour's Lost, 2000, 93 minutes, rated PG

March 20: Twelfth Night, 1996, 125 minutes, rated PG

March 27: Cymbeline, 2014, 90 minutes, rated R

ARTS & CULTURAL EVENTS:

Card Making Class with Donna Herring, Tuesday March 3 at 10:30am, in the Jane Von Thron Room
Create three beautiful and creative greeting cards. Cost is \$10. Please pre-register at the library.

Watercolor Class, Monday, March 9, 16, 23, & 30 from 10-12pm in the Community Room. Anyone who wants to learn about applying the different methods and techniques. Cost is \$5, please bring your own supplies. Taught by Cathy Brion.

Compositional Photography with Mick West, Monday, March 9 to March 30 at 1:30pm, in the Jane Von Thron Room. Learn the fundamentals and joys of composition for visual impact. Cost is \$20 for 4 classes. Please pre-register at the library.

Improv at the Library! Sunday, March 15 at 3:00pm, in the Jane Von Thron Room. Pop on over to the library for a Spontaneous Improv Show

performed by various local actors and improvisers. Participate or just enjoy the show, and get ready to laugh!

Handmade Cards with Ree Nathan Wednesday, March 18 at 9:30am, in the Captain's Room. Create three elegant greeting cards with beautiful cardstocks and papers, stylish stamps, ribbons, and embellishments. Cost is \$10, please pre-register at the library.

Watercolors Made Simple with Lauren, March 18 and 25 at 3:30pm in the Jane Von Thron Room. Have fun playing with color using simple watercolor palettes. Cost is \$20 per person, please pre-register at the library.

Introduction to Essential Oils, Mondays, at 1pm, in the Captain's Room. Learn about the therapeutic properties of essential oils, how they support wellness, and how to use them. Please pre-register at the library.

One-On-One Tech Help, Wednesdays, at 10:00am, in the Study Rooms. Get one-on-one help with your smart device with Klaus-Peter Finke. Pre-register for a 30-minute appointment, and please indicate the device in question and the problem you are having. Please bring your device or laptop to the appointment. Cost is \$5 per person.

THE NEW YORK BEE GEES

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LOCAL BEAT Productions

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 at 10 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 March 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.

Learn how to surf the internet at our Intro to the Internet class on Wednesday, March 4 at 10 am. This class is FREE. Please pre-register with Reference at 321-633-1792.

Learn calming relaxation techniques at the Inner Peace Meditation class on Thursdays, March 5 & 19 at 6:30 pm. Cost is \$5.

Join Daniel for Upcycling—creating a new, functional craft out of old, discarded items, on Saturday, March 7 at 2 pm. March's Upcycling craft will be a Bromeliad terrarium. Supplies provided. FREE.

Experience deep peace and relaxation at the Japa Meditation session on Tuesday, March 10 at 11 am. Mala prayer beads will be provided to those who didn't receive one at previous sessions. FREE.

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

ONE NIGHT ONLY! Friday, March 13, 4-7pm, Swing Into Spring Fest, food trucks, music, crafts, read to a doggo for kiddos, STEAM fun with BCL's The Hive, PBPD K-9s, Sea Turtle Healing Center, BC Parks & Rec & more!
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.
Wednesday, March 11 @ 11 am, Mystery book club, please call Christine to attend, 321-952-6317.

Pick up a copy of this month's title, Robicheaux by James Lee Burke, from the service desk now.
Thursday, March 12 @ 3 pm, NEW! I Read Romance book club, for those who love books that celebrate love. Please call Peyton, Grace or Julie, 321-952-4519, to attend.
Wednesday, March 25 @ 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, March 26 @ 2:30 pm, NextDoor Writer's Critique Group, give and receive constructive criticism of books, poems, short stories & more. CONTACT: LHDavisWriter@aol.com

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

TAPS: Monday, March 2, 6-8 PM, Tragedy assistance program for survivors in Military families. Conference Room.
Art Discussion Group: Wednesday, March 4, 12:30 - 3:30pm, meeting in Conference Room.
Sit 'n Stitch: Wednesday, March 4 and 18, 1-3 PM, beginners always welcome. Bring your needles & yarn and join a close knit circle of friends to knit and crochet.
Brevard Antiques and Collectibles: Friday, March 6, 10 AM - 12 PM, Topic: 1950s. Bring one topic related item for discussion.
Investors Business Group: Monday, March 9, 11 AM - 1 PM, investor's meet for discussion about

stock market investing.
Books are Always Better Book Club: Monday, March 9, 6:30 PM, Books are Always Better Book club will discuss Extremely Loud and Incredibly Close by Jonathan Foer. Conference Room.
International Plastic Model Society: Tuesday, March 10, 6 PM - 8 PM, discussion of club business than show and tell of models.
New Strategy Leadership Group Book Club: Tuesday, March 10, 6pm, the New Strategy Leadership Discussion Group will discuss Theodore Roosevelt and the Dawn of the American Century by Clay Risen. Conference Room.
International Book Club:

Thursday, March 12, 3 - 4pm, International Book Club will discuss The Crossing Places by Elly Griffiths. Conference Room.
Card Making with Donna: Saturday, March 14, 10 AM - 12 PM, learn to make your own greeting cards. \$10 for supplies.
Friends of the Suntree/Viera Library: Thursday, March 17, 3 - 5 PM, Friends of the Library monthly meeting.
Neighbors Book Club: Thursday, March 19, 2 PM, Neighbors Book club will discuss The Art of Hearing Heartbeats by Jan-Philipp Sendler.
AARP Driving course: Friday, March 20, 9 - 4, driving course for drivers age 50 and over. Florida

driver's license is required. Register with Lou, 321-698-2311.
Multiple Myeloma Society: Monday, March 23, 11 AM - 12:30 PM, monthly meeting.
Non-Fiction Book Club: Tuesday, March 24, 3 PM, The Non-fiction Book club will discuss Quiet by Susan Cain. Conference Room.
ANA Coin Talk: Tuesday, March 24, 5:30 - 7:30 PM, join American Numismatic Association's Bob Mellor for discussion about coins. Conference Room.
Suntree/Viera Library Book Club: Wednesday, March 25, 10 AM, The Suntree/Viera Library Book club will discuss Women Talking by Miriam Toews.

**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 March 10.
Tuesdays, 4:30pm, Gentle Yoga with Nancy, bring a mat/towel, wear comfortable clothing, \$5 fee per class. No class March 10.
Friday, March 6, 12:00pm, Friends Book Sort, help always needed.
Saturday, March 7, 3:00pm, Classical Guitar from Around the World: Music As Another Language, a concert presented by Edwin Culver.

Monday, Tuesday, and Wednesday March 9, 10, & 11, 9:00am-5:00pm, US Census Bureau Training.
Friday, March 13, 9:00am, Beachside Strummers Ukulele Club, drop in to listen or join in.
Saturday, March 21, 9:00am, Women's History Presentation by Francis Renáldi, open to the public.
Monday, March 30, 1:00pm, Barbara's Book Chat, reading The Moment of Lift by Melinda Gates.

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
Spring Fling Family Dance (All Ages) FRI 3/27/2020, 6:30PM-9:00PM Out with the winter blues and in with the spring grooves! Gather the family and join us for a night of dancing, games and crafts! Tickets are limited so please purchase in advance. \$8/Person, Children 2 years & under free!

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

Mon & Thurs, 9am-12pm, SHINE,
 appt:shinedegrootlibrary@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, Mahjongg
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.

Fee Ave @ Jimmy Moore Tennis Centers
FEE AVENUE TENNIS COMPLEX,
114 E FEE AVE. MELBOURNE

Monday, Ongoing. Super Seniors 9AM 10:30AM Ages: Adult Providing healthy exercise for Adults while growing the game of tennis. We work on different drills to improve your tennis, doing it in a fun atmosphere. \$10 per Person

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 Tues & Thursdays 7:00PM-8:30PM

South Mainland Library
 7921 RON BEATTY BLVD
 772-664-4066, www.mylibraryworld.com
 Facebook: SouthMainlandLibrary

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

Mons, 2-4pm, Art Classes \$7/class
Tues, 6:30pm, Gentle Yoga \$5/class
Thurs, 6-8pm, Quilters
Fris, 9am, Gentle Yoga \$5/class

Lipscomb Community Center
 3316 MONROE ST, MELBOURNE
 321-608-7450

Mon/Wed/Fri, Ongoing Adult Morning Club, 9:00am - 11:00am Join us for an early walk to reduce stress, build muscle, strengthen your heart, learn how to crochet and knit. You will also have the opportunity to learn about basic skills of computers and cell phone technology and healthy living.

 **SENIOR SCENE is on Facebook!**

Get updates & info @ [facebook.com/SeniorScene](https://www.facebook.com/SeniorScene)

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

Mon. 12:30pm, Yoga with Martha, \$5. No class 3/16.
Mon. 3pm, Tech Corner: a class to improve your tech skills. No class 3/16.
Tues. 2-4pm, Watercolors with Linda Neal, \$15.
Wed. & Fri. 9am, Senior Fitness, \$5. No class 3/13.
Wed. 1pm, Write Your Memoir.
Fri. 2pm, Hatha Yoga with Emily Hain, \$5. No class 3/13.
3/5, 2-4pm, Card Making, \$10.
3/7, 11am-12:30pm, Sea Turtle Preservation Society - Turtle Talk.
3/9, 6pm, Music Monday: Ed Mercier.
3/13, 9am-5pm, Friends of the

Library Better Book Sale.
3/14, 10am-2pm, Friends of the Library Better Book Sale.
3/17, 12-1pm, VNA Blood Pressure Clinic.
3/18, 3pm, Personal Finance Seminar.
3/19, 2pm, Color Wisdom: uncover your unique color personality, \$5.
3/20, 10:30am, Japa Meditation.
3/26, 2pm, Our Lagoon - Our Future.
3/27, 10:30am, Book Club, The Night Circus by Erin Morgenstern.
3/28, 10:30am, Psychic Detective Noreen Renier.

VNA: MEDICATION SAFETY continued from page 26

If you are taking multiple medications and need help at home, talk with your physician to see if you qualify for home health and ask for a nurse to help you with your medication management.

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.vnatc.com

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

Mon, Mar 2	9:00am - 10:30am	Westminster Asbury Apts, 1430 Dixon Dr., Cocoa
Wed, Mar 4	9:30am - 11:30am	Cocoa Beach Public Library 550 N. Brevard Ave, Cocoa
Thur, Mar 5	9:00am - 11:00am	Greater Palm Bay Senior Center 1275 Culver Dr. NE, Palm Bay
Fri, Mar 6	11:00am - 12:00pm	AARP Indian Harbour Beach Recreation Center 1233 Yacht Club Blvd, Melbourne
Mon, Mar 9	9:30am - 10:30am	Satellite Beach Civic Center 565 Cassia Blvd, Satellite Beach
Tue, Mar 10	10:30am - 12:00pm	Arrowood Mobile Park 1000 Fell Rd, Melbourne
Tue, Mar 10	10:30am - 12:00pm	Wickham Senior Center 2785 Leisure Way, Melbourne
Thur, Mar 12	8:30am - 9:30am	Ascension Manor 2960 Pineapple Ave, Melbourne
Thur, Mar 12	10:00am - 2:00pm	Satellite Beach Schector Community Center, 1089 S. Patrick Dr., Satellite Beach
Thur, Mar 12	10:30am - 12:00pm	Sunflower House Merritt Square Mall, Suite 201, 777 E. Merritt Island Causeway, Merritt Island
Tue, Mar 17	9:30am - 11:00am	Melbourne Public Library 540 E. Free Ave, Melbourne
Fri, Mar 27	8:30am - 10:00am	Cocoa Beach Health and Fitness 1355 N. Atlantic Ave, Cocoa Beach

Blood Pressure Screenings

Tue, Mar 17	12:00pm - 1:00pm	Cape Canaveral Library 201 Polk Ave, Cape Canaveral
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Monthly BP/BS clinic schedules available at www.vnatc.com
 For more information, contact us at **772-567-5551**, www.vnatc.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	Mar 02	Long Term Care Solutions	Your Eyes, Vision, Health & Hope	Intro to Vitas Healthcare	
Tue	Mar 03	Selling Your Home Efficiently	Holistic Health Approach Benefits	When to Call Adult Abuse Hotline	
Wed	Mar 04	Guardianship	Hearing Loss Treatments	Eye Clinic & Laser Institute	
Thu	Mar 05	All About Home Health Care	Elder Law Services	Selling Your Home Quickly	
Fri	Mar 06	Social Security Planning	About Golden Providers	Vial of Life	
Mon	Mar 09	Macular Degeneration Updates	The "Talk" about Assisted Living	How SRES Helps Real Estate	
Tue	Mar 10	Retirement Planning - Roth IRA's	Small Group Assisted Living	Too Many Teeth Extracted?	
Wed	Mar 11	In Home Care Giving	Value of Professional Printing	Smorgasboard of Legal Matters	
Thu	Mar 12	Power of Attorney/Super Powers	Real Estate for Seniors	How Medical Office Team Helps	
Fri	Mar 13	How Assisted Living Benefits	Retirement Planning	About Cataracts	
Mon	Mar 16	About Glaucoma	Things to Know About Elder Law	Communications Helping Seniors	
Tue	Mar 17	How S.H.I.N.E. Can Help	Advance in Hearing Loss Treat	Seniors Helping Seniors Helps	
Wed	Mar 18	Social Security Planning	Smile: Form & Function	Assisted Living Hibiscus Court	
Thu	Mar 19	How Reverse Mortgages Work	Hometown News / AARP	Care Management/Guardianship	
Wed	Mar 20	Life Enrichment Assisted Living	Value of a Second Opinion	Chronic Eye Disease	
Mon	Mar 23	Avoiding Probate	How Assisted Living Helps Thrive	In Home v Skilled Care	
Tue	Mar 24	Role of Senior Care Advisor	Finding Good Help at Home	Holistic Approach to Pain Relief	
Wed	Mar 25	Macular Degeneration	Assisted Living & Memory Care	Reverse Mortgage Funding	
Thu	Mar 26	Al Dia Today Newspaper	Hearing Loss & Audiology	Importance of Communications	
Fri	Mar 27	Aging & Legal	Will Medicare Pay For Ambulance	Glaucoma & Corneal Transplants	
Mon	Mar 30	The Dental Experience	All About Home Health Care	Hometown News	
Tue	Mar 31	Guardianship	Veteran's Benefits	Long Term Care Solutions	

5 STEPS TO TAKE IF YOUR AIRLINE LOSES YOUR LUGGAGE continued from pg 49

word is "reasonable." Don't go crazy and buy super-expensive clothing at exclusive boutiques. The airline will probably refuse to reimburse abnormally high amounts.

After 30 days, your luggage is considered officially lost. According to Airhelp.com, you need to file a claim with the airline in order to receive compensation. The airline typically requires you to report the value of your lost possessions. Be as accurate as possible when estimating the value of the lost items as airlines are quick to deny claims that appear exaggerated. The maximum compensation for lost, damaged or delayed luggage is around \$3,300 for each passenger.

It may take a few weeks to receive reimbursements and refunds from the airline. Whatever you do, don't give up. If you're not receiving the response you need from the airline, continue to call them to learn the status of your claim. You may feel frustrated and angry, but don't take it out on the customer service reps. As the old saying goes, "You catch more flies with honey." And it's not the customer service rep's fault that the airline lost your luggage. Demonstrate patience, good manners and a sense of humor. It will make airline employees more likely to do everything they can to get the issue resolved.

Note: Take pictures of the items in each of your suitcases, take a picture of your suitcases- with your cell phone camera in case of a claim!

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



Helping Seniors Radio on 90.3 FM WEJF Radio

Broadcast Schedule:
Wednesdays 12nn-1pm

Wed	Mar 04	Focus on Elder Law	Bill Johnson	William A. Johnson P.A.
Wed	Mar 11	Focus on Your Smile	Dr. Lee Sheldon	Dr Lee Sheldon (Periodontist)
Wed	Mar 18	Focus on Reverse Mortgages	Barbara McIntyre	Reverse Mortgage Funding
Wed	Mar 25	Focus on Help at Home	Jennifer Helin	Seniors Helping Seniors

BREAST CANCER, DIET AND RISK continued from pg 21

Soy contains compounds called isoflavones. Isoflavones can act like estrogen in the body and may help protect against hormone-dependent cancers. There is growing evidence that eating traditional soy foods such as tofu may lower the risk of cancers of breast, prostate, or endometrium (lining of the uterus), and there is some evidence it may lower the risk of certain other cancers. This might be because the isoflavones can actually block the more potent natural estrogens in the blood. Whether this applies to foods that contain soy protein isolates or textured vegetable protein derived from soy is not known.

Some early studies raised concerns about whether drinking milk from cows treated with hormones can raise risk of breast cancer or other types of cancer. But later studies failed to find a clear link. At this time, it is not clear that drinking milk produced with or without hormone treatment is of any concern regarding cancer risk or other health effects.

A myth says: "Sugar feeds cancer". But the truth doesn't make cancer grow faster. All cells, including cancer cells, depend on blood sugar (glucose) for energy. But giving more sugar to cancer cells doesn't make them grow faster and starving them of sugar doesn't make them

grow slower. However, eating a lot of sugar, including desserts and sugar-sweetened beverages, can lead to weight gain, which may increase the risk of breast cancer.

Obesity is no longer primarily of concern for prevention of cardiovascular disease and diabetes, but also for prevention of cancer. The fact that the incidence of obesity-related cancers continues to rise makes a commitment towards progress on obesity, especially for women, an essential public health goal.

(I alone cannot change the world, but I can cast a stone across the waters to create many ripples. --- Mother Teresa) ☺

Find A Place For Luscious Lantana In Flower Gardens



By Gary R. Bachman, *MSU Extension Service*

One of my favorite easy-care, flowering plants has to be lantana. This low-maintenance plant is highly tolerant of the hot, humid summers in our gardens. Luscious series lantana has brightly colored flower clusters that cover mounds of dark-green foliage. These plants bloom all summer despite the heat and humidity.

There are quite a few colors available. Lemonade lantanas are mounded plants with bright-yellow flowers. They have extreme heat and drought tolerance and are low maintenance. The brilliant red, orange and yellow tones of Citrus blend produce a vibrant display of color. They are heat and drought tolerant and have a light, sweet fragrance. Berry blend offers shades of fuchsia to orange and yellow on a tough plant that is hard to beat.

Royale Cosmo has puffs of small, magenta flowers packed into clusters on dark foliage. The last of the Luscious lantanas is Grape. It has purple-lavender flowers that look great when paired with trailing purple verbena.

Plant lantana in full sun for best flowering performance. Landscape beds should be well drained and amended well with organic matter.

Once established, lantana is very drought tolerant. During periods of low rainfall and high temperatures, lantana's flower colors will make your landscape pop. Prune lightly throughout the

summer to help maintain the plant's size and tidiness and to help stimulate more flowering and a bushier structure.

The only pest of any significance you need to watch out for is lantana lace bug, but some selections seem more resistant to others. This insect produces stippling on the tops of the leaves and a tar-like frass on the undersides. Heavy infestations reduce flowering and even cause the plant to defoliate.

Lantanas attacked by this pest will leaf out and flower again, but seeing them defoliated can cause some concern. Pruning the damage back will help stimulate regrowth.

In previous years, gardeners have been told to use systemic insecticides for control, but there is some concern for how these impact pollinators. Newer control strategies include horticultural oil or using products containing spinosad. Always apply these sprays liberally to the entire leaf surface, especially the undersides, as this is where the lantana lace bugs feed and reproduce.

Fertilize twice per month with a water-soluble fertilizer to maintain flowering potential. In early spring -- mid-February is the perfect timing -- cut your lantana back hard to about 4-6 inches tall to make room the new growth. ☺

WHAT IS PROBATE? continued from pg 13

have to file a 706 Estate Tax Return. The Tax Cuts and Jobs Act passed in December of 2017 doubled the amount an individual can gift during his/her life and at death. An individual can now pass \$11,580,000 (as of 2020) before there is any tax. For a couple it is \$23,160,000. If the first spouse to die has not used his/her full \$11,580,000, the unused balance is available to the surviving spouse.

ADMINISTRATION EXPENSES:

The Personal Representative will incur various expenses including attorney's fees. Florida Probate Rules require that every Personal Representative be represented by an attorney unless he/she is the sole interested person. The Florida Statutes show a fee for the attorney as well as the Personal Representative of 3% for estates between \$100,000 and a million dollars. There are also court filing fees and the cost of publishing Notice to Creditors in the newspaper.

In the next article, we will look at a simplified form of probate called Summary Administration.

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. ☺

Thank you Brevard For Making Us The Largest Senior Event Of The Year

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10 am - 2 pm - Melbourne Auditorium

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MARCH SENIOR CALENDAR

In BREVARD CO.

NASA Alumni League (NAL) Meeting, Tuesday, March 17th, 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 up-date by ULA Chief Engineer David McFarland. For reservations, contact Bev Merrilees: bmerrilees@cfl.rr.com or call 321-452-5426 by noon, March 15th. 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 11:30 am 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 March 17, 2020, 11:30 am -1:30 pm, - 3rd Tuesday of the Month Restaurant: Broken Barrel Tavern, 700 Babcock Street, so of Palm Bay Rd., 321 728-4755 "The Rewards of Volunteering,"- Speaker: Dr. Emily Brantner, U. S. Volunteer Assn. The New York State Club membership

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OAKS STADIUM 10

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

Cup of Joe, monthly Veterans coffee group, 3rd Tuesday, 10AM-11:30AM, Sonata Viera, 3325 Breslay Dr, Melbourne (next to VA Clinic), 321-392-6811

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 Club 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 & Marianne 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

Total Brain Workout Class: Free Fun for All! Hands on activities that focus on physical, mental and emotional health. Strategies the help maintain our intellectual skills. Feb 26th and March 4th 1:30-3pm, attend one class or both. Held at Freedom 7 Senior Community Center located inside the Cocoa Beach Country Club. Seminar presented by Health First Aging Services call to rsvp 321-434-7614 .

What's For Dinner? E.A.T.= Easy. Accessible. Timely. Explore ideas to make cooking healthful, fun and quick! Education. Demonstration, Recipes and Samples, make cooking fun again! Held on Tuesday March 10th at 11:30 at Freedom 7 Senior Community Center located inside the Cocoa Beach Country Club. \$10 per person call to rsvp and for more information 321-783-9505.

Wednesday Book Club: Read The Giver of Stars and join us on March 18th at 2pm. Free! I will put out the coffee and treats! Freedom 7 Senior Community Center located inside the Cocoa Beach Country Club, call 321-783-9505 for more information. Open to the public.

Hot Night in the City Fund-raiser! Dance the night away with music by DELGADO! Cash Bar, Silent Auction, Dinner, Dessert and 50/50 Raffle, Dance Contest with Prize. March 28th Saturday 6pm-10pm at the Cocoa Beach Country Club. Casual nice or dress to the nines. Proceeds benefit Freedom 7 Senior Community Center a nonprofit 501 (c) (3) organization. Tickets on sale now. \$30 per person. Available on Eventbrite or at F7SCC office. Call 321-783-9505 for more information and tickets.

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 Members. 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, bring you own supplies, knitting, scrapbooking, your craft of choice. Stay for a while or all day. \$1 for members, non- \$2
1pm-2pm Chair Yoga-Breathe, Stretch, Repeat-Drop in \$2 members, \$3 non

Wednesday:
9:30 am: Zumba Gold- Class designed for the over 50+ crowd. Cost \$5 for F7 Members/\$10 for Non-Member.
2pm-3rd Wed of the month Book Club-Read FEB 19th Where the Crawdads Sing and March 18th The Giver of Stars-Free open to everyone!

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
10:30-11am-Mat Yoga, we provide cushy mats, beginner level \$1 drop in!

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
TaiChi 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

Woody Simpson Community Center

1290 School House Rd, Merritt Island

Open Pickleball hours, 4 indoor courts: M-F 12-3pm, Thrs. 6-8pm, Sat. 10-12. Beginners Classes and Clinics for all levels are always available during our Open Pickleball hours when courts are available. Plus, all of these classes are available by appointment.

SENIOR EXPOS & HEALTH FAIRS

March 7, Every Day Is Veterans Day, 1PM-4PM, The Center for Collaboration, 1100 Rockledge Blvd, Rockledge

March 10, Senior Expo, 10am-1pm, Barefoot Bay Community Center, 625 Barefoot Bay Blvd., Barefoot Bay

March 12, Beachside Health Fair, 10am-2pm, David Schechter Community Center, 1089 S. Patrick Dr., Satellite Beach

March 14, Lifestyle, Health & Wellness Expo, 10AM-3PM, Melbourne Square Mall, 1700 W New Haven Av, Melbourne

March 19, Annual Health & Wellness Fair, 10 a.m. to 1 p.m. Our Lady Of Grace Catholic Church, 300 Malabar Road, Palm Bay

March 24, MEGA Senior Expo, 10AM-2PM, VISIT THE SENIOR SCENE BOOTH, Melbourne Auditorium, 625 East Hibiscus Blvd, Melbourne

BEACHSIDE HEALTH FAIR

THURSDAY MARCH 12, 2020
10am to 2pm

David R. Schechter
Community Center
1089 So. Patrick Dr.
Satellite Beach
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The City of
Satellite Beach



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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

MARCH 2020 ONE SENIOR PLACE EVENTS

Special Event: Every Day Is Veterans Day.
A Patriotic Celebration with Music, A Salute to WWII Veterans. Saturday, March 7th, 2020
Reception 1-2pm (Light Refreshments) Concert 2-4pm
 Held at: Space Coast Center for Collaboration. 1100 Rockledge Blvd. (Hwy 1) Rockledge, 32955 Limited Seating, RSVP Required, call 321-751-6771

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.

Ask the Pharmacist - Parkinson's Support Group, Monday March 2nd, 10 – 11:30am. Join us as Dr. Sal Giorgianni, Pharma D, talks about Parkinson's medication – it's interaction with other medication and other questions you may have. Call 321-751-6771 to reserve your seat today. Hosted by One Senior Place.

What You Need to Know About The SECURE Act -- Retirement Game Changer! Tuesday March 3rd, from 10 – 12pm. Recently signed into law, the SECURE Act is aimed at preventing older Americans from outliving their assets. The seminar by the law office of Rhodes Law, P.A. and Whittaker Cooper Financial Group will cover Retirement Income Strategy, current 401k allocations, re-evaluate 529 Plans and qualified Business Income Deductions. Light refreshments served, call 321-751-6771 to reserve your seat

Memories in the Making, Tuesday's March 3rd 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

STROKES & How Rehabilitation Helps, Thursday March 5th, 12 – 1pm. Presented by Dr. Nicole Knights with Aquatic Health & Rehab. How the brain works, what stimulates the brain and how rehab can help. For more information and to RSVP call 321-253-6324.

Research Participants Needed for Study, Friday's March 6th and 20th, 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.

Senior Travel 2-day Cruise Getaway Lines and Mexico & Dominican Resorts, Friday March 6th, 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.

Considering Cremation? Lunch & Learn Seminar Presented by National Cremation, Monday March 9th, 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.

FREE Memory Testing, Tuesday March 10th, from 10 – 12pm. Merritt Island Medical Research will be offering free memory screenings the second Tuesday of each month at

One Senior Place. Please call 321-305-5015 to schedule an appointment.

Parkinson's Disease, Ask The Doctor Lunch & Learn Series, Tuesday March 10th, 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 March 10th, 1:30 – 3:30pm. Free to play. Prizes will be awarded. Sponsored by Courtenay Springs Village. Limited seating must RSVP to 321-751-6771.

Growing Old without Going Broke, Thursday March 12th, 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.

Spring Wreath Craft Event, Friday March 13th, 1 – 4pm. Join Marion Coste with the Cape Canaveral Pen Women, to create a ribbon wreath that will last through the spring and for years to come. Supplies donated by AccentCare Home Health, refreshments donated by Senior Partner Care Services. Call 321-751-6771 to reserve your seat (only 30 available) today.

Estate Planning, presented by Rhodes Law, Monday March 16th, at 10am. Join Ruth C. Rhodes, Esq. for a free Elder Justice Seminar where you will learn the basics and the importance of estate planning. Light refreshments will be served. For more information, call 321-610-4542.

Tea & Sweets, Monday March 16th, 1 – 2:30pm. Join us as James Nelson talks about his new book, "The Monarch Graveyard". James has been at OSP before and we all love to hear him talk about growing up in Michigan. RSVP required, call 321-751-6771. Presented by One Senior Place and Cape Canaveral Pen Women Group. Teas by Dragonfly Botanica.

MAC User Group Meeting, Tuesday March 17th, 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.

Migraines, Thursday March 19th, 12 – 1pm. Presented by Aquatic Health & Rehab. Come hear about the causes, treatment and nutrition associated with Migraines. For more information and to RSVP call 321-253-6324.

Healthy Meals in a Busy World, Friday March 20th, 6 – 7pm. Presented by Aquatic Health & Rehab. Discover new ways in nutrition and health. For more information and to RSVP call 321-253-6324.

Who will inherit my estate? Protecting Heirs, Tuesday March 24th, 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.

Considering Cremation? Seminar Presented by National Cremation, Tuesday March 24th, 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.

BINGO with Vascular Vein Centers, Wednesday March 25th, from 1:30 – 3:30pm. FREE to play, prizes and light refreshments. Must RSVP by calling 321-751-6771.

Medicaid Planning Seminar, Thursday March 26th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. For more information, call 321-253-1667.

PWR! Up for PD, Rock, Step, Twist & Shout, Thursday March 26th, 1 – 2pm. Presented by Aquatic Health & Rehab. Exercise program developed specifically for persons with Parkinson's Disease that aims to slow disease progression, improve symptoms, restore function, increase longevity and quality of life. For more information and to RSVP call 321-253-6324.

AARP Driver Safety Class, Monday March 30th, 9:30-10:30am. 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.

Estate Planning Seminar, Tuesday March 31st, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. For more information, call 321-253-1667.

SUPPORT GROUPS

Alzheimer's & Dementia Support Group, Wednesday March 11th, 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 March 12th and 26th, 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 March 12th and 26th, 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 March 17th, 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 March 2nd, 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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but in similar conversations regarding the aging network and health and human services, Florida is leading the way.

Another health care topic Governor DeSantis addressed in his speech was regarding the 'patient savings' concept. This policy was enacted last year based on the idea of reducing health care costs requires (1) price transparency and (2) a way for patients who use information to save money. The State of Florida has implemented a patient savings plan for its employees and has already realized millions of dollars of savings. The goal is to help make this type of plan widely available throughout the state, therefore Floridians could see many millions of dollars in savings as patients.

As the Governor said "For everything there is a season, and this is Florida's season of opportunity – we have the chance to build on a strong foundation, the chance to face the challenges

before us and the chance to leave a legacy of success that will benefit our people now and in the future."

At DOEA we know there are challenges in promoting the health and well-being of our growing and increasingly diverse older adult population; however, we believe that the changing demographics present a season of opportunity to use our social and technological ingenuity to develop solutions that can move us all forward. This will help secure the well-being, safety, and independence of Florida's seniors.

It is imperative that older people in Florida are able to play their own crucial role in our society and economy. How Florida addresses the challenges posed by an aging population, while maximizing opportunities for active, healthy, and secure lives, will be key to the state's prosperity in the years ahead. Ⓢ

PAT PRIEST'S MUNSTER MEMORIES continued from pg 14

Yvonne turned to me and said, 'Let's get something straight right now young lady, don't you ever upstage me.' Man, I jumped back and didn't care if I spent the rest of the series in the dark! However, we eventually got along well and often had lunch together. But Fred and Al would always tease her about being a diva."

Gwynne and Lewis had previously starred in "Car 54, Where Are You?" and Priest says it was clear that the pair had on-screen chemistry.

"They played off one another so beautifully, were best friends, and their families were all very close," she said. "But interestingly, while the rest of us would later meet at TV conventions and autograph shows, Fred didn't want anything to do with 'The Munsters.' He preferred to be known as a fine actor, not just identified

with the Munster character, and would never sign autographs or be interviewed about the show. He wouldn't even stand beside Al to have his picture taken even though they remained good friends."

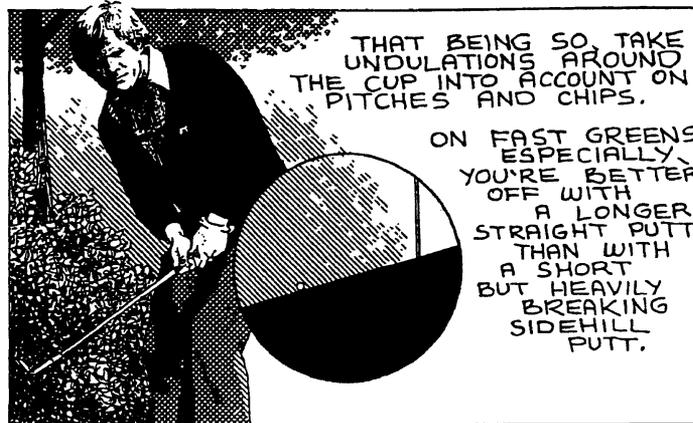
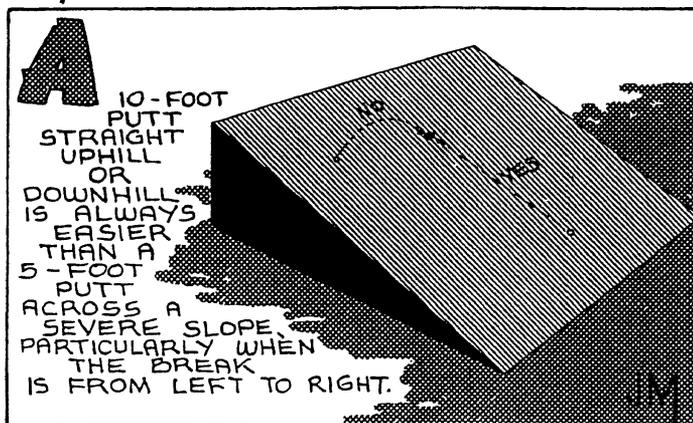


After "The Munsters," Priest continued in commercials and took on mostly small acting roles, but she looks back on her acting career as a wonderful experience.

"I've done everything I wanted to do and gone everywhere I wanted to go," she said. "I'm 83 now and whatever happens in the future is all just pluses."

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

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Caregiving for Seniors 16th Annual Conference

Empowering Caregivers: Hope, Joy and Self-Care

Please join us for our **16th Annual Caregiving for Seniors Conference**, tailored to family caregivers providing care and support for their loved ones. This day will be filled with information and community connections to help you continue to provide quality care and find support. This day is for you – relax, enjoy, learn and connect.



Keynote speaker: **Dr. James Coyle**

Dr. Coyle holds a Doctorate in Counseling and has devoted his life to comforting, caring for, training and equipping caregivers. He is the author of two books – "GPS (Your Guide Through Personal Storms)" and "Tools for Life: Daily Inspirations." He has a passion for helping people get to a better place physically, emotionally and spiritually.

Saturday, March 21

8 a.m. to 3 p.m.

Hilton Melbourne Rialto Place

200 Rialto Place, Melbourne, FL 32901

Complimentary lunch, door prizes and much more.

Register Now
321.434.4335