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**May 2020**  
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**Paul Petersen**

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**Home Care During COVID-19**

**Keeping Pets Safe**



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### CREDITS:

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

**Please remember to thank them.**

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

### PUBLISHER:

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Seadragon Creative - Dan Lee

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### BROADCAST AUDIO PRODUCTION:

Pirate Alley Studios

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

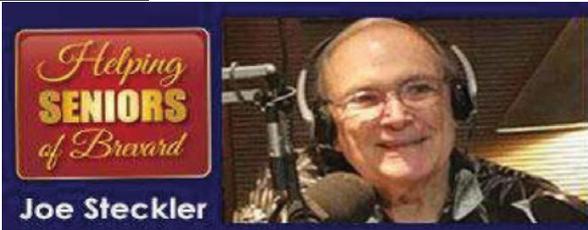


## Helping Seniors Television Monday - Friday

## 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                         |
|-----|--------|-------------------------------|----------------------------------|---------------------------------|
| Fri | May 01 | In Home Care Giving           | Too Many Teeth Extracted         | Retirement Planning - Annuities |
| Mon | May 04 | In Home Care Giving           | Golden Providers                 | Your Eyes, Your Vision          |
| Tue | May 05 | How SRES Can Help             | The Talk about Assisted Living   | Retirement Planning - Roth IRA  |
| Wed | May 06 | Intro to Vitas Healthcare     | Benefit of Holistic Health       | When to Call Adult Abuse        |
| Thu | May 07 | Hearing Loss Treatments       | Eye Clinic & Laser Institute     | Elder Law Services              |
| Fri | May 08 | Selling Your Home Quickly     | Long Term Care Solutions         | All About Home Health Care      |
| Mon | May 11 | Guardianship                  | Holistic Approach to Pain Relief | Selling Your Home Efficiently   |
| Tue | May 12 | Finding Good Help at Home     | Role of a Health Care Advisor    | In Home v Skilled Care          |
| Wed | May 13 | How Assisted Living Helps     | Avoiding Probate                 | Value of Professional Printing  |
| Thu | May 14 | Power of Attorney             | Real Estate for Seniors          | How Medical Office Team Helps   |
| Fri | May 15 | Retirement Planning           | Finding Right Senior Living      | About Cataracts                 |
| Mon | May 18 | Things to Know Elder Law      | Communications Helps Seniors     | How SHINE Helps Insurance       |
| Tue | May 19 | Advances in Hearing Treatment | Seniors Helping Seniors Helps    | Assisted Living Options         |
| Wed | May 20 | Reverse Mortgages             | About Glaucoma                   | Smile: Form & Function          |
| Thu | May 21 | Hometown News / AARP          | Care Management/Guardianship     | Life Enrichment at Asst Living  |
| Wed | May 22 | Chronic Eye Disease           | Senior Expos & Events            | AI Dia Today                    |
| Mon | May 25 | Good Solutions for Home Sales | Pain Relief Through Supplements  | Senior Mental Health            |
| Tue | May 26 | Social Security Planning      | Getting Good Home Health         | Put Your Kids on the Title?     |
| Wed | May 27 | How to Cruise Successfully    | Finding the Right Place for Mom  | Reverse Mortgages               |
| Thu | May 28 | The Dental Experience         | Glaucoma & Corneal Transplants   | Medicare Pay for Ambulance?     |
| Fri | May 29 | Hometown News                 | Balance & Fall Prevention        | Hospice                         |



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|     |        |                            |                  |                               |
|-----|--------|----------------------------|------------------|-------------------------------|
| Wed | May 06 | Focus on Elder Law         | Bill Johnson     | William A. Johnson P.A.       |
| Wed | May 13 | Focus on Your Smile        | Dr. Lee Sheldon  | Dr Lee Sheldon (Periodontist) |
| Wed | May 20 | Focus on Reverse Mortgages | Barbara McIntyre | Reverse Mortgage Funding      |
| Wed | May 27 | Focus on Help at Home      | Jennifer Helin   | Seniors Helping Seniors       |

# Letter from the Publisher



**Y**ou have heard it many times recently, that we are entering uncharted waters as we advance through this pandemic. Here at Senior Scene Magazine, we are trying to make sense of the situation and how we should proceed. This is a day-by-day process as we learn more about our social restrictions and local economic situation. We intend to continue to provide our loyal readers with the information and entertainment you look forward to each month. With that objective in mind and for the safety of all our staff and contractors, the May issue will be exclusively on-line at [www.seniorscenemag.com](http://www.seniorscenemag.com).

With so many closures, the May issue will be published without the usual Calendars of Events. As soon as these organizations and locations re-open, we will be sure to include them in our Calendars. We know that you have come to rely on this important service and we enjoy bringing them to you.

So life goes on and the month of May has special meaning for many of us. During this month we celebrate our Moms on May 10. Whether she is still here with us or not, it can be a time to share some wonderful memories with all those around us. The other special day in the month of May is Memorial Day, May 25. We all know someone who has served in our military, especially those that have made the ultimate sacrifice. Our May cover reflects those values as portrayed by our cover artist Lori Hlavsa. With all the social restrictions in place, unfortunately there will not be the usual public celebrations this year. But please remember those who sacrificed for us in your thoughts and prayers.

For current information related to the pandemic here in Florida, go to: [floridahealthcovid19.gov](http://floridahealthcovid19.gov).

On a much lighter note, for those of us who saw Star Wars in May 1977 in the theater, let's join in celebrating May 4. May the 4th be with you.

Thank you for being a loyal reader.

Please stay safe and see you next month.

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*See page 48 for valuable coupons.*

# PAW'S CORNER

By Sam Mazzotta

## Working From Home With Pets Around

**DEAR PAW'S CORNER:** I've been working from home for the past two weeks, and my dog and cat, "Mutt" and "Shelley," won't leave me alone! I tried putting them into the bedroom during conference calls, but they yowl and meow nonstop. What can I do?

— Brad in Boston

**DEAR CARYN:** Ah, the joys of working from home: like your cat walking across the keyboard. It's clear that your pets are overjoyed to see you at home all day. They're thinking, "Yes! Dad's here! He didn't leave for hours and hours today! We can play with him all day!" And then they pester you for attention nonstop, right? And when you shut them in the bedroom, they're not happy. "Dad's in there! In the other room! Come let us out so we can play with you!" Like millions of people, your work routine has changed for at least several weeks. That means your pets' routines



have changed, too, and you need to establish new ones. First thing in the morning, give Shelley and Mutt lots of attention. Take Mutt out for a walk and play/training session where you reinforce basic commands and let him

burn off energy. Indoors, grab a cat toy and play with Shelley for a bit. If you have a scheduled conference call, take Mutt out again for a few minutes or play with him indoors beforehand. This may calm him enough that he can remain in the room. Take frequent five-minute breaks and give attention to your pets each time. Use this remote working as an opportunity to train your

pets and spend more time with them. They can provide plenty of stress relief, too -- something we all need right about now.

Send your comments, questions or tips to [ask@pawscorner.com](mailto:ask@pawscorner.com). © (C) 2020 KING FEATURES TE, INC.

## How Can I Keep My Pets Safe During This Time?

By Jeni Szmidt

Provided By  
**Health First**

While there is a lot to think about these days regarding planning for the people we love, we need to be sure to think about our pets as well. During these uncertain times, it is recommended to also come up with a proactive plan to protect our pets.

According to the American Humane Society (AHS), there are many things you can do to protect your pet's health and well-being.

- First and foremost, please know there is no evidence people can get COVID-19 from pets. If you become sick but can still take care of your pet, please stay home with them.
- Have a plan in the event you become hospitalized or too sick to care for your pet. Talk with your neighbors, family members, friends or co-workers to see if they could temporarily take care of your animals. Boarding facilities may also be able to help—but do your research ahead of time.
- You should also be sure to prepare a pet supply kit. While it may never be necessary, having all of the supplies needed will be helpful in the event you ever find yourself

in an emergency situation. Items in your kit should include the following:

- Name and contact information for who can help with your pet (and a back up person in case the original person is not available)
- Daily care instructions
- Food and treats (for up to two weeks)
- A leash (and harness if needed)
- Blankets, a bed and toys
- A crate or carrier for transportation
- Vaccination records
- Information about your veterinary clinic
- Collars with ID tags
- Medications and prescriptions

If you are worried for any reason about your pet's health, contact your veterinarian. If you have any questions about your own symptoms or health, please reach out to your healthcare provider or call our Centralized Scheduling office at 321.434.3131 for more information and to see if you can schedule a Virtual Visit. ©



# How To Hang In There!

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

I loved a little article I read recently where the author was a nun and she said, "I've been social distancing for 29 years!" I guess being in a monastery is a form of social distancing! But she went on to say some good stuff derived from a behind-walls life.

First, she recommended structure. In other words, if you haven't been out of your pajamas for days, this is for you. Make you bed. Put some clothes on. Set a routine for eating, walking, sleeping and all the rest.

Second, use the time creatively to connect. Reach out on the phone. If you are with someone at home, cook together. Write letters.

Third, rest. We are usually moving targets and this is making us slow down. Take that for the blessing that it is.

Lastly, I'm reminded of something the author Sandra Cisneros said that is really a combination of the two and three above. Or maybe it is all its own. If you are alone, alone time is precious for nurturing yourself.

May God be with each and every one of you working good in you. ☺

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## COVER STORY – ARTIST AND EXHIBITOR

# Lori Hlavsa

Residing in Florida with her husband, Lori Hlavsa is an accomplished artist. “My hope is to take the viewer to a place where imagination and dreams really do exist”.

Discovering a love for art at a young age, Lori began to work as a freelance artist through high school. She demonstrated airbrush to other students. As time went on she knew that art was something more than a hobby. She earned an Associate’s degree in Ad Design, from the Fort Lauderdale Art Institute.

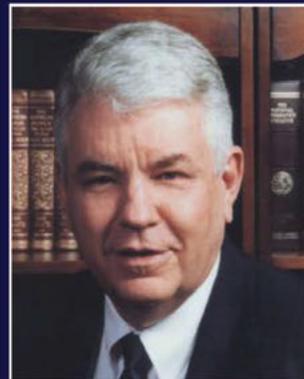
Presently, Hlavsa creates via illustration, painting, and mixed media. Much of Hlavsa’s subjects come from family. Watching her daughter dance, her son’s calm free spirit, and husband’s love for the ocean all reflected in her work.



In her 30-year career, Lori has displayed her work in over 500 exhibitions and has received numerous awards and publicity. “Sing, Dance, Love, Laugh, Love, and Listen to the quiet rhythm of the Universe.”

You can view more of Lori’s artwork on her personal website [www.artbylori.com](http://www.artbylori.com). 

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## FROM TALLAHASSEE TO YOU

By Richard Prudom  
Florida Department of Elder Affairs

# “Project: VITAL” Will Connect Florida Seniors to Their Families Through Virtual Technology

In April Governor DeSantis and I announced the launch of “Project: VITAL” (Virtual Inclusive Technology for All), which utilizes virtual technology to relieve the effects of social isolation for residents in Assisted Living Facilities and nursing homes. The Florida Department of Elder Affairs is partnering with the Alzheimer’s Association and other industry leaders to distribute tablets statewide to residents and bring families together virtually during this time.

Governor DeSantis explained the reasoning behind the initiative and what it will accomplish in a recent Department press release: “In order to protect our Florida residents, especially our elders, from the dangers of COVID-19, we have enacted social distancing measures to keep people safe. Project VITAL utilizes methods of personalized communication tools such as video call connections, online support tools, and customized applications to allow residents to continue connecting with their loved ones during these tough times through various virtual platforms.”

Project VITAL was created under guidance provided by the Centers for Disease Control and Prevention (CDC) regarding infection control and prevention of COVID-19 to nursing homes and facilities for the health and safety of all residents.

The project will be funded with resources received by the Department from federal coronavirus response efforts.

During the initial pilot phase, project leaders will work with 150 care communities and supply two tablets per community along with virtual training on how to use the equipment, platform, and applications as well as proper sanitization of each tablet from resident to resident.

Through this unique project, the Florida Department of Elder Affairs is leveraging customized technology and resources to continue building on the current care and support infrastructure for seniors in our state. Through Project: VITAL, the Department has collaborated with our state’s healthcare community to enact the best practices for support, care, education, and awareness to all those who are living with the effects of social isolation during the COVID-19 pandemic. We hope the use of these customized tablets will facilitate critical connections with families during these unprecedented times.

The Department is pleased to partner with the Alzheimer’s Association, which leads the way to end Alzheimer’s and all other dementia by accelerating global research, driving risk

*PROJECT VITAL... continued on pg 36*

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# What is Probate?

By Attorney Truman Scarborough

This is the fifth in a series of articles on probate. When someone dies, assets titled just in the 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. An order from the Probate Court is needed to access assets in the decedent's name.

In earlier articles we discussed the difference between Formal and Summary Probate Administration. In Formal Administration the court creates a legal entity (like a corporation) called the Probate Estate and appoints a Personal Representative (executor) to manage the estate. There is a series of court filings with the Probate Court which oversees the administration. From the time pleadings are first filed with the court, it takes approximately six months to complete formal probate if everything runs smoothly. With Summary Administration there is one court order directing distribution of assets to the beneficiaries. This short procedure can be used when 1] the estate is \$75,000 or less and not indebted, or 2] the decedent died more than two years ago.

In addition to the Formal and Summary Administration,

probate is also classified as either Testate or Intestate. If the decedent left a Will it is called "Testate Probate". When there is no Will, it is "Intestate Probate".

A Will designates who will inherit the probate property. When there is no Will, Florida Statutes govern who will receive the decedent's property. A surviving spouse receives the entire estate if there are no children or if all children are from the marriage of the decedent to the surviving spouse. If either the decedent or the surviving spouse has children who are not from the marriage, the surviving spouse gets one-half of the probate estate. The other one-half goes to the decedent's heirs, first to children. A deceased child's share goes down to his/her descendants (children or grandchildren). If the decedent has no surviving children, grandchildren, or great grandchildren, it is distributed to the decedent's parents. If both parents are deceased, it passes to the parents' descendants (the brothers, sisters, nieces and nephews of the deceased). If none of the above are living, it will be divided with one-half to paternal and one-half to maternal grandparents or their descendants (aunts and uncles of the deceased). Half-blood beneficiaries receive one-half as much as those who are whole blood.

Wills also designate a person to administer the estate called the Personal Representative (executor). When there is no Will, Florida Statutes set forth who is to be appointed Personal Representative. Preference is given to the surviving spouse. If there is no spouse or the spouse is unable or unwilling to serve, the court will appoint the person selected by the heirs who are

*WHAT IS PROBATE? continued on pg 31*



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## TINSELTOWN TALKS By Nick Thomas

# Paul Petersen Remembers TV Mom, Donna Reed

While most of us will be remembering mothers on May 10 this year, entertainers who worked as child actors in television sitcoms may also have special memories of their 'TV mom.' For Paul Petersen, that was Oscar winner Donna Reed, matriarch from "The Donna Reed Show."

In 2018 for the anniversary of the show's first broadcast, Petersen (and coauthor Deborah Herman) released "The Donna Reed Show: A Pictorial Memoir" (see [www.micropublishingmedia.com](http://www.micropublishingmedia.com)).

"It's kind of an archival look back at an iconic television show," said Petersen who, like Reed, appeared in all 275 episodes during the series run from 1958 to 1966. "I wanted the book to not only examine the people who made the show, but to put television in the historical context of the period. During the 8 years, we went through a lot including illnesses, accidents, and national incidents from that era."

One of the most memorable was the 1963 Kennedy assassination.

"We were rehearsing and a guy from the radio station across

the street called with a real quiver in his voice asking for Donna," said Petersen who remembers answering the phone. "Donna then told us the president had been shot and it shut down the studio. We just packed up and went home for a very painful weekend."



Most of Petersen's memories of the show are far more pleasant, however, like the first day filming on the set.

"Donna was from a little town in Iowa called Denison, in the county right next to where my mother was born around the same year," he explained. "When I got the job, the most excited person in my family was my grandfather who insisted on taking me to work to film the pilot. He marched right up to Donna and said, 'Donna Belle Mullenger (her birth name) I knew your

dad!'"

Reed was gracious, and remained personable and well-liked throughout the series, according to Petersen. "We all

---

PAUL PETERSEN REMEMBERS DONNA REED *cont'd on pg 36*

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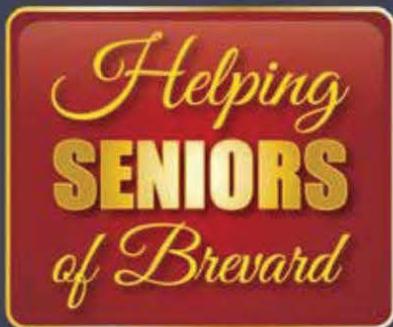
# Helping Seniors Of Brevard

[www.HelpingSeniorsofBrevard.org](http://www.HelpingSeniorsofBrevard.org)

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](http://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,

This Easter season is unlike any other in my lifetime. Many of us who lived in World War II did not experience such restrictions – even in time of war we were able to attend the religious services of our choice. Social distancing has changed the way we do business, including the ability of nonprofits to raise funds to serve those in need.

For instance, Helping Seniors has had to delay our car raffle until the Governor lifts emergency restrictions and it is okay to conduct events where large crowds assemble. I know there is concern, but assure you that the raffle will take place as soon as possible. In the interim, ticket donations will be accepted at [Helpingseniorscaraffle.com](http://Helpingseniorscaraffle.com) or by calling 321-473-7770. I regret the delay but know that you understand.

A major impact of this pandemic is the realization that many seniors (as well as most of the population) are not prepared to cope with such an event. Fear caused many people to hoard toilet paper and other products. I hope that this virus taught us some lessons about how to live and share with others.

The experiences of the past month have also exacerbated ongoing issues, such as lack of affordable housing and homelessness. These serious difficulties require the immediate attention of elected officials at all levels, not advisory bodies. Both problems can be ameliorated, but will require dedicated leadership. The Senior Advisory Council is part of the solution, and as soon as we are able to conduct the first meeting, you will be informed.

Meanwhile, please keep making your ticket donations so we can stay in business and be sure to designate Helping Seniors when making your Amazon Smile purchases. STAY SAFE.

Joe Steckler  
Elder Advocate



# Helping Seniors Of Brevard



## CARES Act & Charitable Giving

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



## Kim's Corner

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

In an effort to keep vital nonprofits afloat during the COVID-19 pandemic, the CARES Act has made it easier for taxpayers to deduct charitable donations on their 2020 tax return without the need to itemize.

The new legislation allows taxpayers to deduct up to \$300 in charitable donations from their taxable income, as long as the contribution is made in 2020 by cash, check, or credit card. Taxpayers will be able to claim the deductions on their tax forms next year.

The CARES Act temporarily creates a "universal charitable deduction," or "above-the-line deduction, for donations. That means taxpayers can easily claim the deduction on their tax forms without having to go through the extra step of itemizing it. (Other above-the-line deductions include student-loan interest and retirement-plan contributions.)

**For details, be sure to consult your tax professional.**

If you choose to take advantage of the non-itemized \$300 deduction, please consider donating to Helping Seniors of Brevard, a registered 501(c)(3) charitable organization.

You may donate online safely and securely at [www.HelpingSeniorsofBrevard.org](http://www.HelpingSeniorsofBrevard.org) or mail your check made payable to HSOBC to P.O. Box 372936, Satellite Beach, FL 32937.

You can also support us every time you shop at [www.smile.Amazon.com](http://www.smile.Amazon.com). Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Helping Seniors once you designate us as the charitable organization of your choice.

Thank you for your gift!

Donate



Hello Readers!

The following is a list of food pantries with contact information. Please, stay healthy.

**Daily Bread** - 805 East Fee Ave, Melbourne 321-723-1060 ♦ Meals daily 11 AM–1:30 PM

**Saint Vincent De Paul - Our Lady of Grace Food Pantry, Malabar** - 321-725-6866

Temporarily closed, BUT they are doing home visits and dropping off food at the door. State your name, phone number, and address. They will get back with you, may not be the same day.

**Saint Vincent De Paul at Holy Name of Jesus** 3050 N. Hwy A1A, Indialantic - 321-777-9593

Open Monday, Tuesday, Thursday, Saturday 9 – 11 AM for beachside residents

**East Coast Christian Center**

680 N. Courtenay Pkwy, Merritt Island 321-452-1060 ♦ Food pantry open Tuesday and Thursday, 9 – 11 AM and 6 – 8 PM

**North Brevard Charities Sharing Center**

4475 S. Hopkins Ave, Titusville - 321-269-6555 Open Mon., Tues., Thurs., Fri. 11 AM – 2 PM

**Good Shepherd Lutheran Church** - must be a resident of north Brevard, please have ID 2073 Garden St, Titusville - 321-267-4323

**Saint Paul's Anglican Church**

7200 N. Wickham Rd, Melbourne-321-259-1130 Open Tuesday 3 – 6 PM

**Catholic Charities of Central Florida, Cocoa**

321-338-2986 ♦ All clinics are closed until further notice. Phones at clinics are being answered for triage, prescription refills, and referrals. Food pantry is open Tues. - Fri. 9 - 11:30 AM

**Give-a-Meal** - The Bearded Chef has partnered with Love INC to deliver free meals to seniors, the immune compromised, and self-quarantined people. Call 321-253-9543 Tuesday-Thursday, 11AM-2 PM.

**Space Coast Kibble Kitchen (pets)**

[www.spacecoastkibblekitchen.com](http://www.spacecoastkibblekitchen.com)

321-586-2242 or 772-539-2417



# Helping Seniors Of Brevard



## Dentistry After the Coronavirus

*Lee Sheldon, DMD, PA  
Solid Bite*

As I write this, all dental practices in Florida are closed to everything but emergency procedures until May 8. Emergency procedures are essentially defined as those that are causing infection and pain. Elective procedures are delayed until after this governor-ordered-mandate ends.

This is a reset button for many who are in business, including dentists. There are over 200,000 dentists in the U.S. There are some patients who will continue as if nothing has happened. There are others who will have some reluctance to enter restaurants, sporting events, and the dental office.

It is incumbent upon us, as dentists, to not only diagnose well and do appropriate treatment, but to give our patients the reassurance that the dental environment is safe and that your treatment can continue without your hesitation to be in the dental environment.

We have practiced using “universal precautions” ever since the advent of the AIDS crisis in the 1980s. Our entire environment has been geared to prevent cross-contamination and still is. Are there changes that we’ll make? We can’t go through a crisis of this magnitude and not expect changes to occur. Those changes will be improvements to an already robust system of sterilization and disinfection.

Will the dental visit cost more? Yes. We will, at the very least, have increased disposable personal protective equipment (PPE) and the cost of such will need to be passed on to the patient. You can expect two fees, the fee for the service and a separate fee for PPE.

All dental offices are researching how we can do better. The ADA and OSHA are in discussions as well. And as that research evolves, intelligence and ingenuity will create an improved environment for dental care.



## Keeping Mom Close Through Memories

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

Mother’s Day is a special day on the second Sunday in May. If your mother is still alive, it’s a day for cards, flowers, get-togethers, and special gifts.

For others, Mother’s Day is bittersweet, marked by an ever-present sense of absence.

That’s why bereavement specialists at VITAS® Healthcare, the nation’s leading provider of end-of-life care, encourage individuals to find special ways of honoring their mother and her legacy on Mother’s Day.

Lorraine, the daughter of a VITAS patient, says being involved in her mother’s hospice care helped her tremendously—while her mother was alive and after she passed away.

“VITAS was there every step of the way,” Lorraine says. “I have never felt so close with a team of healthcare professionals.” With the team’s help, her mother “passed peacefully at home.”

Robin Fiorelli, director of bereavement services for VITAS, points out that Mother’s Day can resurrect grief and longing for mothers no longer with us. She encourages motherless sons and daughter to find special ways of honoring their mothers and “mother figures.”

Create special crafts, cook Mom’s favorite recipe, or volunteer in her honor on Mother’s Day. Visit her grave or find closure by attending a grief support group or memorial ceremony.

“It can be really healing on Mother’s Day to honor the person who was motherly to you,” Fiorelli says. “While we know our mother is gone...we can still feel her presence and support.”

*Kathleen Kashow is general manager for VITAS in Brevard County. For more information about end-of-life care services, call VITAS Healthcare at 321.339.2893 or visit [VITAS.com](http://VITAS.com).*



# Helping Seniors Of Brevard



## Healthcare Will Rise Above

*Traci Graf, RN  
AVID Home Care*

I struggled with my topic this month, as it seems strange to write about anything other than COVID-19. Information on this virus has overwhelmed us – so many articles, news stories, fake and real, scams, people who mean well but spread panic and untruths. I have been in healthcare for over 25 years, and the medical field has been dreading this for a long time. Now, here we are.

In times like these, seemingly normal people do extraordinary things. Anyone working in healthcare is doing it because it's their duty, their job, their paycheck....but it's so much more. Not many people know what it's like to be the one that could infect your own family, parents or neighbors, simply by doing your job.

Yes there are problems getting necessary equipment, and staff are struggling to take care of the sick, but it is a calling for most in medicine. The medical field will rise above it all and do their best to make a difference. To quote Eleanor Roosevelt, "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the things you think you cannot do."

Nurses and doctors are sharing how to maximize care with inventive ideas like running one ventilator for multiple patients—one doctor hooked 8-9 patients to one vent! ICU nurses are showing others how to more efficiently manage multiple patients in isolation using IV pumps set up outside the rooms. This prevents nurses from having to put on loads of protective equipment that needs to be discarded after one use.

These are examples of how healthcare providers are thinking outside the box to uphold care, improve processes, and find smarter ways to fight despite the obstacles. We are scared too, but will go to work every day, doing the best we can to win this fight. If you know someone working in medicine, thank them for what they are doing, because not everyone can do it.



## Mind, Body, Spiritual Help for Coronavirus

*Kevin Kilday, PhD, D.PSc  
Holistic Health Center*

This pandemic is affecting every area of human life:

- The Mind: increased stress, fear of the unknown, depression, and anxiety have caused an increase in the use of antidepressants, tranquilizers, alcohol, and illegal drugs.
- The Body: If you have immune compromised conditions, you have become high risk for this virus.
- The Spirit: Non believers are probably more mad at God, but believers are praying more than ever.

The stress of staying at home for extended lengths are bringing on more depression and anxiety from concerns about family members, finances, the loss of loved ones and / or jobs, staying sober, or being chronically ill.

Reach out and talk to a close friend or family member, your minister or spiritual adviser, your physician, or a professional counselor via phone or video conferencing. **Get help now** if you are thinking about hurting yourself. Call 911.

During this stay-at-home time, try to prioritize, organize your time, pace yourself, and get substantial sleep of 7-8 hours a night (it rejuvenates and heals the body). Go outside (wear a mask) and walk 20 minutes (maintain 6 feet distancing).

Strengthen your immune system by taking vitamin C, D3, andrographis, garlic, zinc, and / or elderberry.

Spend some quiet time with God, read the Bible, pray, live one day at a time, let go of the past, embrace the future, remember what family, friends and life are all about. LOVE

**Dr. Kevin Kilday, PhD, Holistic Health Center, Supplements, Specialties: Natural Solutions for Cancer, Chronic Health Conditions, and Pain Ph. 321-549-0711**  
**[www.holistichealthcenter.us](http://www.holistichealthcenter.us)**



# Helping Seniors Of Brevard

## SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

### APPLIANCE REPAIR

**Allied Appliance Service Co.**  
2346 Pineapple Avenue  
Melbourne, FL 32935  
321-254-4644

### ATTORNEY

**Ruth Rhodes, Esq.**  
**Rhodes Law, P.A.**  
1751 Sarno Rd Ste. 2  
Melbourne, FL 32935  
www.rhodeslawpa.com  
321-610-4542

**The Law Office of  
Amy B. Van Fossen, P.A.**  
1696 W. Hibiscus Blvd., Ste A  
Melbourne, FL 32901  
www.AmyBVanFossen.com  
321-345-5945; (fax) 321-345-5417

**William Johnson, P.A.**  
140 Interlachen Dr., Suite B  
Melbourne, FL 32940  
www.floridaelderlaw.net  
321-253-1667

### AUDIOLOGY SERVICES

**EarCare, P.A.**  
7777 N. Wickham Rd. Suite 21, Melbourne  
www.earcare.net  
321-752-4552

**Palm Bay Hearing Aid Center**  
490 Centre Lake Dr NE Ste 150  
Palm Bay, FL 32907  
www.palmbayhearingaids.com  
321-369-9900

### CARE MANAGEMENT / ADVOCACY

**Total Long-Term Care Consultant Services**  
6767 N. Wickham Rd. Suite 401  
Melbourne, FL 32940  
info@tlcconsultantservices.com  
321-752-0995

### CREMATION / FUNERAL

**Ammen Family Cremation  
& Funeral Care**  
www.afcfcare.com  
321-724-222

### DENTIST

**Lee Sheldon, DMD, PA**  
2223 Sarno Road  
Melbourne, FL 32935  
www.drleesheldon.com  
321-369-9788

### DOWNSIZING

**Compassionate Downsizing 4 Seniors**  
Downsize, coordinate, pack, unpack organize,  
age in place, estate sales  
www.CompassionateDownsizing4Seniors.net  
321-576-2147

### FINANCIAL PLANNERS

**August Velten & Associates**  
2955 Pineda Plaza #104  
Melbourne, FL 32940  
www.augusthvelten.com  
321-622-7272

**Financial Cornerstone Group**  
Retirements • Investments • Insurance  
Rockledge and Palm Bay Locations  
www.yourfcg.com  
321-735-4994

### HEALTH

**Holistic Health Center**  
Dr. Kevin Kilday  
Palm Bay, Melbourne, Merritt Island, and Viera  
www.holistichealthcenter.us  
321-549-0711



# Helping Seniors Of Brevard

## SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

### HOME BUILDERS

#### Monarch Homes of Brevard

Model address 1728 Tullagee Ave.  
Melbourne, FL 32940  
www.monarchhomesofbrevard.com  
321-806-3948

### HOME REPAIR

#### Hansen's Handyman Services

Quality Home Repairs  
321-302-9441

### HOSPICE

#### VITAS Healthcare

4450 W Eau Gallie Blvd, Ste 250  
Melbourne, FL 32934  
www.vitas.com  
321-751-6671

### IN HOME CARE

#### Avid Home Care, LLC (non-medical)

2425 N. Courtenay Pkwy Ste 10  
www.avidhomecareservices.com  
321-392-3400  
traci@avidhomecareservices.com

#### CSI Caregiver Services, Inc.

2475 Palm Bay Rd NE, Palm Bay, FL 32905  
www.csicaregiver.com  
321-722-0009

#### Home Health Care Resources Corp.

Serving All of Brevard County  
www.homehealthcrc.com  
321-677-2577

#### Just a Friend Elder Care

4650 Lipscomb St. #14, Palm Bay, FL 32905  
321-527-4019

#### Seniors Helping Seniors

1103 W Hibiscus Blvd, Ste 400  
www.seniorcarebrevard.com  
321-722-2999

### INSURANCE

#### Best Financial Solutions

www.bfsmoney.com  
321-863-4470

#### Medi-Health Insurance

Debbie Fischer  
601 E. Strawbridge Ave. Suite 102  
321-258-1213

### INSURANCE & FINANCIAL SERVICES

#### Allstate: Niki Jones Agency

www.allstate/nikijones  
660 E. Eau Gallie Blvd, Suite 104  
Indian Harbour Beach, FL 32937  
321-773-3394

### MOBILITY SCOOTERS

#### Dynamite Travel Scooters

PO Box 360064, Melbourne, FL 32936  
https://www.dtscooters.com  
1-800-697-6765 Ext. 3

### MORTGAGE

#### Reverse Mortgage Funding

977 Long Meadow Road, Melbourne  
www.reversefunding.com/Barbara-Mcintyre  
321-698-4739

### MOVING

#### A Mother's Touch Movers

www.motouchmovers.com  
321-253-6040

### OPTICAL

#### Eye Clinic and Laser Institute

Offices in Merritt Island, Melbourne, Port St.  
John and Suntree  
www.youreyeclinic.com  
321-453-3937



# Helping Seniors Of Brevard

## SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

### PEST & TERMITE CONTROL

#### Beachside Termite and Pest Control

Serving all of Brevard County  
www.getbeachside.com  
321-750-4100

### PHYSICAL THERAPY

#### Fyzical Balance and Therapy Centers

150 5th Ave., Ste C, Indialantic  
321-372-3090  
Rock Steady Boxing for Parkinson's Disease  
(Balance and Fall Prevention)

### PRINTING

#### Allegra Design, Print, Mail

2040 Murrell Road, Rockledge  
www.allegrarockledge.com  
321-242-1006

### REAL ESTATE

#### Barbara Wall, Broker Associate

Berkshire Hathaway Home Services FL Realty  
2000 Highway A1A, Indian Harbour Beach  
barbara@barbarawall.com  
321-749-2444

#### Brevard Relocate Realty Group

Specializing in 55+ Buyers and Sellers  
1894 S. Patrick Dr., #D, Indian Harbour Beach  
FREE CONSULTATION CALL 321-428-2160  
www.BrevardRelocateRealty.com

#### Enhanced Property Investments

P.O. Box 236724  
Cocoa Beach, FL 32923  
www.enhancedpropertyinvestments.com  
321-351-3222

#### Veterans Realty of Brevard

1675 N. Atlantic Ave., Cocoa Beach, FL 32931  
321-868-1833

### SENIOR ADVOCATES

#### Forget-Me-Not Senior Care Advocates

1894 S. Patrick Dr.  
Indian Harbour Beach, FL 32937  
www.forgetmenotsca.com  
321-610-4426

### SENIOR LIVING / MEMORY CARE

#### Addington Place of Titusville – Assisted Living and Memory Care

497 N Washington Ave, Titusville, FL 32796  
www.AddingtonPlaceofTitusville.com  
321-383-2112

#### Hibiscus Court Assisted Living and Memory Care Community

540 E. Hibiscus Blvd, Melbourne, FL 32901  
www.slm.net  
321-345-9830

#### MARTHA'S House & ALF

6-bdrm assisted living, Heritage Isles  
3831 Funston Circle, Melbourne, FL 32940  
www.MarthasHouseALF.com  
321-978-5315 / FAX 321-978-5316

#### Zon Beachside

1894 S. Patrick Drive  
Indian Harbour Beach, FL 32937  
www.zonbeachside.com  
321-777-8840

### TRAVEL

#### Helping Seniors of Brevard Travel Club

Merritt Island, FL 32952  
travelcenterusa@gmail.com  
(321) 978-5211 • Chris & Betty  
We create "trips of a lifetime" for seniors



# Helping Seniors Of Brevard

## SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

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### 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*.

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### *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!

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**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.

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# Helping Seniors Of Brevard



## Have a Plan

*Jennifer Helin*  
*Seniors Helping Seniors*

Sitting down to write in the early stages of the stay at home order, I am unsure how to proceed. My hope is that by the time this is published, we will be well on our way to “normalcy.” What our new normal is remains to be seen, but I hope for the best. One thing I have learned from this pandemic is that we must remain hopeful but prepare for the curve balls life throws our way.

One reason I devote time to Helping Seniors of Brevard is their mission to educate seniors, helping them prepare and create a plan. Never has this been more needed than during COVID19. As citizens of this incredible country, we want our federal, state, and local governments to have a plan to keep us safe and informed. We want our health system to have backups in place; to be prepared.

To be fair, we as individuals and families must also have a plan, to stay informed and prepare the best we can. This has been something of a “soap box” issue for me since starting Seniors Helping Seniors in 2012. We prepare for retirement, but do not have a picture of what 85 will look like. Will I move to an assisted living? Will I stay at home? Move back north to be with family? Who will help me if I need it?

No one could have predicted this pandemic, the extent or scope. We have already responded to many calls for help. Seniors with no local family, afraid to venture to the store and no means to order online. Others who relied on friends to take them to the doctor or grocery store, but now the friends are too scared to go out. Private caregivers who stopped providing services because they needed to stay home with their children or were exposed to the virus. With no back up plan or knowledge of resources, these seniors were suffering.

We helped by running groceries, finding TP donations, and working with Kim at Helping

Seniors of Brevard to know what local nonprofits were still able to respond during the crisis.

Once this is over, we need a moment to heal. To hug people again and let the light shine in. And then I encourage seniors to have a plan, then create a back-up plan. Know the resources in your area. Develop a relationship with a licensed home health agency, visit independent and assisted living facilities. Have your financial and legal paperwork in order. I hope we never see the likes of this again. But if we do, let's put ourselves in the best possible position for success.

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## Helping Seniors Programs

Senior Helpline  
321-473-7770

[www.HelpingSeniorsofBrevard.org](http://www.HelpingSeniorsofBrevard.org)

Helping Seniors Television Show  
Channel 499  
Monday-Friday  
8 AM, 4:30 PM, 5 PM

Helping Seniors Radio Show  
WEJF FM 90.3  
Wednesday - 12:00 PM

## Helping Seniors Board of Directors

Joseph L. Steckler, *President*  
Elder Advocate

John Harper, *Vice President*  
Radio Production

Edward Fleis, *Treasurer*  
Monarch Homes

Jennifer Helin, *Secretary*  
Seniors Helping Seniors

Dr. Steve Cusick  
Florida Institute of Technology

Jacquie Esterline  
In Home Personal Services

Dennis Mannion  
Juice is Us, Inc.

Ruth C. Rhodes  
Rhodes Law, P.A.

# The Helping Seniors 2020 Car Raffle

- (1) Choose the car you like!
- (2) Get your Car Raffle tickets!
- (3) Get Ready to Win!
- (4) Join us for Grand Drawing!

All funds raised support the work of  
Helping Seniors of Brevard.

We are 501(c)(3) Florida Non-Profit  
dedicated to improving the lives of  
Seniors in our area.

We operate the County's  
Senior Information Helpline  
(321) 473-7770

**Note:**  
Due to Coronavirus Impact  
Grand Drawing Event is being Rescheduled.  
Information coming soon.

[HelpingSeniorsOfBrevard.org](http://HelpingSeniorsOfBrevard.org)

**2020  
Chevrolet  
Camaro**



**2020  
Mazda  
Miata  
Convertible**



**2020  
Kia  
Sportage**



**2020  
Dodge  
Challenger**



## Get Your Tickets Today!

**HelpingSeniorsCarRaffle.com**  
**or Call 321-473-7770**

Tickets also available at all Boniface Hiers Dealerships.

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





## Diabetes and Your Eyes

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

People living with diabetes type 1 and type 2 are at an increased risk for developing diabetic retinopathy, which refers to damaged blood vessels in the eye. The development of diabetic retinopathy is based on three factors: how long you have had diabetes, how well you control your blood pressure, and how stable you keep your blood sugar.

Those with diabetic retinopathy may not experience symptoms in the early stages, but when it advances people may experience spots floating in their line of vision, blurred vision, impaired color vision, and dark or empty areas in their vision.

Since symptoms do not immediately appear, it is crucial to visit your ophthalmologist annually to treat the condition before it progresses. Those with moderate diabetic retinopathy may need to visit their ophthalmologist every four to six months, while those with severe diabetic retinopathy may need to be seen every four to six weeks.

It is important for your ophthalmologist and primary physician to maintain communication regarding overall control of your diabetes. On a positive note, eating healthy and exercising can help reverse diabetic retinopathy.

### *Did You Know?*

People with diabetes are more likely to develop vision-stealing cataracts compared to non-diabetics. In addition to speeding up cataract development in adults, diabetes leads to early cataract formation in younger people as well. High levels of glucose in the lens cause it to swell, affecting clarity of vision.

Keeping your blood sugar consistently well-controlled and having annual eye exams by an ophthalmologist are essential to preventing or delaying cataracts. If you have diabetes or need an annual eye exam call us at **(321) 453-3937** to schedule an appointment or visit us online at [www.youreyeclinik.com](http://www.youreyeclinik.com).



## How Seniors Are Affected by the Stay at Home?

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

Are you one to do things the “Old School” way? Using cash or writing checks for purchases and bills are becoming something of the past. Do you still call the doctor to get copies of medical records?

While the COVID-19 pandemic is emphasizing the importance of washing our hands and maintaining social distance, it is also bringing to light the use of technology for seniors.

As the world becomes more technology based, some of the senior population is struggling to keep up with the new ways. During a crisis like COVID-19, financial and health issues can be overwhelming.

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## Stay Safe With Virtual VA Medical Visits

President Donald Trump calls it a war, and he might be right. The fight against this coronavirus has taken nearly all the country's resources, as well as personal sacrifice. The Department of Veterans Affairs is on top of things, administering thousands of tests to veterans to prevent the transmission of the virus. The VA wants you to limit your exposure, especially when it involves going to a medical setting. If you've never used the telemedicine feature of VA care, become familiar with it now to make sure you're set up should you need it. Now, with the virus everywhere, you can make a telehealth appointment and talk to a medical provider electronically, without having to appear at the facility. To have a video appointment, you'll need either a computer, a tablet or a smartphone, as well as the VA Video Connect App. (See [mobile.va.gov/app/va-video-connect](http://mobile.va.gov/app/va-video-connect).) Scroll down to the yellow bar to test your device to be sure it's compatible with the app. If you need tech help, call



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# Safety Tips for Working Remotely

By Bill Ford, *Data Doctors*

Thankfully, with the changing health environment and challenges, the ability to work remotely (from home) has become easier and more efficient than ever. There are some critically important elements to consider.

- What you're using as your remote computer.
- Where you are connecting from and,
- The security protocols set up by your company.

## Remote Device Security

The computer that you use to remote into your company's network is one of the biggest vulnerabilities because it's not under the direct control of your IT department. You must absolutely be sure to keep all your software updated and should have some form of Internet security program running for both Windows and Mac-based computers. Should a remote hacker can gain access to your computer before you connect to your company network, it's as if they are standing over your shoulder recording everything you type.

When possible, avoid using the same computer for personal use, especially if you have younger users in your household. If it can't be avoided, make sure that you create a separate user profile with limited rights for the kids to use and another one just for your remote sessions.

An inexpensive Chromebook (@\$200) that your kids use to get online may be an affordable way to separate your kids from the computer you'll be using remotely.

Be mindful of where you are saving files, so that you don't accidentally save work-related data to your local hard drive. When that's unavoidable, make sure you have an automatic cloud-based backup setup to secure work files from any ransomware threats.

Your company will likely provide you with instructions on using some form of VPN (Virtual Private Network) software, but if they don't, using one on your own is highly recommended (<http://bit.ly/2U3KPI3>).

Make sure you have a long, strong password required to access your device, especially if it's a laptop or tablet that can be stolen easily.

Get in the habit of locking your screen whenever you walk away to keep other members of your family from using your remote computer.

If your router has the ability to set up a guest network with client isolation, that's the best connection to use when working remotely as it will prevent other devices on the same network from having direct access to your computer.

## Avoid Public Wi-Fi

The method you use to connect to the Internet is very important and public Wi-Fi is one of the least secure connections. If you are on the road and need to connect, use your smartphone as a hotspot so you aren't sharing your connection with strangers.

## Follow The Company Rules

In their purest form, usability and security are on the opposite ends of the spectrum. The more secure something is, the more hoops you'll have to jump through to gain access.

As inconvenient or complicated as it may be, not following the guidelines created by your IT department is an absolute no-no. Using a VPN may make things slower in some cases, but you must understand that it's a trade-off for security that you'll have to accept. Ⓢ

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# COVID-19 Anxiety

By Max ValaVanis 321-956-7072

**C**COVID-19 is the virus that is taking over the world. Businesses are closing, people are staying indoors, and the financial markets are wailing. A few months ago, no one could have predicted these events that invited us into the new decade. The immediate economic impact of this deadly virus has caused millions of Americans to lose their jobs and their sanity. In March, the number of unemployment claims skyrocketed to unprecedented heights. According to the U.S. Department of Labor, on April 20th, a staggering 17 million Americans filed for unemployment. Moreover, many workers' 401Ks are crumbling with the collapsing markets. As a result, people nearing retirement now will have to work longer to accumulate the necessary amount of wealth for them to actually retire.

## PENSIONS?

Pension plans are the cornerstone of a healthy retirement. With guaranteed income, planning and budgeting become increasingly easier. According to the Employee Benefit Research Institute, 28% of non-government work-

ers in 1979 had an employer-sponsored pension plan. If you were retiring back then, you could look forward to a retirement partially funded by your employer. Now, employer-sponsored retirement plans are almost a distant memory. Instead, employers are opting for the 401k-style of savings. This option is substantially cheaper for the employer but causes more headaches for the employee due to risk. For example, if your 401k were invested in an S&P 500 index – a very common investment – your portfolio would have plummeted nearly 35% due to this dreaded coronavirus. Needlessly, many Americans' retirements are at the mercy of the economy, and this results in significant anxiety. It is not required to subject your retirement funds to external factors you cannot control. If you know where to look, there are interesting alternatives.

## IN RETIREMENT?

Financial Advisors, for decades, have recommended that retirees slowly consume their assets annually. For example, retirees might withdraw 4% of their retirement each year, while “hopefully” generating at least 4% in returns to keep their income stable. Many “safe” investments do not reach a return of 4% a year; therefore, these retirees are forced into taking on more risk. Economists preach the popular risk-return tradeoff, where the potential of greater returns rises with an increase in risk. As the common

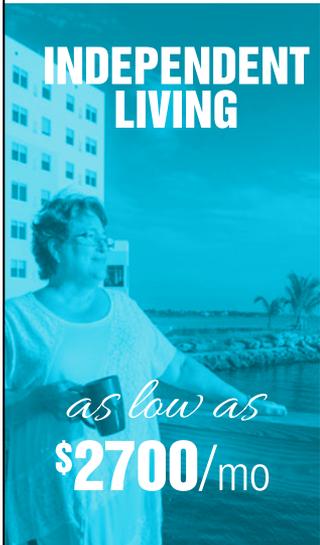
*COVID-19 ANXIETY continued on pg 32*

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# Social Security Honors Our Military Heroes

By Blanca Taylor, *Social Security Public Affairs Specialist*

On Memorial Day, our nation honors military service members who have given their lives for our country. Families, friends, and communities pause to remember the many great sacrifices of our military and ensure their legacy lives on in the freedoms we all enjoy. We recognize these heroes who, in President Lincoln's words, "gave the last full measure of devotion."

The benefits we provide can help the families of military service members. For example, widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. You can learn more about those benefits at [www.ssa.gov/survivors](http://www.ssa.gov/survivors).

We also offer support to our wounded warriors. Social Security benefits protect veterans when an injury prevents them from returning to active duty or performing other work. Wounded military service members can receive expedited processing of their Social Security disability claims. Are you a veteran with a 100% Permanent & Total compensation rating from the U.S. Department of Veterans Affairs? We will expedite your disability claim. Both the



Department of Veteran Affairs and the Social Security Administration have disability programs. You may qualify for disability benefits through one program but not the other, or you may qualify for both. Depending on your situation, some of your family members, including your dependent children or spouse, may be eligible to receive Social Security benefits.

Want more information? Visit [www.ssa.gov/woundedwarriors](http://www.ssa.gov/woundedwarriors) for answers to commonly asked questions or to find information about the application process.

Thinking about retirement? Military service members can receive Social Security benefits in addition to their military retirement benefits. For details, read the Military Service page of our Retirement Planner, available at [www.ssa.gov/planners/retire/veterans.html](http://www.ssa.gov/planners/retire/veterans.html).

Please share this information with the military families in your community. To the veterans who bravely served and died for our country, and to the military service members who serve today, we honor and thank you. 🇺🇸

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## Why Senior Advocacy in Brevard County

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

I often write about unmet senior needs in Brevard, many of which were uncovered in a 1996 countywide survey. Why haven't we fixed them in 24 years? Partly because of the failure of those we elect to the Florida House and Senate to act in our best interests. Years ago I ran unsuccessfully for the State Representative seat vacated by the death of Howard Futch. I had many admonish me for making a late run, saying I could accomplish more as a voice for seniors. Now, after 20 years, I agree with those who told me to become a senior advocate.

Since founding Helping Seniors of Brevard in 2011 and becoming an advocate for seniors, I am convinced that more can be done at the local level. Especially when those we elect to build a State budget, pass laws, and represent us seem to be playing a shell game with the funds entrusted to them. Here I refer to the oft cited Sadowski fund, which was developed to build affordable housing but seems to be a target for General Revenue programs. For the past 20 years legislators have bilked the fund for approximately \$115 million annually.

Besides highlighting the need for term limits, what I am saying is that a lot more could be done if these dollars were used for the purpose intended – matching locally developed monies across Florida to build affordable housing, which could then be managed through low income rent dollars. Consider for a moment the amount of monies that Brevard would collect if these dollars were allocated by the number of seniors per county. We can fix this not through wishful thinking but by concerted action.

A Senior Advocacy Council needs leadership, goals and objectives, committed staff, and an established meeting place. Zon Assisted Living Facility has provided a place to meet. The Senior Resource Center is also home ported (Navy term) there. Several objectives can accrue from an Advocacy Council:

- Development of a Brevard County Aging Plan
- Unification of seniors in affairs affecting seniors
- Building of low cost housing
- Creation of a senior responsive transportation program
- Identification of senior needs

These are just a few of the objectives to be identified and funded, but nothing will be accomplished unless we seniors advocate for it. Call 321-473-7770 and become



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part of the solution to a long standing set of problems in a county with one of the highest number of seniors in the nation. While failure to correct unmet needs can be laid to elected state and local officials, it also can be attributed to our failure to unify. Make that call – 321-473-7770 – and become a senior advocate.

Contact Helping Seniors at 321-473-7770, at [www.HelpingSeniorsofBrevard.org](http://www.HelpingSeniorsofBrevard.org), or at P.O. Box 372936, Satellite Beach, FL 32937. ☎

WHAT IS PROBATE? continued from pg 13

entitled to inherit a majority of the estate's assets.

In addition to allowing you to select who will inherit your property and administer your estate, the probate process is normally smoother with a Will. For example, with a Will you can: 1] give the Personal Representative the power to sell real estate without first obtaining a court order, and 2] waive the necessity of having the Personal Representative post a surety bond.

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. ☎

# Turkey Creek, Tillman, Palm Bay Best Setting for Settlement *(Part 1 of 2 parts)*

By Diane Barile, Vice Chairman of the Historical Society

Perhaps Mr. Vignoles was psychic. Seeing nearly two hundred years into the future, he described the beautiful bay at Turkey Creek in a guidebook for Americans eager to move in 1821 to the new territory of Florida. What he could not foretell in his vision were the trials and tribulations felt by the founders of Tillman in the 1800s or what we know as Palm Bay today.

Certainly, the Ais tribe of Native Americana saw the beauty of protective shelter and sustenance. Fish, oysters, and native plants provided a safe harbor and a good life connected to the communication and trade links of the Indian River lagoon. Evidence of their lives still remains in the high mound along US 1 just north of Turkey Creek. Artifacts from the site were excavated by the Museum of Natural History in New York.

During Florida's Spanish or English periods, little is recorded in the bay area. Travelers occasionally stopped to camp at the mouth of the creek. Early Florida was a wilderness jungle of strange animals and a great place to run away from lives best forgotten. During the Seminole Wars, the U.S. Government removed most of the tribe to Oklahoma. But some Seminoles moved further inland away from the military

trails and boats that carried soldiers further south. Many of the officers tasted battle first in Florida than in the Mexican War. These men became generals on both sides of the civil war, Pierce, Custer, and others.

After the Civil War, people from both the north and south looked to Florida. The wealthy Northerners had money to spend on the new trend called vacationing, and cash to invest in cheap Florida land. The Southerners, under military control during reconstruction, found war-damaged homes and their families disintegrated. In 1861, President Lincoln initiated the Homestead Act making land free to families who cleared, planted and maintained the farms for five years.

A group of Confederate officers from Quitman, GA pooled their funds to buy land at Turkey Creek for an orange grove. Captain Williams was hired to clear and plant the trees. First overseen by the company of Culpepper and Creech, the grove became one of the best producers of oranges on the Indian River Lagoon. By 1891, Creech, with his manager Mr. Minor, divided the lands with two others of the Quitman, GA investors, John Tillman and J.W. Hodson.

TURKEY CREEK, TILLMAN, PALM BAY... continued on pg 35

COVID-19 ANXIETY continued from pg 29

investor is chasing returns, they increase the likelihood of losing money. Losing money means the likelihood of running out of money increases during the later years. This vicious cycle also causes additional anxiety. Does the current market make you anxious? Do you think you will be able to generate enough income in retirement? If you have lost value due to market volatility, you may need a professional review to see where you stand.

## CONCERNED?

Call our office to make an appointment. There exist various strategies that can maximize your income while allowing you full control over your funds. Certain programs exist and many are insured by some of the largest and best companies in the United States. If you are worried about how COVID-19 has affected your retirement, call us at 321-956-7072 for a private, no-obligation consultation.

Max ValaVanis is a Financial Advisor and co-owner of ValaVanis Financial, in downtown Melbourne and in Rockledge. Max specializes in lifetime income planning and estate preservation. ValaVanis Financial has been helping retirees for over 30 years. Max can be reached at 321-956-7072 for a no-obligation, free appointment. ☺

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# Similarity Between Human And Zebrafish Diseases

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

The study highlights the importance of zebrafish as a model organism for human disease research. Sequences of its entire genetic make-up has revealed that 70 per cent of protein-coding human genes are related to genes found in the zebrafish and that 84 per cent of genes known to be associated with human disease have a zebrafish counterpart.

At first glance, zebrafish might seem to be a strange comparator to humans, but like us they are vertebrates, and we share a common ancestor. They are remarkably biologically similar to humans and share the majority of the same genes, making them an important model for understanding how genes work in health and disease. This genome will allow researchers to understand how our genes work and how genetic variants can cause disease in ways that cannot be easily studied in humans or other organisms.

The international team of researchers (Sanger Institute, Cambridge, U.K., Max Planck Institute, Tübingen, Germany, Dana Farber Cancer Institute, Boston, MA, Children's Hospital, Oakland, CA, and Univ. of Oregon, Eugene, OR, and Harvard Medical School, Boston, MA) developed a high-quality annotated sequences of the entire

genetic material of the zebrafish, known as its genome, to compare with the reference sequence of the human genome. Only two other large genomes have been sequenced to this high standards: the human genome and the mouse genome. The completed zebrafish genome will be an essential resource that drives the study of gene function and disease in people.

The zebrafish genome has some features not seen in other vertebrates. They have the highest repeat content in their genome sequences so far reported in any vertebrate species – almost twice as much as seen in their closest relative, the common carp. The team also identified chromosomal regions that influence sex determination, which are unique to the zebrafish.

Zebrafish research has already led to biological advances in cancer and heart disease research, and it is advancing our understanding of muscle and organ development. Zebrafish have been used to verify the casual gene in muscular dystrophy disorders and also to understand the evolution and formation of melanomas or skin cancers. By modelling these human disease in zebrafish, we hope that resources worldwide will

*SIMILARITY BETWEEN HUMAN AND ZEBRAFISH... cont'd on pg 35*



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# VNA Answer Nurse: How Home Care Can Help During COVID-19

Paula Thibideau is a Licensed Practical Nurse with the Visiting Nurse Association (VNA) and coordinates

**M**y husband's physician said that he needed a home health nurse to care for him in our home. Before a nurse enters our home, what should I ask to ensure that we remain safe due to coronavirus?

During this challenging time, it is important that we all take steps to ensure our health and safety. However, home health care is a vital part in that process. Caring for patients at home and keeping them out of the hospital is more important now more than ever. At the Visiting Nurse Association (VNA) we are prepared to continue to care for our patients in a safe and responsible manner.

Whether you are receiving care with the VNA or another agency, be sure to understand what steps are being taken to protect yourself and your husband. To help guide you through that conversation, below are some of the ways the VNA is keeping our patients and staff safe during this time.

**Education** – Our staff has been competency trained and understand the proper use of equipment and protocols. Our staff have reviewed proper infection control procedures and understand how to deliver care while minimizing exposure or spread of viruses.

**Preparation** – Early on, our agency began purchasing protective equipment and supplies for our staff so we would

be prepared to continue to deliver care. In addition, we instituted policies for all our staff to maintain a healthy work environment. All staff must comply with a mandatory handwashing policy and temperature reading before the workday begins. All employees monitor and report any signs of symptoms. In addition, we've restricted visitors to our offices.

**Utilizing Technology** – We've leveraged our use of technology to conduct virtual visits for appropriate patients. By doing this, we are minimizing the risk and exposure not just the patient, but our staff as well.

Continuing with your husband's home health order is important to his health and avoiding a bigger health issue for him in the future. During your time at home, be sure to follow your own health and safety guidelines by minimizing your time outside your home, washing your hands frequently and avoid touching your face. Remember to take care of yourself during this difficult time.

*Visiting Nurse Association (VNA) is committed to bringing trusted and quality home health care to Brevard County patients from Titusville to Barefoot Bay. For more information about VNA services, call 321-752-7550 or visit [www.vnatc.com](http://www.vnatc.com). This material is for general information. To diagnose a specific illness or disorder, consult your doctor. ☺*

For 20 years, we've been caring for you. And during this challenging time, we are prepared to continue delivering safe, quality care.



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## Red Beans and Rice

This classic New Orleans beans and rice dish garners flavor from celery, Canadian bacon and dried herbs. Leftover baked ham makes a great substitute for bacon if you still have some from Easter.



- 1 cup regular long-grain white rice
- 1 tablespoon vegetable oil
- 2 medium celery stalks, with leaves, sliced
- 2 cloves garlic, minced
- 1 medium red onion, coarsely chopped
- 1/2 teaspoon dried thyme leaves
- 1 bay leaf
- 2 cans (15 ounces each) red kidney beans, add more if needed, rinsed and drained
- 1 package (6-ounce) sliced Canadian bacon, cut into thin strips
- 1 cup reduced-sodium chicken broth
- 1 teaspoon Worcestershire sauce
- Hot pepper sauce
- 1/3 cups minced fresh parsley leaves

1. Prepare rice as label directs, keep warm.
2. Meanwhile, in 4-quart saucepan,

heat oil over medium heat until hot. Add celery, garlic, onion, thyme and bay leaf, and cook until vegetables are tender and lightly browned, about 10 minutes, stirring occasionally.

3. Stir in beans, Canadian bacon, chicken broth, Worcestershire, 1/8 to 1/4 teaspoon hot pepper sauce and all but 1 tablespoon parsley and cook, stirring occasionally, until heated through. Discard bay leaf.
4. To serve, spoon cooked rice then bean mixture into 4 large soup bowls. Sprinkle with remaining parsley. Serve with additional hot pepper sauce if you like. Serves 4.

\* Each serving: About 505 calories, 8g total fat (2g saturated), 25mg cholesterol, 990mg sodium, 82g total carbohydrate, 29g protein.

## Spicy Cornbread

This deliciously moist and tender bread is best served warm. If you like, you can make it ahead and reheat it right in the baking pan, covered, at 400 F for 20 minutes.

- 1 3/4 cups all-purpose flour
- 2 cups yellow cornmeal
- 1/4 cup sugar
- 1 tablespoon baking powder
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 6 tablespoons cold butter or margarine, cut up
- 1 can (14-ounce) cream-style corn
- 2 large eggs, beaten
- 4 green onions, sliced

1. Heat oven to 400 F. Grease 13-by-9-inch metal baking pan.
2. In large bowl, mix flour, cornmeal, sugar, baking

powder, salt and pepper. With pastry blender or 2 knives used scissor-fashion, cut in butter until mixture resembles fine crumbs. With fork, stir corn, eggs and green onions into flour mixture until just blended (batter will be very stiff).

3. Spoon batter into baking pan; spread evenly. Bake cornbread 25 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes to serve warm, or cool completely in pan to serve later.
4. Cut lengthwise into 4 strips, then cut each strip crosswise into 6 pieces. Reheat before serving if you like. Makes 24 servings.

\* Each serving: About 130 calories, 4g total fat (2g saturated), 24mg cholesterol, 835mg sodium, 21g total carbohydrate, 1g dietary fiber, 3g protein.

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TURKEY CREEK, TILLMAN, PALM BAY BEST SETTING FOR SETTLEMENT. *continued from pg 32*

A long wharf from the north side of Turkey Creek to the deeper water of the lagoon channel and larger buildings improved the holdings. The framework of a town emerged as the name Tillman appeared on maps and steamboat schedules. Steamers linked settlements and provided shipments of farm products to northern markets. A large packing house and the offices beside the wharf became the center of the settlement. The company store became the post office and first school. Other settlers were drawn to the Turkey Creek area. The Idner family lived upstream, near where St. Joseph Church now stands. The renowned Indian fighter, Valentine lived in what we call Palm Bay. However, he became the Mayor of Melbourne.

The Charles Black family from Indiana came to settle a homestead on the sandy hill at the north side of Turkey Creek. They set an orange grove on the south shore where the Captain's House stands today. The family was wracked by sadness in their Florida adventures. To their horror, as they rowed across the creek, followed by the beloved family dog, an alligator attacked and carried it off.

The older boys of the family decided to go back north. Even with less help, Charles and Phoebe decided to stay to follow the requirements of the Homestead Act for ownership of 60 acres. The land was cleared, planted and held for five years. When their Homestead Act documents were submitted, their claim was denied. Someone else had already claimed the land.

The Blacks abandoned the home place and packed all they owned into two boats for the move to Merritts Island. The husband's boat floundered, swamped, and sank. Rescued by Phoebe, they set up housekeeping with half of their belongings. Reverend Black became the pastor of the church, still existing in the Village of Georgianna.

Follow the conclusion of the article Turkey Creek, Tillman, Palm Bay, Best Setting for Settlement in the June issue of Senior Scene Magazine. (S)

SIMILARITY BETWEEN HUMAN & ZEBRAFISH... *cont'd from pg 33*

produce important biological information regarding the function of the genes and possibly find new targets for drug development.

According to Prof Christiane Nüsslein-Volhard, Nobel laureate in 1995, from the Max Planck Institute for Developmental Biology in Tübingen, Germany, "To realize the benefits the zebrafish can make to human health, we need to understand the genome in its entirety – both the similarities to the human genome and the differences. Armed with the zebrafish genome, we can now better understand how changes to our genomes result in disease". This genome will help to uncover the biological processes responsible for common and rare disease and opens up exciting new avenues for disease screening and drug development. (S)

# Stand with the Winter Soldiers! Campaign

The coronavirus crisis has impacted all of us, and a group of Brevard County citizens has banded together to provide county-wide support to those on the front lines of the crisis—our first responders and medical personnel. This group, consisting largely of military veterans and their spouses, has taken as their motto, “Stand with the Winter Soldiers!” The Winter Soldiers were those brave, hardy souls who stuck by our young country when it was on its last legs in late 1776, going on to win victories under General Washington which secured our freedom. Today’s Winter Soldiers (WS) are our brave first responders and medical personnel, who are risking everything to fight the coronavirus scourge. They deserve all the support that we can offer them in this crisis, and that is precisely the intent of our campaign.

We have seen many stories of Americans in our county and country finding ways to help the new front line warriors. Over the past two weeks our campaign has partnered with Health First Hospitals and Urgent Care facilities; the Hospice of St Francis (HOSF); Brevard County Sheriff’s Office; Brevard County Fire and Rescue; several city Police and Fire units; and other First Responders and medical facilities. In addition, so far, more than 30 local restaurants operating take out meals have volunteered to join the mission.

Currently, the WS Campaign consists of 30 Brevard County

citizens, operating under the umbrella of the Military Officers Association of America Canaveral Chapter (MOAACC), a 501c(3) organization. The volunteers are organized into five regional groups around the county, to provide more timely and focused support to the first responders and medical personnel in their area. The support falls into two categories: food and medical supplies (primarily personnel protective equipment – PPE). Our volunteers are working with a growing number of restaurants around the county to donate prepared meals, and will deliver the donated food to the first responders and medical personnel. As for PPE support, the campaign has arranged with the HOSF to serve as the single point-of-contact for both donations and delivery of PPE to first responders and medical organizations in need. They have three donation centers in Titusville, the Veterans Memorial Center on Merritt Island and in Melbourne. Contact the HOSF web site for more details or call Amanda Herrnkind 321-634-2492 for more information.

No one can predict for how long or how hard COVID 19 will impact Brevard County. But, the Campaign to support our Front Line Medical and First Responders is ready and will stay the course, including being reactivated next Fall if needed. To learn more about the “Stand with the Winter Soldiers” Campaign, or to volunteer to join the effort, contact: Alex Goodale at 703-338-8362 or Donn Weaver at 757-871-6576. ☺

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PAUL PETERSEN REMEMBERS TV MOM DONNA REED *continued from pg 14*

got together for lunch and were very close – uniquely close compared to other television families.”

A potentially tragic incident occurred when Paul crashed his Pontiac Grand Prix during the series. But Donna came to his rescue.

“The accident was my fault and for punishment I had to ride a bicycle 8 miles to work every day. But Donna and Tony (her husband) felt sorry for me and gave me a brand-new Volkswagen Bug. I loved that car!”

During the show’s run, Petersen obviously called Reed ‘mom’ while filming, but it was always ‘Miss Reed’ away from the set.

“It wasn’t until four years after the show ended when I was in my mid-20s and we were at Chasen’s restaurant that I remember her learning across the table and saying, ‘Paul, I think it’s time you started calling me Donna!’”

Having a close ‘second mom,’ especially a famous one, could have created friction between Petersen’s real mother and the actress.

“I remember in an interview my mother said, ‘how could I ever compete with Donna Reed?’ But she understood I had an ongoing professional relationship with Donna that sometimes required spending more time with her than my actual mother.”

“Donna was my de facto mother and guardian on the set, a pretty safe person to leave your kids with,” added Petersen. “She

was an Iowa bred farm girl, the oldest of five children, who had lived through the depression and came out to California to be a Hollywood star and succeeded. She was a wonderful role model.”

*Nick Thomas teaches at Auburn University at Montgomery and has written features, columns, and interviews for over 800 newspapers and magazines. See [getnickt.org](http://getnickt.org). ☺*

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PROJECT VITAL...*continued from pg 12*

reduction and early detection, and maximizing quality care and support.

Angela McAuley, Alzheimer’s Association Florida Regional Leader, said this about the initiative, “Project: VITAL has provided the Alzheimer’s Association the opportunity to extend our reach to not just those living with dementia, but to all seniors in Florida who are vulnerable to the effects of social isolation.”

The response, to date, has been incredible. Both the Department of Elder Affairs and the Alzheimer’s Association are getting calls every other day from facilities and communities eager to participate and we are here to help. We are building lists of interested parties for the next phase of expansion past the pilot project. If you know of a facility or a community that would be interested in participating in Project: VITAL, please email [newsfqc@alz.org](mailto:newsfqc@alz.org). ☺



# Mom & Me

by Audrey & Kimberley

## Dear Mom and Me,

Our mother is an 82 year old dynamo. She has lived in the same house for over 60 years. When our father died she hardly missed a beat. She keeps her house beautifully, drives her own car, and has an active social life. We phone her daily, frequently it is on answering. She is too busy to answer. My brother and I think it is time for her to slow down, and have others care for her. We worry about her safety, especially when she continues painting walls. Should we just insist on moving her to a retirement complex?

– *Dynamo's Daughter*

## Dear D.D.,

I don't think so. Your mother is living a full life, she does not want to slow down. When she wants to move she will tell you. Many people want to stay in their own homes and with all of the services available, i.e. meal delivery, cleaning services, etc. they should be encouraged to do so.

Leave your messages on her answering machine, she will get it when she comes home. She sounds like a great gal.

– AUDREY

## Dear Dynamo's Daughter,

How are you going to "insist" she move? From your description your mother is a competent independent woman enjoying life to her fullest. You can not make her move legally and you should not "insist" she move. Her home is where she is; Her support system is where she is; Her life is where she is.



I understand your concern for her, particularly if she is taking undue risks with her health. I suggest you talk with her, share your concerns and offer to pay to have someone paint her walls.

To be a caring daughter which you sound to be, support her and do what you can so she can enjoy her life independently and happily in her own home.

– KIMBERLY

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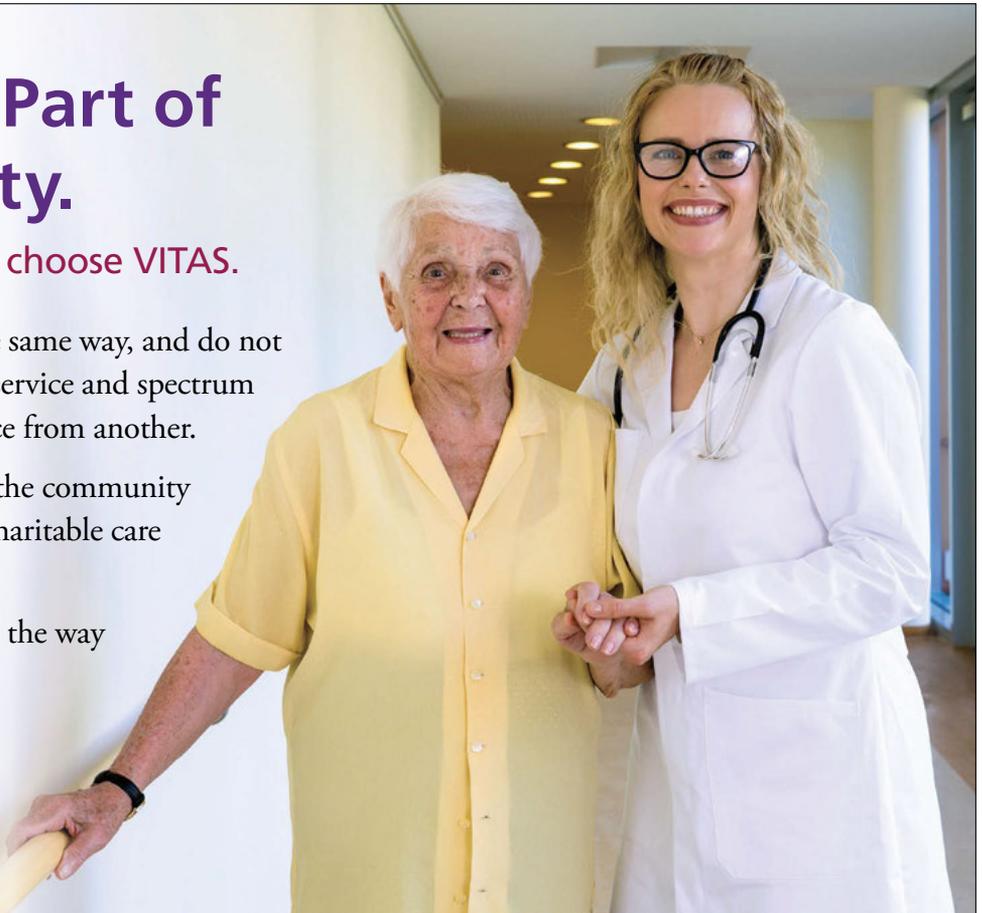
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## Stay Fed, Stay Safe

**L**ife has certainly changed recently. Depending on where you live, it might have changed a lot. Stay home if you're a senior. Stay home if you have a medical condition. That's what we've been told.

That's all well and good, but what if we really need to shop for food? What if we couldn't stock up last week because the Social Security benefit hadn't made it to our checking account yet?

If you're really in a jam for food, call the food bank. Of all the places, that one is most likely to still be open. They're trying to keep people fed, especially seniors, as well as children who don't get free meals because the schools are now closed. Ask if they have a drive-up pantry where you can be handed some bags of food through the car window. You might find

that food is being distributed at places like the senior center or a school parking lot or via Meals on Wheels, even if you aren't signed up as a participant.

If you do dare to enter a store, a number of grocery stores are designating the first hour or two in the morning for seniors only. Not all stores are doing this, so call first. If they don't do it, suggest it. You're more likely to find the things you need during this time as the shelves will (hopefully) be restocked overnight. And with fewer people in the store, you're less likely to run into someone with the virus, but stay away from other people anyway. If you go, be sure to take sanitizing wipes for the cart handles.

Remember, if you go out, you're really not safe from the virus. Do it as little as possible. §

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## Herbs Are Easy For First-Time Gardeners

By Gary R. Bachman, *MSU Extension Service*

**A**s we continue to cope with the COVID-19 pandemic, I've read that our eating habits are changing. The options for eating out have been limited as we practice social distancing. This is the perfect opportunity for gardeners of all abilities to grow vegetable gardens.

Now, I'm not advocating trying to produce all of your own food, because that would be difficult if starting from scratch. And we do need to support our local restaurants as much as we can. But it is a good opportunity to try growing things at home. The easiest and best plants to grow are herbs. They're also perfect for growing in containers. Home-grown herbs can brighten up any meal, whether it's home-cooked or takeout.

Today, I want to tell you about some of my favorite herbs. For the beginning gardener, common or sweet Italian basil is most likely the basil of choice. It's versatile in the kitchen and pretty nonthreatening for the novice. The large leaves of this Genovese-type basil are aromatic. It is perfect for pesto or tomato sauces.

The bright-purple leaves of Amethyst resemble the broad, flat leaves of Genovese basil and have the same taste, with

a touch of licorice spice. This herb is a great ingredient for purple basil mojitos. After muddling the basil with lemon juice, the leaves surrender their purple color and turn the drink a pretty, pink-amethyst color.

Basil looks like a delicate garden plant, but it actually is a tough plant for hard times. Purple Ruffles has deep-purple leaves that are very fragrant. Uses include fresh garnish or color in salads when used as baby greens. And who can resist red basil pesto?



A couple of good heirloom choices are the Thai basil varieties Quenette and Cardinal, which have exotically delicious cinnamon and licorice flavors and aromas. Both have beautiful, bright-green foliage that contrasts with the dark-purple stems. These plants are so similar, I believe they are both common names for the same variety.

Basil care is really easy. First, be sure to deadhead the flowers. While they are attractive on their own, flowering halts leaf production. Be sure to keep the containers consistently moist. And for the best flavor, harvest basil sprigs in the morning when the essential oils are at their peak. Place them in a small vase or jar until ready to use for dinner.

Remember, the garden isn't cancelled or closed just because we are practicing social distancing.

Support your local garden centers. They are essential to our well-being and have a great selection of vegetable, herb and flowering plants that will make your time spent sheltering in place a lot more tolerable. §

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