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# Letter from the Publisher

September brings us Labor Day and the first day of autumn. Hard to believe that summer is “officially” over, we know better. But this does bring up an important item to remember, please watch out for school zones. Our future generation of seniors will thank us. And can the return of our snowbirds be far behind?

As we all deal with the pandemic in our lives, we need to remember those that are exposed daily to the virus in order to serve us in so many ways. In a small expression to thank them, we have chosen a poignant work of art by local artist Pam Morley for our September cover. The “Thank You” was added by our cover designer. If you can’t thank these heroes personally, remember them in your prayers. They all will help us get through this trying time with a true sense of humanity and hope.



The fall months normally bring more Senior and Health Fairs and Expos. We are trying to organize these events as it best makes sense and according to medical guidance, so watch for those announcements in Senior Scene. These are great ways to keep in touch with local senior organizations, seek advice in a casual environment and maybe even get some minor health checks.

Take care and please be safe.

See you next month.

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# Wickham's Folly

By Diane Barile, South Brevard Historical Society

“Who needs a road out there on the prairie?” asked the other Brevard County Commissioners.

In the days before the Florida Sunshine Laws, elected officials did privately talk amongst themselves about issues coming before them for a vote. Usually, with no major objections, projects in one commissioner's district were approved by the others, knowing that projects in their realm would be approved when requested.

Joe Wickham lived in Brevard with his family since the 1920s. He farmed some land in Malabar with his father during the Great Depression. GI Joe served during World War II building airfields on some Pacific islands. Returning to civilian life in Eau Gallie, he was experienced with heavy equipment for clearing, grading, paving, and construction in low coastal environments like Brevard County. With the purchase of military surplus equipment, draglines, and bulldozers, Joe coupled his training, talent, and ingenuity to meet the development explosion of the 1960s and 70s. Joe Wickham was always friendly, a gentleman, generous, and accommodating to



family, friends and community.

Loved, he was called Uncle Joe by many, especially as he became County Commissioner. His office door was always open as he listened carefully to each visitor. Famous for his fish fries, he helped raise funds for people and community organizations. People told me, “If you want to get things done around here, go see Uncle Joe.”

During the population boom of the Space Program, without I-95, there were north-south roads. The Dixie Highway (US-1) stretched the length of Florida; the ‘Main Street’ of most East Coast Florida cities. Babcock Street stopped at Crane Creek. Minton Road served some ranches and farms. Running West, the Melbourne-Kissimmee Highway (US 192) carried a narrow-gauge railroad and cars across the St. John River, prairie, and marsh. North of the Kissimmee Highway, access was limited to dispersed homesteads.

Visionaries are not usually named in their own time, so Joe Wickham took quite a ribbing from the Commissioners and much of the community. The gossip was, “Have you heard about Wickham's useless road?” However, the town grew west from the coast, Wickham's ‘crazy road’ became Wickham Road. As you drive from US 192 to Viera, thank that great fellow and visionary who knew you would be there today. I guess visionaries must seem crazy at some point to get things done. ☺

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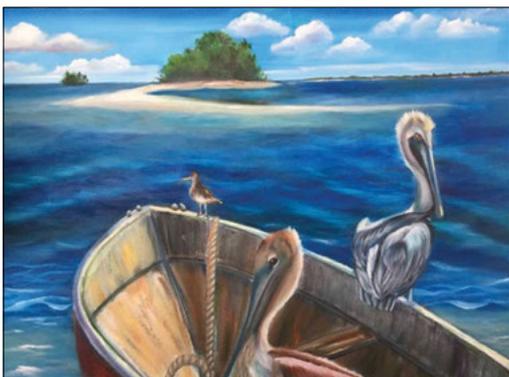
## COVER STORY – THE STORY BEHIND “2020 HEROES”

# Pam Morley

In March 2020, life drastically changed for everyone throughout the world due to the Covid-19 virus pandemic. Everyday life began to include social distancing practices and using masks to protect ourselves and our families. While observing the self-quarantine guidelines, Pam decided to make lemonade out of lemons. While scrolling through Facebook, she came across a painting of a nurse wearing a mask, and considering what was happening with the pandemic, took on a totally different meaning. That image became the inspiration for a 20 x 24 acrylic painting entitled “2020 Heroes” that Pam created. Prints of the painting and other accessories such as t shirts and coffee mugs are available through [www.pmorleyart.com](http://www.pmorleyart.com) or <https://pixels.com/featured/2020-heroes-pamela-morley.html>

From Pelicans and Palm Trees to Ships and Amish Country, Pam Morley is a landscape and portrait artist who splits her time between Barefoot Bay, Florida and Northern New York State. She started dabbling in art in the 1980’s, but after retiring as a high school teacher, she found the time to paint profusely and avail herself of the many art opportunities the Treasure Coast of Florida has to offer.

She is the Treasurer of the Lagoon Artists of Barefoot Bay and also a member of the Sebastian River Art Club and the

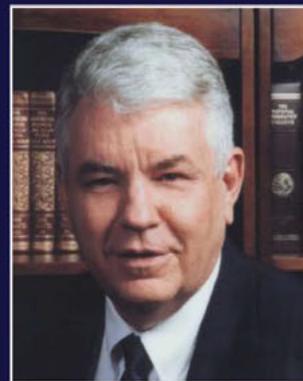


Vero Beach Art Club. She paints mostly in oils but does acrylics and watercolor as well. Her specialty is painting portraits of people and dogs and has completed many commissions and won many awards. She is also a member of the Portrait Society of America.

Her work can be found at [pmorleyart.com](http://pmorleyart.com), and at various art shows in Brevard and Indian River County.

The Sebastian River Art Club is a long standing member of Brevard Cultural Alliance. (S)

## ESTATE PLANNING BOOKLET



By Attorney

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# FROM TALLAHASSEE TO YOU Falls Prevention

By Mac Little, *The Florida Department of Elder Affairs*

Florida's 5.5 million older adults are valued members of our community and deserve the opportunity to live well and lead healthier lives. One of the most well-known dangers the senior population faces each year is falls. Falls are the leading cause of injury-related emergency department visits.

Falls can be more dangerous than they might appear and can cause bruising, hip fractures, and head injuries. These accidents have the potential to be fatal, especially for the elderly – which means falls prevention programs need to focus on seniors to make sure they are safe and protected.

Falling is not a normal part of aging, and most falls can be prevented. Knowing and managing various risk factors can help elders live a full and active life free from the fear of falling.

There is increasing awareness around falls prevention, and the month of September is National Falls Prevention Month. The National Council on Aging hosts a Falls Prevention Awareness Week each September to remind older adults and their loved ones about the importance of creating a safe and falls-free environment. This year, Falls Prevention Awareness Week is September 21-25, 2020. Additionally, Falls Prevention Awareness Day is on September 22, the first day of fall, which helps create a laser focus on this important public health issue.

## Four Fast Facts:

- Every 11 seconds, an older adult is treated in the emergency room for a fall
- One-fourth of Americans age 65+ falls each year
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.

Another aspect of falls prevention focuses on bed falls. Though less publicized, they are just as dangerous for older adults. During a risk assessment, a bed safety audit may also be performed. The audit may include the following: firmness and age of mattress, position of bed and surrounding furniture, and safety tools.

Every second of every day an older adult falls. The Centers for Disease Control and Prevention has developed the STEADI (Stopping Elder Accidents, Deaths, and Injuries) initiative which provides educational resources and learning tools to improve fall prevention. The initiative assists physicians and

FALLS PREVENTION continued on pg 35

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# What Should Be Considered When Excluding A Child In Your Estate Plan?

By Attorney Truman Scarborough

Except for certain rights minor children have in the home, Florida Law does not require that any part of your estate go to your children. This is not the case with the spouse. As a minimum, a surviving spouse has a right to the following from the deceased spouse's estate: a life estate or fifty percent interest in the home; \$20,000 in furniture, appliances, and furnishings; two vehicles; and 30% of all other property regardless of how it is titled.

There can be a variety of reasons for excluding a child or giving certain children a smaller share. These reasons include: 1] a child may be estranged from the parents; 2] a child may not need money; 3] a child may have already received substantial sums from the parents; or 4] some children may not have sacrificed as much for the aging parents. On the other hand, if a child has creditor, marital, or substance abuse problems, a parent need not exclude the child, but can place the child's share in a separate trust for the child's protection.

Once a decision is made to disinherit a child, careful consideration should be given on how it is handled in the will or trust. You could simply not mention the child. However, if you don't specifically exclude the child, a court could be

persuaded that it was a mistake or drafting error and override your will / trust to provide that the child receives an amount equal to the other children.

When specifically stating that the child is excluded, should you provide a reason? If a reason is given, the child could challenge the will / trust, alleging that the reason given is not factually correct. The courts do have the power to overturn wills / trusts based on mistaken facts.

Even when there are good reasons, being disinherited can be painful. More than the money, there can be a feeling of rejection that grows into resentment and anger against the other children as well as the parents. If an explanation in the will / trust is not properly thought out, it may add to the bitterness when the parents will not be there to explain. This raises the question: While still living, should the parents explain the reasons to the child? This seems to depend on their relationship and the reasons.

Contrary to popular thought, you are not required to

WHAT SHOULD BE CONSIDERED... continued on pg 38

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# Olivia de Havilland (1916-2020) – The End Of An Era

It's a sobering thought for fans of classic film. The passing of Olivia de Havilland in late July, just three weeks after her 104th birthday July 1, represents the loss of the last surviving big-screen legend from Hollywood's Golden Age of the 1930s.

While other actors are still with us who were indeed active in film during the 30s, Ms. de Havilland was truly the last A-list star from that era whose name could be bundled with the likes of Bogart, Gable, Hepburn, and so many others. They are simply now all gone.

While I never had the chance to interview de Havilland directly, she did answer some questions by mail in 2009 for a story I was preparing for the Washington Post on the centenary of Errol Flynn's birth.

The letter arrived by FedEx from France where she lived for most of her post-Hollywood life and was hand-signed in her glorious flowing script. In it, she shared some memories

of the Aussie co-star with whom she was frequently cast.

De Havilland and Flynn (1909-1959) were one of the most popular on-screen couples during the early classic film era. The pair worked together in eight movies from 1935 to 1941 and appeared in separate scenes in a ninth film, "Thank Your Lucky Stars," in 1943.



Flynn, of course, continued to be sensationalized by the press and authors long after his death. Was he mischaracterized, I asked her?

"His roguish reputation was very well-deserved, as he more than candidly revealed in his remarkable autobiography, 'My Wicked, Wicked Ways,'" she wrote. "However, through this very same book, we also know that he was a reflective person – sensitive, idealistic, vulnerable, and questing. But I think he has been incompletely represented by the press: It vulgarized his adventures with

OLIVIA DE HAVILLAND (1916-2020)...continued on pg 45

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# VNA Answer Nurse: Flu Shots

*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.*

**Q: Our doctor's office called and asked us to make an appointment for our yearly Flu shot. We're healthy. Is a Flu shot really necessary?**

**A: Yes.** A flu shot is very important for people 65 years and older due to the high risk of developing serious complications from flu or anyone who does not want to get the flu. Flu vaccines are updated each season as needed to keep up with changing viruses. Immunity will start to develop about 2 weeks after receiving a vaccination. The influenza vaccine does not cause flu; however, individuals can experience side effects and, possibly, an allergic reaction.

**Q: Which flu shot is right for you?**

**A: There are four types of flu vaccines** – not all are recommended for seniors. Understanding the difference and talking to your doctor can help you make the right decision for you.

- Fluzone High-dose flu vaccine (Quadrivalent)
  - Flud Adjuvanted flu vaccine (Quadrivalent)
- These flu vaccines are for persons 65 years and older and contain four times the antigen of standard vaccines. (antigens help your immune system build up protection against viruses). The higher dose of antigen in the vaccine

is intended to give older people a better immune response over a longer period of time, and therefore, better protection against flu.

- Quadrivalent Flu vaccine  
The standard flu shot, while safe, is not as effective for older adults; therefore, it's seldom offered to the elderly. Talk to your primary care provider to see which is the best option for you.
- FluMist intranasal flu vaccine  
FluMist is a live virus vaccine offered to persons 2-49 years of age. Speak to your primary care provider prior to receiving this vaccine to determine if this vaccine is for you.

**Q: What are the side effects from a flu shot?**

**A: Common side effects from the flu shot include but are not limited to:**

- Soreness, redness and/or swelling from the shot
- Headache
- Fever
- Nausea
- Muscle aches

*FLU SHOTS continued on pg 47*



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# Managing Political Ads on Facebook

By Bill Ford, *Data Doctors*

With the national elections coming up, you can bet that the number of political ads you'll see on Facebook will increase. Fortunately, if you're willing to spend the time, you can dramatically reduce what pops up in your feed, but

remember ads are how Facebook makes money.

The following tips are specifically what you will see using Facebook on a computer, not via the mobile app.

## Hiding Ads on Facebook

Facebook allows you to stop seeing any ad that appears in your feed – not just political ads – by clicking on the three dots in the upper right corner of any post.

The first menu that is presented provides options that include 'Hide ad' and 'Why am I seeing this ad?'. When you click on 'Hide ad', it tells Facebook that you never want to see this ad again. You should then get a 'Ad Hidden' pop up notification that asks why you want to hide the ad along with an option to 'Hide all ads from XXX'.

As long as you choose one of the responses, you can click on the 'Done' button to keep ads from this specific advertiser from appearing in your feed.

If you click on 'Why am I seeing this ad?' you'll get an explanation along with an option to 'Hide all ads from this advertiser'.

## Your Ad Preferences

Another option you have to modify what ads you potentially see is by clicking on the 'Make changes to your ad preferences' link that's at the bottom of the 'Why You're Seeing This Ad' screen. This will present you with a variety of settings that start with what Facebook thinks your interests are based on your activity on the network.

You can remove any item in this section by floating your mouse over the item and clicking the 'X' in the upper right corner, which will modify future Facebook ads. You'll need to go into each category if you want to review everything, which may take quite a bit of time. If you really want to keep this section to a minimum, you'll need to do this on a regular basis, because as soon as you like or view any new content, new interests will be added back in.

In the 'Advertisers and Businesses' section, the fastest way to manage future political ads is by clicking on the 'More' option, then on the 'Whom you've visited' option. Look for anything that looks political and float your mouse pointer over it to get the down arrow option to appear on the right side. Click on the down arrow, then select 'Hide ads from XXX' to hide all ads from that advertiser.

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MANAGING POLITICAL ADS ON FACEBOOK cont'd on pg 34



# Low-Interest Rate Panic!

By Max Vala Vanis 321-956-7072

The low-interest-rate environment of 2020 is a double-edged sword. On one side, we have an unrepresented opportunity to refinance a mortgage, purchase a car, or buy a new home with cheap collars. When you borrow money, these truncated interest rates allow you to buy more while spending less.

With every double-edged sword, there is a side that can severely injure you. Instead of purchasing new assets or refinancing your loans, you may be saving money, whether for retirement or steering clear of the turbulent stock market. In the past, CDs have always been a safe form of investing and fit this niche nicely. A CD (Certificate of Deposit) is an FDIC insured loan to a bank with a fixed interest rate for a specified period. As the interest rates have dramatically plummeted in the past few months, so have the rates for CDs. Historically, these returns hover between 3% and 7% for a 1-year CD. Now the story is strikingly different. People like you are not able to earn the returns that were once promised.

According to BankRate.com, as of August 18th of this year, the highest 1-year and 5-year CD yields are 1.05% and 1.56%, respectively. These figures are a far cry from the returns you were earning several years ago. Furthermore, inflation historically averages around 3% a year. This means you may end up losing money annually due to higher inflation. This begs the

question; how do you conservatively invest your money? Now the double-edged sword is here, and we must dodge it. You and I cannot march to the Federal Reserve and beg for higher interest rates, nor can we rely on the highly volatile stock market to earn a stable multi-year return. So, what do we do? We must get clever and find different strategies to generate the return we seek.

Millions of Americans are enjoying a higher interest rate by utilizing CD alternatives. They are reaping the benefits of the higher rates. Why can't you? CD alternatives have been around for decades but have recently garnered more popularity with today's embarrassing CD numbers. The ingenious structures in CD substitutes allow for higher returns and more benefits. If you are willing to accept a time horizon between 3 and 10 years, higher yields exist and are still guaranteed.

Moreover, these replacements can be flexible in their living benefits. Some will allow complete liquidity if you need the money for qualified medical expenses or long-term care needs. Additionally, they can be included in a traditional IRA account or simply put in your name. If you want a guaranteed investment with a higher interest rate, then these CD alternatives may be what you need.

Our office has been assisting investors in the Space Coast for 30 years. We can tailor a conservative plan for your hard-earned savings. Many options exist, so give us a call, and we can see what's cooking on the other side of the rate chart. We can help you earn higher rates without tying up all your liquid cash. Let us help you dodge that double-edged sword.

*Max Vala Vanis is a co-owner of Valavanis Financial in downtown Melbourne and in Rockledge. Max specializes in lifetime income planning for Retirees while protecting principal. Max can be reached at 321-956-7072. (S)*

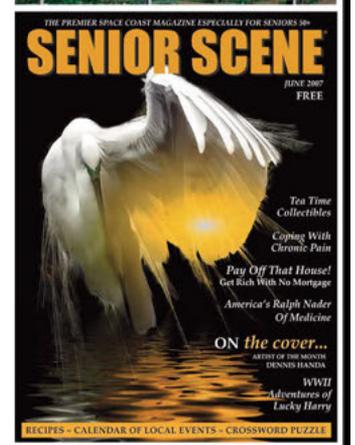
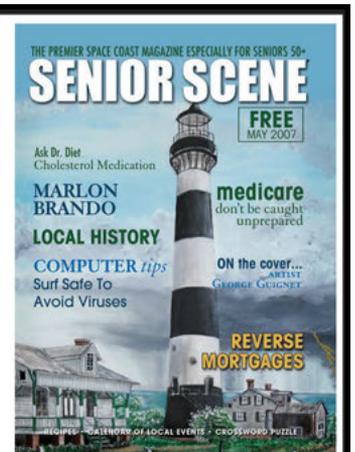


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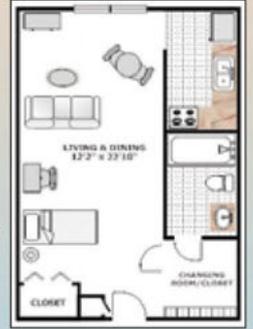
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# Keep COVID-19 at Bay by Disinfecting Your Home Regularly

Courtesy of Health First

Soap and water help, but we all really need to keep often-touched items germ-free. It's a simple move – and well worth the effort.

It's pretty straightforward – a disinfected home can help improve the odds of keeping you and your family safe from COVID-19. Plus, it's a mood booster to be living in a place that looks tidy and smells clean.

While keeping your house clean gives you a healthier edge in a COVID-19 world, it's also important to ward off other viruses and keep bacteria at bay. And it's about more than taking a soapy dish rag to a countertop after cleaning up the kitchen (which can actually spread germs around). There's a method to it, and it's simple and effective.

At Health First, we want to provide you to the tools to stay safe and be well. That's why we're providing these tips, according to the Centers for Disease Control and Prevention (CDC), on the best way to keep your home sanitized:

- Start with cleaning frequently touched surfaces with detergent or soap and water on a daily basis. Anything that's handled often should be cleaned. This includes tables, doorknobs, light switches, countertops, pull handles and knobs, desks, TV remotes, gaming controllers, keyboards, toilets, faucets, sinks and more. Don't forget about smartphones and laptops. If hands are on an item frequently, clean it.
- Make sure to wear disposable or reusable gloves when cleaning.
- In addition to daily cleaning, spot clean as needed. If it's soiled or stained, take care of it.
- After you've cleaned, disinfect. Household disinfectants on "List N" are approved by the Environmental Protection Agency (EPA) to kill SARS-CoV-2, the coronavirus that causes COVID-19. Want to know if you have a product on hand that works? Find out by looking up the item at [epa.gov/listn](http://epa.gov/listn).
- Make sure you keep the surface wet with disinfectant for the time frame the label directs. It's the key to killing viruses and bacteria.
- Make sure the area is well-ventilated so you don't breathe in fumes.
- A diluted bleach solution may be appropriate for disinfection. Make sure the bleach you're using is intended for this purpose and has a sodium hypochlorite concentration of 5% to 6%. Alcohol solutions with at least 70% alcohol work, too.

KEEPING COVID-19 AT BAY... cont'd on pg 44



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# Seniors, Don't Be Left Vulnerable

By Joe Steckler, President, Helping Seniors of Brevard County

Lately I have been reading various articles about seniors on fixed incomes who are out living their savings. To those of us who have reached a generous age, the mention of saving money in conjunction with senior services gets our attention. One article in particular, written by Brittany Mulligan, caught my eye because I thought the content sounded too good to be true. So, I decided to do some checking.

The article to which I am referring was published in the August 7th edition of Hometown News and titled "Brevard County Seniors Are Left Vulnerable". Indeed they are. Brevard County is the 10th most populous county in Florida, which is the third most populous state in America. Furthermore, we have over 165,000 seniors – so we need to be concerned about anything relating to us.

Brittany's article talked about programs promoted by the Senior Resource Alliance, such as Meals of Love delivered by the Brevard Alzheimer's Foundation and PEARLS, which

reduces depression in seniors through phone appointments. Although these are good programs, it shows an ongoing problem with how funding is allocated: millions of dollars are directed for care, yet not one penny goes to promoting the availability of services. Meanwhile, Florida's Medicaid program is woefully underfunded, and affordable housing is scarce.



When I first started working with SRA on the inadequacy of funding for Medicaid, my words fell on seemingly deaf ears. At that time (around 1995), I remember there were about 50,000 on the waiting list for service, and my recent check two months ago showed some 52,000 on the waiting list. We really are not making progress. It is election time now, with those in office and those running for reelection touting how much they have done to help us. If such were true, it would seem that programs such as Medicaid would have shorter waiting lists.

*SENIORS, DON'T BE LEFT VULNERABLE continued on pg 47*

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# Helping Seniors Of Brevard

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Issue



Special Pull-Out Newsletter



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## *President's Message*

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

Greetings,

As president of Helping Seniors I can tell you that this pandemic has made life more difficult for many nonprofit organizations, and we are no exception. We started our car raffle fundraiser in October 2019. The start of most fundraisers is usually pretty slow; you pick places to sell tickets where people will do their best to support you.

We did that, yet the return was about half the year before, so we knew we had our work cut out. The year passed much too quickly, and then came coronavirus. Once a fundraising event is slowed, or the date is changed, restarting publicity is difficult. I am truly pleased and thankful that there have been so many repeat donors for tickets, as well as new donors through our social media efforts. We are not out of the woods yet, but are grateful for both old and new donors.

Mark Pieloch, owner of the American Muscle Car Museum, is working with us to follow the rules set by the Governor for events the size of ours. Once we are able to determine just what we can do, we will do our best to inform all ticket holders. I also want everyone to know that if you made a donation for tickets at any time since we started this event last fall, you are still entered in the drawing. If you have questions call 321-473-7770 or go to [Helpingseniorscarraffle.com](http://Helpingseniorscarraffle.com) and make a donation for your tickets.

While we have had to change how we conduct meetings, programs, and classes, we have not changed our efforts to help those in need. Phone lines have been busy, and we believe all questions and needs have been met. I can tell you that this pandemic has surfaced new challenges, but we will continue to assist you. We know, more than anything, how much we are needed in the community.

We will be most thankful for your continued support.

Joe Steckler  
Elder Advocate



# Helping Seniors Of Brevard



## Helping Seniors Senior Services Directory

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



## Kim's Corner

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

Breaking news: Two of the most respected names in Senior Living – **Helping Seniors of Brevard** and **Senior Scene Magazine** – have teamed up to bring you the Space Coast’s top **Senior Services Directory!**

Combining the resources of both organizations to deliver Brevard County’s best and most frequently updated **Senior Services Directory**, this expanded resource is now available in print form – and updated monthly - in the popular (and free!) **Senior Scene Magazine** – available county-wide at 500 pickup locations and online at **HelpingSeniorsDirectory.com** in an electronic, easy-to-search tool that is mobile friendly as well. The directory is available also on both organization’s websites.

Have a business that could benefit from reaching the 250,000+ seniors 50+ (not to mention the 125,000+ seniors 65+) in Brevard County? Listings are available at just \$1/day – call us at 321-473-7770 and claim your space

The new and upgraded **Helping Seniors and Senior Scene “Space Coast Senior Services Directory”** is available to help you find the resources and tools designed to assist you!



Here at Kim’s Corner, there is always something happening. As we get ready for the various upcoming events, my phone continues to ring with people who are in need.

I get callers wanting services for the well-being of loved ones, and others who just want to share life’s memories of the past. But the story for this month is from a caller of whom I have spoken with on various occasions.

A sweet elderly lady in her late 80’s was having a medical concern (not an emergency), and decided to give me a call. She has not been to a doctor in many, many years and would much rather speak with a pharmacist for an over the counter remedy, similar to one of an apothecary with a potion to cure any ailment or condition.

As I listened to her situation, I believe she needed a medical professional for her concern and explained to her that it’s a good time to have a doctor for what I call, “unwanted and unexpected events.”

Since she did not have a family physician, (nor did she want one), I talked with her about the importance of having a doctor in case something happens to her medically. We talked for some time about this subject and by the end of the conversation, she was asking me to help her find a doctor in her area. I found one, and she thanked me for everything that I do.

Stay safe and healthy!

*Kim*

You can reach Kim at 321-473-7770 or at [kim@helpingseniorsofbrevard.org](mailto:kim@helpingseniorsofbrevard.org).

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# Helping Seniors Of Brevard



## Why See a Younger Dentist?

*Lee Sheldon, DMD, PA  
Solid Bite*

I'm proud to announce that my son, Dr. Matthew Sheldon, has been selected to "40 Under 40" as one of the top 40 dentists in the U.S. under the age of 40 by a national dental publication, Incisal Edge magazine.

So let me tell you a little about my son and why he has achieved this award at the age of 35.

Matthew completed his dental training at Tufts and then went on to an Advanced Education in General Dentistry program at Texas A&M Health Sciences Center, where he studied under a number of professors led by Dr. Charles Wakefield, a noted teacher and restorative dentist. He quickly made his mark as a resident.

After completing his residency, it was Matthew's chance to select a practice. He selected mine, a periodontal practice, within which to practice restorative dentistry. Instantly, he took on a challenge far beyond his years.

Our patients had far greater needs than anyone would see in a residency. Full mouth dental implant cases, cosmetic cases, periodontally compromised cases, and full reconstructions. Dentists twenty years his senior often wouldn't see the complex cases that Matthew saw the moment he started.

While I was able to mentor him, Matthew had to succeed on his own. And he did. And now, six years later, a national organization recognizes his achievements.

Some might say that the safest way is to "go with the flow." When the flow is going in the best direction, perhaps that is good advice. But the flow usually goes downhill.

The person who separates him or herself from the pack, looking at ethics as the standard, may move an entire group in the right direction. And that is what Dr. Matthew Sheldon does every day.



## More Than a Melody: Music Therapy Brings Out Best

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

Peggy, a music therapist for VITAS Healthcare, strums a G chord on her guitar. "I'm in love—I'm all shook up," she sings, and she's not the only one.

VITAS patient Patricia, in her 80s and living with dementia, sings every word she remembers and mouths the handful she doesn't. Patricia sways, claps, and smiles, happy as an Elvis super fan could be.

The heartwarming music therapy session, captured on video by one of Patricia's caregivers, highlights the palliative potential of this musical intervention.

"Whenever I go to meet Patricia, her caregivers... always notice a difference after her music therapy sessions. Her mood and her affect are brighter; she's more pleasant and calmer," says Peggy.

As with any hospice or palliative care intervention, music therapy is aligned to the diverse goals and wishes of each individual patient. For a dementia patient such as Patricia, a care plan may focus on mood management and gentle sensory stimulation. For others, music therapy can encourage reminiscing, prompt creativity, or promote movement.

Depending on the patient's needs, goals, and level of ability, Peggy may help them write a song, improvise a melody, or practice percussive rhythm. Sometimes she works with a chaplain to contribute music to a spiritual service. Whatever the method, Peggy constantly assesses the patient's responses and adjusts as necessary.

Music therapy is a surprisingly complex modality. But in just a few words, Peggy simplifies it: "Music therapy is music with a purpose."

*Kathleen Kashow is general manager for VITAS in Brevard, Florida. 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



## Electronic Caregiver

*Jennifer Helin  
Seniors Helping Seniors*



## Estate Planning: Failing to Plan is Planning to Fail

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

Last month Seniors Helping Seniors made the announcement of a company-wide partnership with the Electronic Caregiver. It confirmed what we already knew here in Brevard; Electronic Caregiver has great products with impressive technology. We began offering the products to Brevard County seniors in December 2019.

The announcement comes at a crucial time, as the COVID-19 pandemic continues to prove the biggest threat to the senior community. With an increased demand for Seniors Helping Seniors®, due to more people moving their loved ones to in-home care, Electronic Caregiver™ will benefit seniors on both the giving and receiving side of care.

Partnering with Electronic Caregiver™ allows us to continue to offer our services with the addition of remote patient monitoring, which will give families peace of mind that their loved ones are safe when they can't physically be there.

It can be as simple as an emergency alert button, but also includes GPS monitoring, medication reminders, and activity alerts. Remote health monitoring is also available with Bluetooth devices capable of monitoring weight, blood sugar, blood pressure, temperature, and pulse ox.

Electronic Caregiver™ is one of the fastest growing health technology providers in the U.S., offering automated solutions and safety devices nationwide. The company was founded in 2009 with the intention of improving health and safety monitoring and bettering people's lives.

Today, the brand is only a handful of nationwide service providers and has created Addison, the Virtual Caregiver™. She is a voice and visual sensing, 3D, AI-based, connected caregiver designed to transform a residence into a digital Smart Health Home.

In today's world, there are many events which are not in our personal control, such as hurricanes and the pandemic. Fortunately, we can definitely control our estate plan, so let's take action while we can. Breaking down the process in a few simple steps will help you get the results you are looking for and put the task behind you:

First, get your legal checkup. Finding an elder law attorney who you are comfortable with and trust is very important. The right attorney will be able to help you get your plan set-up or review your existing plan. Don't wait to finalize your plan!

Secondly, know your plan. Getting your information together prior to meeting with an attorney will be helpful. This should include all of your financial accounts and family information. We all know that plans can change with family and financial specifics. You can always review your plan in the future and make appropriate changes based on changes in your relationship status, having children, changes in assets and changes in the law, just to name a few.

Finally, educate yourself. There are many educational resources which have information on wills, trusts, and advanced directives, such as a durable power of attorney, health care surrogate and living will. So how do you decide what you need? Having an idea of your goals and some basic information will help your attorney help guide you on what documents you need.

Estate planning can be a complex and emotional process, so finding an experienced attorney who can guide you through the process is highly recommended.

You can find many free educational resources on our website at [www.rhodeslawpa.com](http://www.rhodeslawpa.com). Call 321-610-4542 to schedule a free estate planning consultation and get the peace of mind of knowing you have the legal documents you need to protect yourself and provide for you and your loved ones.



# Helping Seniors Of Brevard

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# Helping Seniors Of Brevard

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- A 4-line Business Directory listing each month, for 12 months, in the online edition of the Helping Seniors Newsletter – published atHelpingSeniorsofBrevard.org.
- An online Business Directory listing every day, for 12 months, in the HelpingSeniorsDirectory.com online directory – receiving thousands of visits monthly – and in categories that seniors are actively searching for.
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(Based on annual commitment)

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# Helping Seniors Of Brevard



## Overcoming Crippling Fear During the Pandemic

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

People who typically worry much about their health react more strongly to health-related threats especially during a pandemic. This is what psychologists are calling **health anxiety**, a serious mental illness.

Health anxiety is characterized by an excessive and persistent fear of serious illness. It often leads to significant suffering and functional impairment.

In a recent poll, nearly half of Americans report the pandemic is harming their mental health. Emergency hot-lines for people in emotional distress registered more than a 1,000 percent increase in the last few months. Recently in one month, 20,000 people texted the federal Substance Abuse and Mental Health Services Administration hotline.

However there's some good news in this era of sheltering-in-place. While in-person talk therapy is the go to therapy to overcome a crippling fear of health threats, online therapy can be just as effective and has some significant advantages.

The online therapist can deliver the treatment regardless of the patient's geographical location. It makes it easier for people who are reluctant to seek psychological treatment due to perceived stigma. It is much more private and convenient having a session at home at any scheduled time of the day. No hassle taking time off from work or driving to a therapy session.

These are challenging times. We have to hang in there. Love God, love yourself, plus love, respect and help others. Always practice safety.

*Dr. Kevin Kilday, PhD, D.PSc, 321-549-0711,  
www.holistichealthcenter.us Specialties: Pastoral  
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## Where Did This Behavior Come From?

*Tara Bailey  
MPA, CMC, RG, CSA, BCPA, CDP  
Total Long-Term Care Consultant Services*

Seniors are especially susceptible to Urinary Tract Infections (UTI) - a bacteria in the urethra, bladder or kidneys. The bacteria can grow quickly and cause extreme changes in behavior. According to Anna Treinkman, a nurse practitioner at the Rush Alzheimer's Disease Center in Chicago and president of the National Conference of Gerontological Nurse Practitioners, the immune response changes as we age, causing us to become more susceptible to infections.

The Alzheimer's Association indicates the following: "Sudden changes in behaviors and an increase in symptoms may indicate that your loved one has a UTI. Behavior changes and causes that seem to affect one's personality may include sleeping issues, anxiety, depression, confusion, aggression, delusions, hallucinations and paranoia."

While there may be those who may have 'silent' UTIs (no noticeable symptoms), many will exhibit classic signs such as dark or cloudy urine that may or may not contain visible traces of blood; strong odor; urgency to urinate, pain or pressure in the lower pelvic region; a low-grade fever; dizziness, loss of coordination, sweats, shaking or chills.

If you suspect your loved one has a UTI, contact their physician immediately. They may need to get a sample of the urine and have it cultured to determine what antibiotics the bacteria is sensitive to. Left untreated, permanent damage to kidneys, vital organs, or sepsis may occur. The sooner your loved one can get tested, the sooner their symptoms can return to normal.

*Tara Bailey, MPA, CMC, BCPA, RG, CSA, CDP  
Total Long-Term Care Consultant Services  
Patient Advocate Certification Board, Board of  
Directors-Treasurer  
Florida Aging Life Care Association, Professional  
Development Committee Chair  
Space Coast Guardianship Association, President*



## 8 Ways to Ease In-Home Care for Seniors

*Kelly McDavid-Rallis, Administrator  
Home Health Care Resources Corp.*

You desperately need regular breaks, but your older adult absolutely refuses an in-home caregiver. What can you do?

Seniors often will not admit they need help, even if they are struggling with everyday tasks. In-home care can be a sensitive subject that leads to arguments or an immediate shutdown when you bring it up. Your older adult might see it as a waste of money, an insult to their abilities, or an invasion of privacy, or that they are losing their independence.

We have excellent advice from Home Health Care Resources Corp. with eight ways to make the transition easier.

### **1. Start slowly and allow time for them to get used to the idea.**

Your older adult might need time to adjust to the idea of having someone in their house. Do not remind them that they are getting old or can no longer do daily chores or activities. Stay positive and focus on the benefits of in-home supports and their safety.

To ease the transition, start off slowly. At first, have the aide only come a few hours each week and focus on less personal tasks. Home Health Care Resources Corp. recommends four hours per visit for those who are independent and only need a little support. Then, add hours and additional tasks as your older adult becomes more comfortable with the idea and that person. Allow the aide to learn the client.

### **2. Listen to your older adult's fears and reasons they do not want in-home care.**

Instead of shutting down objections, let your older adult express their feelings. They are more likely to also see the need when they have been heard and know that their opinion matters.

Understanding their concerns also helps you address those fears. Even better, involve them when you are selecting an agency so they can help choose the agency that will be caring for them.

**3. Help them retain dignity by saying it is for you, not them.** If you present the idea of in-home care as something that helps you rather than them, seniors might be more receptive. Let them know that getting support from Home Health Care Resources Corp. gives you peace of mind.

**4. Recommend personal care if your older adult is nearing the end of skilled services** like physical, occupational, or respiratory therapy to continue quality of care. Home care can even be used in conjunction with hospice to ensure extended support with activities of daily living.

**5. Suggest housekeeping support as justification to keep their home sanitized** and healthy with homemaking services provided by Home Health Care Resources Corp. Remember it is all about their needs rather than yours.

**6. Offer to cover the cost or split the cost amongst family members.** If your older adult is not directly paying for in-home care, you can suggest it is a gift for them. There are funding sources like long-term care Medicaid and grants that can help, or your older adult may have private long-term care insurance. This makes them more receptive, since they will be taking advantage of a free or reduced cost service.

**7. Introduce the aide as a caregiver,** not as a personal caretaker or maid. Another approach is to introduce the in-home caregiver as provided by an agency that background checks, pre-screens, and requires ongoing testing so they can feel secure that the person in their home can be trusted. That takes away the stigma of needing help and helps them trust the caregiver.

**8. Tell them it is a temporary arrangement** and is a trial period, no commitment and they can add or reduce hours as needed. It may be more acceptable to start using in-home care if your older adult thinks it is only temporary. Once the in-home caregiver becomes a part of their routine and they adjust to the idea, it will be easier to continue using the services.

For more information on home care services such as homemaking, personal care, companion and respite care, call Home Health Care Resources Corp. at 321-677-2577 or visit their website at [www.homehealthcrc.com](http://www.homehealthcrc.com).

*\*Humbly serving all of Brevard County, One Patient at a Time.*



# Helping Seniors Of Brevard



## Scleral Contact Lenses For Severe Dry Eyes

*Michael N. Mandese, O.D., F.A.A.O.  
The Eye Institute for Medicine & Surgery*



## Why Everyone Needs a Will

*Law Office of  
Amy B. Van Fossen, P.A.*

Some of the most frustrating conditions a person can experience with their eyes are blurred or distorted vision, severe dryness, excessive tearing or ongoing irritation. In many cases, the cause of these symptoms is a corneal surface that is irregular or that has some form of corneal disease.

Fortunately, there is a therapeutic treatment for such conditions known as scleral contact lenses. "Having ocular surface disease causes people to experience blurriness and distortion of their vision, and is not correctable by traditional eyeglasses or contact lenses," according to Dr. Michael N. Mandese, O.D., F.A.A.O., Optometric Physician and Chief of Neuro Eye Services at The Eye Institute for Medicine & Surgery.

Until recently there were relatively few nonsurgical treatment alternatives to help improve the quality of life for patients experiencing ocular discomfort or distorted vision due to corneal injuries or diseases.

The scleral contact lens compensates for the absence of a smooth corneal surface by providing what is, in essence, a new, enhanced ocular surface much smoother than the one that the patient presently had.

The new smooth surface created by the scleral contact lens bends light in a manner that was intended to help many people optimize their visual potential and eliminate blurriness and distortion they were previously forced to endure. Also, the space between the cornea and the back surface of a scleral lens acts as a fluid reservoir to provide comfort for people with severe dry eyes who otherwise could not tolerate contact lens wear.

Patients with severe dry eyes or corneal surface diseases may be excellent candidates for scleral contact lenses. To learn more, schedule a consultation with Dr. Mandese at 321-722-4443.

A Florida resident may benefit from having a will as soon as he or she turns 18. This may make it easier for parents of adult children or others to make medical decisions for them. This is done through a healthcare power of attorney, and a financial power of attorney may also be included in a will. Those who have gotten married or who have just had children may also benefit from a will.

A Last Will & Testament may prevent fights between a married couple and other family members if a spouse passes on. This may be especially beneficial to those who have gotten married for a second time. Parents who have a will may use it to name a guardian for their minor children. Older people may want to include a living trust and have assets flow into it through a pour-over will.

Regardless of how old a person is, it is important to consistently review the language in a will. As life events occur, it may be necessary to update it to ensure it still meets an individual's wishes. Changes to the law may also make it necessary to make changes to a will or other estate plan documents. Reviewing beneficiary designations every so often may also help a person meet his or her estate planning needs.

The use of wills and other estate planning documents may keep family disputes to a minimum or otherwise make passing assets to others as easy as possible. Therefore, beneficiaries may be able to get their inheritances in a timely manner without any hurt feelings or lingering squabbles with other parties.

It may be a good idea to talk with an attorney about drafting estate planning documents or to review documents that may already exist.



# Helping Seniors Of Brevard

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# Mom & Me by Audrey & Kimberley

## Dear Mom and Me,

I was an only child, had great parents who gave me every advantage. When my two daughters were nine and eleven, my marriage fell apart and I went to work. My job is very demanding. I have been very lucky and very successful.

My parents lived 1000 miles away. When my father died, my mother sold her home and went to a local retirement home. She was very happy, and all was just fine, but recently she has started calling me several times a day, at work and at home, and is constantly making impossible demands.

I feel guilty, I must be a provider and nurturer, and the strain is making me realize, I can not do it all at once. What are my priorities, Children, Mother, Job, Myself?

– OVERBURDENED

## Dear Overburdened,

Your mother at this time needs your help and assistance, but in order to help her you must take care of yourself. You could save much of your time and energy if you could relocate her to a retirement complex close to your home. Your daughters could help with the visiting, residents in retirement homes love to see young people. Try to arrange for your teenagers to have lunches alone with her. Between the visits,

you can have a telephone visit and you will feel much better physically and emotionally, with less strain and anxiety.

– AUDREY

## Dear Overburdened,

Your priorities are your children, your mother and yourself. The reality of living in the world today is having responsibilities for the younger and older generations, while taking care of yourself. It is a difficult place to be and I commend you for taking your responsibilities seriously. A recent survey says that 22 million or one in four of the sandwich generation are caring for at least one elder, some more and it is estimated that the time spent is about 18 hours a week.

Retirement communities – assisted living facilities have wellness coordinators, or staff responsible for monitoring the health and well being of residents. Call the wellness staff and find out if there has been a change in her health status, she needs to be evaluated by appropriate health professionals. If there has been a change in her social surroundings, a plan should be established to assist her in adjusting to the change. After close evaluation, your mom needs more assistance, a move close to you to an appropriate facility is a good option.

– KIMBERLEY



## UPCOMING EVENTS

**Egypt and sail the Nile River - new dates March 12-21, 2021** - Globus had brought us Egypt again, I feel it is safe to go now. Let's go while the timing is good! From the Pyramids to the Valley of the Kings and Queens to the Temple of Horus and so much more!

**Northern Italy and Cinque Terre and Gourmet Tuscany** - this trip is rescheduled **May 21st - June 6th, 2021** - join Jean 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!

**Glacier National Park and The Canadian Rockies - July 17-25, 2021** - We are traveling in North America for those of you who prefer to stay on this side! Join me to see some of the most beautiful places in North America. If it didn't snow in Montana I would live there but since it does we will go in July and only see just snow capped mountains.

**Stay Safe and Healthy!**

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# SENIOR NEWS LINE

By Matilda Charles

## It's OK to Just Go Home

Staying safe nowadays comes in many forms. It's not just keeping our distance from others or carrying tiny bottles of hand sanitizer. Now staying safe also can mean avoiding the new routines we've felt comfortable putting in place. Because things had started to calm down around here, at least somewhat, I'd started venturing to the grocery store late at night. Few people were in the store, allowing me to zip through the aisles, grab a few things and get out.

Now, unfortunately, I'm going back to curbside delivery. The manager has told me about the multiple threats of weapons and violence that came about from people who were asked to wear a mask in the store. Basically, they threw an immature (and dangerous) fit. In one case, a gun was drawn at the front door.

So, we need to be flexible. Things are changing on a daily basis. Back to the online ordering I go. Not ideal, certainly. It means I can't pick out my own groceries. It means being in my designated pick-up spot in front of the store at a specific time, even in a deluge of rain.

How are you to know if your area is safe from the idiots who want to throw a tantrum over being asked to wear a mask? Start with the store manager. They owe you the truth. Make a call to the police non-emergency line and ask them if there have been any instances of threats of violence in town.

Authorities in a number of states are rolling back portions of the re-opening they just recently allowed, locking down certain businesses again and adjusting the rules. Theaters, hair salons and more are subject to sudden changes. People will be unhappy.

If you do go out to local businesses, be aware of your surroundings. Don't be afraid to just turn around and go home. © (C) 2020 KING FEATURES SYNDICATE, INC.

MANAGING POLITICAL ADS ON FACEBOOK cont'd from pg 16

In the 'Ad Topics' section, scroll down to the 'Social Issues, Elections or Politics' option and click on the 'See Fewer' button to the right.

### Review Everything

Every category listed on the 'Ad Preferences' page has an impact on what you will see in the future, so spend the time to go through every menu for the best results. ©

# King Crossword

- ACROSS**
- 1 Oil cartel
  - 5 Largest continent
  - 9 Crime scene evidence
  - 12 Lounge around
  - 13 Charged bits
  - 14 A billion years
  - 15 Perry Mason's client
  - 17 Entertainment
  - 18 Smell bad
  - 19 Geneva's river
  - 21 Skiers' 7-Down
  - 24 String instrument
  - 25 Do as you're told
  - 26 Old cars for new ones
  - 30 "Help!"
  - 31 Repeat verbatim
  - 32 Arctic bird
  - 33 Confiscations
  - 35 Sans siblings
- DOWN**
- 36 Diner staffer
  - 37 Name
  - 38 BLT meat
  - 40 Swimming venue
  - 42 Alias abbr.
  - 43 Secret or Sure
  - 48 Crib
  - 49 Elderly
  - 50 Press
  - 51 Pismire
  - 52 May honorees
  - 53 Kindly bloke
  - 11 Heche or Hathaway
  - 16 Born
  - 20 Weeding implement
  - 21 Privation
  - 22 Reed instrument
  - 23 Drying agent
  - 24 Cisterns
  - 26 Ankara resident
  - 27 Fish eggs
  - 28 — and void
  - 29 Terrier variety
  - 31 Former
  - 34 Menagerie
  - 35 Drilling apparatus
  - 37 Also
  - 38 Ali —
  - 39 Related
  - 40 Verse
  - 41 Probability
  - 44 Id counterpart
  - 45 Exist
  - 46 Negative prefix
  - 47 Explosive stick

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# PAW'S CORNER

By Sam Mazzotta

## Sprayed by a Skunk!

**DEAR PAW'S CORNER:** We were camping this weekend, and on our last day in the woods my dog "Jumper" had a run-in with a skunk. He is really rank. I tried washing him off in the lake, but it didn't seem to help the smell at all. We had to drive home with this incredibly bad smell permeating the car. Jumper smells almost as bad today as he did on Sunday. How can I get rid of the odor?

– Rick in Burlington, Vermont

**DEAR RICK:** That odor really lingers! Good job trying to wash Jumper's coat in the lake as soon as possible; that may have helped a little bit. You'll have to use a bit of chemistry to remove the oily skunk spray. Tomato juice is recommended by many people, and it does have some effect because it's a little bit acidic and can break up some of the oils. Its aroma also helps mask the skunk scent, at least temporarily. Another cleaning

recipe, found on American Kennel Club's website ([www.AKC.org](http://www.AKC.org)), mixes baking soda with mild detergent and household hydrogen peroxide (3% strength). The foaming mixture can be worked into your dog's coat, left on for about five minutes and then rinsed away. With any solution or recipe you use, be careful to not let it get into Jumper's eyes, ears or nose. Many of the ingredients are irritants that can cause a lot of discomfort. Deodorizing your car will take some extra effort. You can gently clean the upholstery, floor mats and headliner with a cloth dipped in a solution of water and baking soda. The baking soda will dry to a haze and needs to be vacuumed off. Follow up with a shampoo formulated for car interiors.

Send your comments, questions or tips to [ask@pawscorner.com](mailto:ask@pawscorner.com). ©

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FALL PREVENTION continued from pg 12

their health care team in preventing falls and promotes further independence among older adults.

The Florida Department of Elder Affairs encourages all older adults to check out resources on home safety, exercise, nutrition, and daily habits related to falls prevention. By understanding what happens during the aging process, making healthy lifestyle choices, and having continuous conversations with medical providers, older adults can significantly reduce the risks of falling.

The following practices are recommended to reduce the chance of falling and help older adults stay active:

- Make an appointment with your doctor to begin your falls-prevention plan
- Exercise regularly; primarily focusing on leg strengthening and improving balance
- Have an eye doctor check your vision at least once a year
- Make your home environment safer and brighter
- Review medications with a doctor or pharmacist

Also, the Florida Department of Elder Affairs encourages you to visit [www.NCOA.org](http://www.NCOA.org) to participate in its "Falls Free CheckUp" Assessment.

Finally, for more information, please visit <http://www.floridahealth.gov/programs-and-services/prevention/older-adult-falls-prevention/index.html>, and remember that falls prevention is of crucial importance to older adults who wish to maintain optimum health. ©



# Doing Funerals?

Rev. Jeff Wood, First Presbyterian Church of Sebastian  
[welovefirst.org](http://welovefirst.org) & [facebook.com/welovefirstsebastian](https://facebook.com/welovefirstsebastian)

Last year this month, I had just returned from Arlington National Cemetery where my father was buried. Sooner or later we all we go to a funeral. When we are there chances are we will think about our lives and what

happens at death. Good things to think about quietly and intelligently. Here are a couple of thoughts about how Presbyterians approach funerals. I'm Presbyterian so this is why I will share that approach. And this isn't everything

about funerals nor is it exclusive to Presbyterians.

I like the old title of A Service of Witness to the Resurrection. A funeral or memorial service is a type of worship service. Sunday worship, marriage worship, and funeral worship, all kinds of worship service. The funeral has a body present and a memorial service does not. They can be held right away or a considerable time after. But when we say it is a worship service, we're saying that God is there and God is to

be honored and leaned on and thanked. Yes, the loved one is remembered and eulogized and tears are shed for him or her. But beneath, behind, above, around, and in the middle of all this is God and that he counts and that he cares and that we need him.

The part about the witness to the resurrection means that if Jesus hadn't died and risen from the dead, we'd be thinking very differently about the deceased and his or her future. But because Jesus died and then rose, we have an insight into reality that here and now is not all there is and that God has a power to reinstate people into a new kind of life. Christians look at Christ and see that. Then they extrapolate from that to those who trust in Christ who die (who, as the Bible says in one place, "have fallen asleep"), that they shall "awake" to a new day. That remembering the resurrection and that extrapolating to what that means for those who die looking to Christ, doing all that in ceremony and out loud, is to give witness.

Don't wait to worship at your church or a church until it is the funeral kind of worship. ☺

## 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                         |
| Tue  | Sep 01 | Finding the Right Place for Dad  | Need to Know: SECURE Act         | Good Solutions for Home Sales   |
| Wed  | Sep 02 | Small Group Assisted Living      | Value of Professional Printing   | Power of Attorney               |
| Thu  | Sep 03 | Your Eyes, Your Vision           | Long Term Care Planning          | Assisted Living Options         |
| Fri  | Sep 04 | Restorative Dentistry            | How to Cruise Successfully       | Eye Clinic & Laser Institute    |
| Mon  | Sep 07 | How to Cruise Successfully       | Social Security Planning Ideas   | Avoiding Probate                |
| Tue  | Sep 08 | Too Many Teeth                   | Smorgasboard of Legal Matters    | Real Estate for Seniors         |
| Wed  | Sep 09 | Guardianship                     | About Glaucoma                   | How Assisted Living Benefits    |
| Thu  | Sep 10 | Put Your Kids on Bank Account?   | Principles of Periodontics       | Real Estate for Seniors         |
| Wed  | Sep 11 | Getting Good Home Health Care    | Benefits of Holistic Approach    | Selling Your Home Effectively   |
| Mon  | Sep 14 | Put the Kids on Bank Account?    | Senior Mental Health             | How Assisted Living Helps       |
| Tue  | Sep 15 | Reverse Mortgage Funding         | Making Plans for Retirement      | How Medical Office Team Helps   |
| Wed  | Sep 16 | The "Talk" About Assisted Living | Aging & Legal                    | Dry Eyes                        |
| Thu  | Sep 17 | Importance Dental Diagnosis      | Holistic Approach to Pain Relief | Eye Clinic & Laser Institute    |
| Fri  | Sep 18 | All About Home Health Care       | Selling Your Home Quickly        | All About Home Health Care      |
| Mon  | Sep 21 | Getting Good Home Health Care    | Pain Relief Through Supplements  | Role of a Senior Advisor        |
| Tue  | Sep 22 | How Assisted Living Benefits     | Retirement Planning              | Debt Relief for Seniors         |
| Mon  | Sep 23 | Macular Degeneration             | Medicaid Planning - Part 1       | Medicaid Planning - Part 2      |
| Tue  | Sep 24 | The Vial of Life                 | Vitas Healthcare                 | Guardianship                    |
| Mon  | Sep 25 | Value of a Second Opinion        | How to Cruise Successfully       | Finding Right Place for Mom/Dad |
| Mon  | Sep 28 | Need to Know: SECURE Act         | Selling Your Home Efficiently    | Finding Good Help at Home       |
| Tue  | Sep 29 | Social Security Planning         | Smile: Form & Function           | About Cataracts                 |
| Wed  | Sep 30 | Things to Know Elder Law         | How Assisted Living Helps Thrive | Hearing Loss Treatments         |



**90.3 FM  
WEJF**

### Helping Seniors Radio on 90.3 FM WEJF Radio

**Broadcast Schedule:  
Wednesdays 12nn-1pm**

|     |        |                            |                  |                               |
|-----|--------|----------------------------|------------------|-------------------------------|
| Wed | Sep 02 | Focus on Elder Law         | Bill Johnson     | William A. Johnson P.A.       |
| Wed | Sep 09 | Focus on Your Smile        | Dr. Lee Sheldon  | Dr Lee Sheldon (Periodontist) |
| Wed | Sep 16 | Focus on Reverse Mortgages | Barbara McIntyre | Reverse Mortgage Funding      |
| Wed | Sep 23 | Focus on Help at Home      | Jennifer Helin   | Seniors Helping Seniors       |
| Wed | Sep 29 | Helping Seniors Updates    | Kerry Fink       | Helping Seniors               |

# From the kitchen of **Good Housekeeping**

## Grilled Sausage and Pepper Pizza

Topped with sweet Italian sausage and two kinds of peppers, this homemade pizza is so delicious, you may give up delivery for good.

Flour  
1 pound pizza dough  
2 teaspoon olive oil  
2 small peppers (1 red and 1 orange)  
2 sweet Italian sausage links 4 ounces part-skim mozzarella  
1/2 small red onion 3 pepperoncini peppers

1. Heat grill to medium-high. Lightly dust a baking sheet with flour. Working on a floured surface, shape the pizza dough into one 14-inch round and place on the prepared sheet. Brush the top with 1 teaspoon oil.
2. Place the peppers and sausages (cut-side down) on the grill and cook, covered, for 3 minutes.

Turn and grill, covered, until the sausages are cooked through and the peppers are tender, 2 to 3 minutes more. Transfer the sausages and peppers to a cutting board and slice.

3. Transfer the pizza dough to the grill, oiled-side down, and cook, covered, until the top begins to bubble and the bottom is crisp, about 2 minutes. Brush the top of the dough with the remaining 1 teaspoon oil.

4. Turn over, sprinkle the grilled side with half of the mozzarella, then the onion. Top with the peppers, sausage and pepperoncini, then sprinkle with the remaining cheese. Grill, covered, until the bottom is golden brown and crisp, and the mozzarella has melted, about 3 minutes. Transfer to a cutting board and cut into pieces. Makes 4 servings.

TIP: To make this pizza indoors, split the dough in half and shape into two 8-inch rounds.

## Strawberry Ice Cream

Making your own ice cream is easier than you think -- especially when it doesn't require a fancy machine. This delectable four-ingredient treat whips up in 10 minutes flat and freezes into scoopable sweetness in an hour. With a mere 70 calories per serving and less than 1/2 gram of saturated fat, go ahead: Spoon up some more.

1 pound frozen strawberries  
1 cup (2%) plain Greek yogurt  
1/4 cup sugar  
1/2 teaspoon vanilla extract  
Strawberries, for garnish

1. In food processor with knife blade attached, pulse 1 cup strawberries until finely chopped. Transfer chopped berries to large metal bowl.
2. In food processor, puree

yogurt, sugar, vanilla and remaining strawberries until smooth. Transfer to bowl with strawberries; stir until well-combined.  
3. Cover and freeze about 1 hour, until firm but not hard. Garnish with strawberries. Yields 7 (1/2-cup) servings.

TIP: You can substitute plain low-fat yogurt for the Greek yogurt. We found both worked well, but we preferred Greek yogurt's creamier texture. Freezing time may vary depending on freezer make and model. Begin checking your ice cream at 1 hour, and continue freezing if you prefer a firmer texture.

\* Each serving: About 70 calories, 1g total fat (0.4g saturated), 1mg cholesterol, 10mg sodium, 14g total carbohydrate, 1g dietary fiber, 3g protein.

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# MOOAACC's Good Deeds Foundation Provides Grants to Brevard JROTC Units

On Friday, July 31, Rear Admiral Wayne Justice (USCG Ret.), Treasurer of the Cape Canaveral Chapter of the Military Officers Association of America (MOAACC) Good Deeds Foundation (GDF), presented a symbolic check for \$13,500 to nine JROTC Instructors attending the “en mask” pre-school reopening JROTC planning meeting at Rockledge High School. Each of their units received a \$900 check. GDF will distribute the remaining 6 JROTC checks before school reopens on August 24, a delay caused by COVID-19. In addition, checks for \$550 will be presented to two Sea Cadet and two Civil Air Patrol units which also dedicate their programs to guiding young people, from a variety of schools, to learn about military matters, leadership, discipline, and what it takes to be a good citizen.

For many years the MOAACC GDF has provided support to the 15 Brevard JROTC units representing the Army (8), Navy (2), Air Force (4) and 1 Marine Corps Unit at Palm Bay. There are many expenses involved in a school's running a successful JROTC Program. Fundraising is crucial to ensure that all events, awards, support to cadets in need and many other costs, not covered by the schools or Service Branches, are met. Last year's fundraising was the most successful in the GDF's six-year history, enabling their generous donations to the JROTC Units. §

WHAT SHOULD BE CONSIDERED WHEN EXCLUDING A CHILD IN YOUR ESTATE PLAN? continued from pg 13

leave the disinherited child anything in the will / trust. Some people mistakenly believe that you must give the disinherited child some small amount, say \$10. This can create a problem. The child probably will find the gift insulting and refuse the gift. When there is \$10 remaining in the estate account, it is difficult to close the estate.

Rather than completely disinheriting the child, he/she may be left a smaller share than others. Some people want to include a provision that if the child challenges the will or trust, he/she loses everything he/she was to receive. This is called a “terrorem clause” because it is intended to terrorize the person not to challenge the will / trust. Both the Florida Probate Code and the Florida Trust Code state that these terrorem clauses are not enforceable in Florida, so we do not include them in our documents. .

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. §



MOAACC President MAJ Tim Pishdad, USA Ret. (center left) presents check to seminar leader LTC Brian Whalen, USA Ret. (center right)

## Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging  
◆◆◆ HOO BOY!

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## Scam Pharmacist Sentenced

Most of us are locked down due to the coronavirus, but apparently the wheels of justice keep on turning.

A few months ago I wrote about a Houston pharmacist, his wife and their pal who scammed the government out of \$21 million in fake pharmacy orders. The guy and his wife have now been sentenced.

Their scam was to whip up medicinal creams and gels that they would mail to injured state and federal employees, then send the bill to the government after their pal created fake prescriptions. The Feds got them for a laundry list of charges, including conspiracy to commit health care fraud, conspiracy to pay and receive kickbacks, 11 counts of health care fraud and three counts of wire fraud dating back to 2009. Many government departments were involved, including the Department of Veterans Affairs. The pharmacist, age 75, won't see daylight again for 10 years, and he has to pay back \$12 million in cash and forfeiture. The wife, however, is somehow



getting off light. She's 68 and has to pay back pay \$950,000 in restitution and forfeiture, but will serve a mere 30 days in home confinement.

How does that work, one wonders. Due to the pandemic, nobody is going out. Thirty days at home doesn't seem like much punishment since we're all doing it anyway. She pleaded guilty to one charge. Does that play into it, that she admitted her role? And did he get 10 years because he argued against the charges and tried to pass off the medications he was sending out as marketing materials. Then again, maybe her portion of the "forfeiture" had to do with giving up that (very) upscale house in Houston.

Their accomplice is still on the lam. Anoop Kumar Chaturvedi, age 48, is a legal permanent resident from India. The government wants to find him. If you know where he is, call the Office of Inspector General of the U.S. Post Office at 1-888-877-7644. (S)

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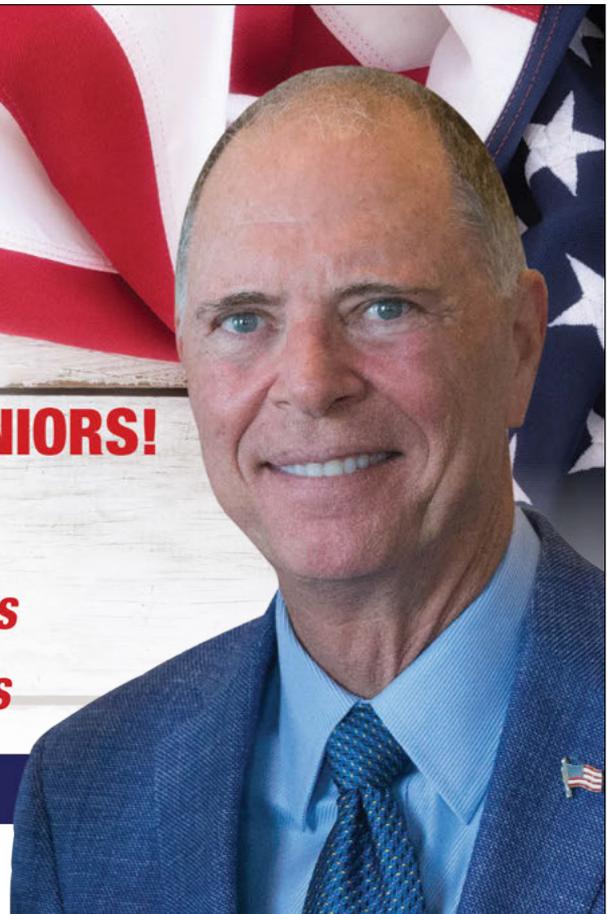
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See ad on pg. 8

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See ad on pg. 42

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**SUDOKU Answers**

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# SENIOR SCENE MONTHLY TRAVEL TIPS Your Personal Panic Button



Chris Morse *Senior Travel Specialist*

**T**he last 6 months have been an incredibly difficult time for everyone. The depth of our vulnerability in every possible way right now has been sobering. It seems every aspect of our life depends on an expert in a specific field. Now- LETS get out and start to plan your next great trip together!

We at Senior Travel have learned over the years how important Travel Consultants are to their clients. Yes, not everyone uses a travel expert when planning a trip. However, those that DO work with a Senior Travel Advisor have the security of an expert traveling with them. Those that DO NOT have learned the hard way how difficult it can be to amend or change travel plans while on the road or even before they leave home.

**Never Worry When Planning A Vacation Again:** The internet is great for looking (your Senior Travel Advisors are for booking). Research shows 43% of all bookings on the internet go wrong. Sometimes experience is just plain necessary. As a senior, you want the best result, so you do not have to worry about your trip!

**It's A Full Time Job:** Why spend 10 hours researching, calling and negotiating prices when your Senior Travel Advisor gets up each day and does just that. We do in 2 hours what it takes you 10 hours, but we do it right!

**Get The Best Options:** Your Senior Travel Advisor has a database full of information that results in the best possible experience for you & your family. The hotel you contact is certainly not going to tell you the hotel around the corner is the best fit for you or what excursions you should take.

**Travel To Only The Best Places:** Your Senior Travel Advisor has region-specific knowledge which keeps you on the cutting edge and vacationing like a local for worldwide cruises and land packages.

**Save Money:** Most travel agents do not charge you for their expertise and knowledge. Your Senior Travel Advisor has a huge rolodex of Vendors they know personally and can save you thousands of dollars. They know the best way to get

*YOUR PERSONAL PANIC BUTTON cont'd on pg 45*

## SENIORS LOOKING TO TRAVEL VISIT AMERICA



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# Know Everything About COPD

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

**C**hronic obstructive pulmonary disease, or COPD, is a progressive lung disease in which the airways of the lungs become damaged, making it hard to breathe. You may also have heard COPD called other names, like emphysema or chronic bronchitis.

In people who have COPD, the airways that carry air in and out of the lungs are partially blocked, making it difficult to get air in and out. COPD is a major cause of death and illness throughout the world. It kills more than 130,000 Americans each year – that’s one death every 4 minutes.

The “airways” are the tubes that carry air in and out of the lungs through the nose and mouth. When COPD is severe, shortness of the breath and other symptoms of COPD can get in the way of even the most basic tasks, such as doing light housework, taking walk, even washing and dressing.

COPD develops slowly, and it may be many years before you notice symptoms like feeling short of breath. Most of the time, COPD is diagnosed in middle-aged or older people. There is no cure for COPD. The damage to your airways and lungs cannot be reversed. However, COPD is not contagious.

Most cases of COPD develop over time, from

breathing in fumes and other things that irritate the lungs. The major causes of COPD are smoking, environmental exposure, genetic factors, and asthma – cigarette smoking is the most common cause of COPD in the United States (either current or former smokers). Heavy or long-term exposure to secondhand smoke or other air pollutants may also contribute to COPD.

In a small number of people, COPD is caused by genetic condition known as alpha-1 antitrypsin, or AAT, deficiency. People who have this condition have a low level of AAT – a protein made in the liver. While very few people know if they have AAT deficiency, it is estimated that about 1 in every 1,600 people to about 1 in every 5,000 people have it. People with AAT deficiency can get COPD even if they have never smoked or had long-term exposure to harmful pollutants.

Although uncommon, some people who have asthma can develop COPD. Asthma is a chronic (long-term) lung disease that inflames and narrows the airways. Treatment usually can reverse the inflammation and narrowing. However, if not, COPD can develop.

*KNOW EVERYTHING ABOUT COPD continued on pg 45*

**Drone Racing**  
Get ready for 12 hours of nonstop drone racing on the Space Coast!

Mayhem: From Dawn to Dusk will feature 12 hours of non-stop team racing on Saturday, **October 3<sup>rd</sup>**, plus individual racing and Mega Class giant drone racing on Sunday the 4<sup>th</sup>. More info regarding how to watch Mayhem coming soon!

With a lineup of amazing pro teams who are experts in the drone racing field. Mayhem: From Dawn to Dusk is definitely going to be one to watch! Sponsorships Available.

**Date:** October 3<sup>rd</sup> & 4<sup>th</sup>

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# Changing Your Direct Deposit Information With Social Security

By Kimberly Laporta, Social Security District Manager in Melbourne, FL

Change happens. We get it. The most convenient way to change your direct deposit information with us is by creating a my Social Security account online at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). Once you create your account, you can update your bank information without leaving the comfort of your home.



Because we are committed to protecting your personal information, we need some form of identification to verify who you are. If you already have an account, we verified your identity when you

initially created your personal my Social Security account. All you need to do is log in at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to access or change your information. We highly recommend that you do

not close your old bank account until you have seen your Social Security deposit show up in the new bank account.

We always strive to put you in control by providing the best experience and service no matter where or how you decide to do business with us. Remember, you can do much of your business with us online at [www.ssa.gov/onlineservices](http://www.ssa.gov/onlineservices). 

KEEPING COVID-19 AT BAY...continued from pg 19

- Don't forget to disinfect items such as carpets and drapes. Use disinfectants designed for soft surfaces and follow as directed.
- When doing laundry, use the warmest setting possible to kill anything that could be lingering. If you're laundering items for someone who is sick, remember to wear disposable gloves and discard them immediately after use.

Disinfecting your home isn't just something to do during a public health crisis – it's a healthy habit that can protect you and your loved ones for years to come. For more wellness tips and information on how Health First is working to protect you and your family, visit [hf.org/staywell](http://hf.org/staywell). 

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September 21-25, 2020  
Daily Online Presentations 10-11 a.m.  
& Daily Meetups for Outdoor  
Fitness (Times vary)

### Lifestyle, Health & Wellness Week

A Week of Health & Wellness Trainings, Lifestyle Trends,  
plus Fun & Fitness Activities

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Do not miss the Lifestyle, Health & Wellness Week and focus on living your best life! Daily morning zoom sessions with experts to discuss current trends and wellness topics, and daily evening in-person sessions to meetup outdoors for fitness activities. Topics of discussion include nutrition, elder law, fitness, diabetes and more.

We have scheduled outdoor activities ensuring social distancing such as: Bicycling, walking, rollerblading/skating & kayaking.

#### Sponsorship Opportunities are available!

- Presenting Sponsor \$1,200
- Premium Sponsor \$900 Members, \$1,000 Future Members
- Gold Sponsor \$200 Members, \$250 Future Members

\*The outdoor activities will be at Malabar Scrub Sanctuary at 1400 Marie St, Malabar, Tuckaway Shores Resort at 1441 S Miramar Ave, Indialantic & Paddling Paradise at 4220 Dixie Hwy NE, Palm Bay. Check for dates and times at [www.GreaterPalmBayChamber.com](http://www.GreaterPalmBayChamber.com) or call us at (321) 951-9998

\*FREE pedometers from VITAS for all participants.

the opposite sex and seldom, if ever, touched upon or emphasized the other facets of his life.”

Despite his popularity, Flynn was never recognized for his acting with even an Oscar nomination (de Havilland was nominated 5 times and won twice). Was that an oversight, I asked her?

“Unfortunately, at the time when Errol enjoyed his greatest success, the adventure film, as a genre, was not sufficiently appreciated and therefore his appearances therein were not as highly regarded as they might,” she explained. “However, I do feel he played his roles with unmatched verve, conviction, and style. In doing so, he inherited the mantle of Douglas Fairbanks Sr., who was my favorite film star. No one since Errol has worn that mantle; it is buried with him.”



I was also curious if she ran into Flynn after their time together on-screen. She said that happened only on three occasions, the last one at the Beverly Hilton’s Costumers Ball

two years before his death.

“Quite unexpectedly, while I was talking to friends during the cocktail hour, Errol left his own group and asked if he could take me to dinner,” she recalled. “He seated me on his immediate right and, soon joined by others, took on the role of gracious host with everyone on his left – all the ladies – while I did my best to entertain the gentleman on my right.”

De Havilland’s letter concluded with a delightful postscript indicating a longtime private ritual which she adhered to every year.

“On June 20 (Flynn’s birthday), I raised a glass of champagne to Errol, as I always do.”

Come next July, many classic film fans will likely repeat that ritual to honor Olivia, too.

*Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 800 magazines and newspapers. ©*

YOUR PERSONAL PANIC BUTTON continued from pg 42

from point A to point B in a specific location. Who is the best tour company for your type of travel, who is offering a special for specific dates, how to get that corner room overlooking the gardens not the center room overlooking the trash bins? And we guarantee lowest pricing on all our trips!

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vacation. This guarantees you will have great experiences; you will be more excited and have the security that is necessary when traveling out of your comfort zone.

**We Support The Senior Community:** Senior Travel and the travel vendors that we use like Mayflower Tours and MSC Cruises donate back part of our profits to support Helping Seniors of Brevard and One Senior Place! ©

KNOW EVERYTHING ABOUT COPD continued from pg 43

The most common symptoms of COPD are (a) a cough that does not go away, and (b) coughing up lots sputum (mucus). These symptoms often start years before the flow of air in and out of the lungs is reduced. Other common symptoms of COPD are shortness of breath while doing activities you used to be able to do, wheezing (a whistling sound when you breathe), and tightness in the chest.

The healthcare person will diagnose COPD based on patient’s signs and symptoms, its medical and family histories, and test results. First, they will listen the patient’s lungs and irritations. Then, to confirm a diagnosis of COPD, they will use a breathing test called spirometry. The test is easy and painless and shows how much air a patient can breathe out and measures how fast the patient can breathe it out.

Other tests used to rule out other causes of the symptoms are bronchodilator reversibility testing (using spirometer and medications called bronchodilators), a chest X-ray, and an arterial blood gas test.

Although there is no cure for COPD, treatments and

lifestyle changes can help manage symptoms. Quitting smoking is the most important step one can take to treat COPD. The health care specialist will talk about programs and products that can help quit. Also, try to avoid secondhand smoke and places with dust, fumes, or other toxic substances that may inhale.

Treatment for COPD can be different to each person and is based on whether symptoms are mild, moderate. Or severe. Treatments include pulmonary or lung rehabilitation like bronchodilators (to relax the muscles around airways), medication like inhaling steroids (to reduce the inflammation or swelling in the airways), oxygen therapy (to help with shortness of breath), and surgery like lung volume reduction surgery (LVRS). A lung transplant might be an option for people who have very severe COPD.

The goals of COPD treatment are to relieve symptoms with no or minimal side effects of treatment, slow the progress of the disease, improve the ability to stay active and exercise, prevent and treat any complications from the disease; and, improve health overall. ©

# Try Herbs For Late Summer Gardens

By Gary R. Bachman, *MSU Extension Service*

In the late summer and into the fall, some of my favorite garden plants are the annual herbs. On top of my list of annual herbs are basil and dill. These herbs are aromatic and really easy to grow. And have I said they're delicious?

Dill is perfect with salmon, cod and grouper. Placing the frilly fronds on the fish during cooking imparts a pleasant licorice flavor. Another favorite use is adding fresh-cut dill to my eggs for breakfast. Dill also is a forage plant for swallowtail butterfly caterpillars, so I make sure to have enough to share.

Basil is another wonderful plant that also is a great addition to my edible ornamental landscape. It offers a great range of aromas and flavors from licorice to lemon and lime. At my house, we love to use it to make different types of pesto and, of course, to whip up refreshing basil mojitos on a hot second summer afternoon. There's a wide variety of basil available for the garden. Selections come with beautiful green, red and variegated foliage.

Always harvest fresh herbs in the morning, as the essential oils -- which is what supplies the herbal bang -- will be at their highest concentrations then. For annual herbs like dill and basil,



it is important to pinch off developing flower heads. We want foliage, and flower production signals the plant to stop foliage production and favor seed development. I deadhead my dill plants and save the flower heads for homemade dill pickles.

But there are always exceptions to these rules. Late in the year, I like to let a few plants flower and collect the seed. It's as easy as waiting until the seed heads have turned brown, collecting the seed and storing it in a labeled envelope. Saving some seed this year could help your garden next year.

This year, COVID-19 fueled major growth in gardening, which caused shortages of all seed supplies. Saving some herb seed this fall could make 2021 a tasty year. Of course, you don't have to save seed in an envelope. Sometimes I just let the seed heads disperse themselves and enjoy the surprise of where the herbs pop up the following year.

Annual herbs like dill and basil are really easy to grow in containers, which is my preferred growing method. Remember to use a good-quality, peat-based potting mix. Container herbs don't take up as much room, which is perfect for maximizing the number of herbs growing on a porch or patio.

If you're afraid you've missed out this year, the good news is there's still time to grow these herbs. Many garden centers still have transplants, and you can always try growing some from seed. ☺

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# A Message From The Brevard County Sheriff's Office Crime Prevention Unit

Crime Prevention is everyone's responsibility, not just a job for law enforcement. Below are a few tips to protect yourselves from being a victim of crime by following these simple suggestions. Share these tips with your neighbors and friends, and make it tough for criminals to work in your neighborhood!

## At Home:

- Always keep your doors and windows locked. Install dead-bolt locks on all doors.
- Keep your home well-lit at night, inside and out, and keep your curtains closed at night.
- Install a peephole in your front door so you can see visitors without opening the door.
- If a stranger asks to use your phone, make the call for them. Never let a stranger inside your home.
- Do not leave notes on your door that you are gone, and do not hide keys under the door mat.
- Never give out information over the phone indicating you are along or that you won't be home at a certain time.
- When you are gone for more than a day, make sure your home looks and sounds occupied. Use automatic timers to turn on lights and a television.

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VNA ANSWER NURSE: FALL PREVENTION continued from pg 15

Severe allergic reactions include but are not limited to:

- Behavior changes
- High fever
- Difficulty breathing
- Hoarseness or wheezing
- Swelling around the eyes, lips or tongue
- Hives
- Paleness
- Weakness
- A fast pulse or dizziness

Life threatening allergic reactions to the flu shot are rare.

**Q: What should I do if I think I am having a severe reaction to a flu vaccine?**

**A: If you think it is a severe allergic reaction or other emergency that can't wait, call 9-1-1 and get to the nearest hospital. Otherwise, call your doctor.**

*This information is for educational purposes. Please consult your physician for any medical issues. The Visiting Nurse Association (VNA) is committed to bringing trusted and quality private and 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.vnatic.com](http://www.vnatic.com). ©*

## In your car:

- Keep your gas tank full and your engine properly maintained to avoid breakdowns.
- Always lock your car doors, even when you're inside and keep your windows rolled up.
- Lock packages and other valuables in the trunk. Do not leave them on the back seat or on the floor of the car where potential thieves can see them.
- When you return to your car, always check the front and back seat before you get in.
- Never pick up hitchhikers.
- If your car breaks down, pull over to the right as far as possible, call Star FHP (\*347), and wait inside the car for help.

The Brevard County Sheriff's Office Crime Prevention Unit offers FREE and CONFIDENTIAL home surveys for our residents. A Crime Prevention Practitioner will visit your home and inspect the interior and exterior of your home to help identify potential security concerns. You will be provided with a written report along with recommendations and tips for improving home security.

If you are interested in scheduling a home survey, please call 321-264-7755. ©

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SENIORS, DON'T BE LEFT VULNERABLE continued from pg 20

A few days ago Helping Seniors received a call from two elderly ladies who desperately needed affordable housing. When we reached out to find them help, the agency we called admitted they were not aware of the desperate need experienced by some people. These are people who have lived within the system but now simply can not find the resources they need.

Articles such as the one Brittany wrote are a step in the right direction but it would really be helpful if the Senior Resource Alliance would work toward building affordable housing and getting dollars to organizations that promote the availability of resources; in other words, help seniors before they become depressed or need delivered meals.

Seniors must be willing to advocate for seniors. Our elected officials know the needs and what is available, they just need to hitch the horse to the right cart. How much progress have we really made in developing affordable housing and reducing those on Medicaid waiting lists? We can and must do better.

Contact Helping Seniors at 321-473-7770, at [info@helpingseniorsofbrevard.com](mailto:info@helpingseniorsofbrevard.com), or at P.O. Box 372936, Satellite Beach, FL 32937. ©

# SEPTEMBER COMMUNITY CALENDAR

Provided courtesy of Brevard Cultural Alliance. For the latest event updates, visit the BCA website at [www.ArtsBrevard.org](http://www.ArtsBrevard.org).

**FESTIVALS | SOCIAL DANCING | CLASSES | EVENTS**

Please visit [www.ArtsBrevard.org](http://www.ArtsBrevard.org) for updated cultural event information.

## ONGOING EVENTS

**American Police Hall of Fame**, Titusville, 321-264-0911, [APHF.org](http://APHF.org)

**Art Gallery of Viera**, Viera, [ArtGalleryofViera.com](http://ArtGalleryofViera.com)

**Brevard Zoo**, Melbourne, 321-254-WILD, [BrevardZoo.org](http://BrevardZoo.org)

**Eau Gallery**, Eau Gallie Arts District, 321-253-5553, [EauGallery.com](http://EauGallery.com)

**Florida Surf Museum**, inside Ron Jon's Watersports, Cocoa Beach, [FloridaSurfMuseum.org](http://FloridaSurfMuseum.org)

**Foosaner Art Museum**, Eau Gallie Arts District, [FoosanerArtMuseum.org](http://FoosanerArtMuseum.org)

**Harry T. & Harriette V. Moore Cultural Complex**, Mims, 321-264-6595, [HarryHarrietteMoore.org](http://HarryHarrietteMoore.org)

**Museum of Dinosaurs and Ancient Cultures**, Cocoa Beach, 321-783-7300, [MuseumofDinosaurs.org](http://MuseumofDinosaurs.org)

**Strawbridge Art League Gallery**, Le Galerie, Downtown Melbourne, 321-952-3070, [StrawbridgeArtLeague.org](http://StrawbridgeArtLeague.org)

**Studios of Cocoa Beach**, Downtown Cocoa Beach, 321-917-5788, [StudioofCocoaBeach.com](http://StudioofCocoaBeach.com)

**The Downtown Gallery**, Downtown

Titusville, 321-268-0122, [TheDowntownGallery.net](http://TheDowntownGallery.net)

**Through September 29: Aesop and Other Fables Exhibition**, Fifth Avenue Art Gallery, Eau Gallie Arts District, 321-259-8261, [FifthAvenueArtGallery.com](http://FifthAvenueArtGallery.com)

## SEPTEMBER EVENTS

**Sept 4: Opening Reception: Florida & Beyond Exhibition**, Fifth Avenue Art Gallery, Eau Gallie Arts District, 321-259-8261, [FifthAvenueArtGallery.com](http://FifthAvenueArtGallery.com)

**Aug 28 - Sept 13: 9 to 5 The**

**Musical**, Historic Cocoa Village Playhouse, 321-636-5050, [CocoaVillagePlayhouse.com](http://CocoaVillagePlayhouse.com)

**Aug 31 - Oct 26: Florida & Beyond Exhibition**, Fifth Avenue Art Gallery, Eau Gallie Arts District, 321-259-8261, [FifthAvenueArtGallery.com](http://FifthAvenueArtGallery.com)

**Sept 4-27: Beehive**, Titusville Playhouse, 321-268-1125, [TitusvillePlayhouse.com](http://TitusvillePlayhouse.com)

**Sept 12: Fan Favorites Redux Concert**, Space Coast Symphony, The Avenue Viera, 855-252-7276, [SpaceCoastSymphony.org](http://SpaceCoastSymphony.org)

**Sept 18-20: Seussical The Musical Kids**, Historic Cocoa Village Playhouse, 321-636-5050, [CocoaVillagePlayhouse.com](http://CocoaVillagePlayhouse.com)

**Sept 25-27: Disney's The Lion King, Jr!**, Historic Cocoa Village Playhouse, 321-636-5050, [CocoaVillagePlayhouse.com](http://CocoaVillagePlayhouse.com)

**Sept 26: Brevard Symphony Orchestra Concert: Beethoven Symphony No. 6 "Pastoral"**, King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.

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

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

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

Franklin DeGroot Memorial Library 6475 MINTON RD SW, PALM BAY 321-952-6317

Merritt Island Public Library 1195 N COURTENAY PKWY, MERRITT ISLAND 321-455-1369

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

Satellite Beach Library 751 JAMAICA BLVD, SATELLITE BEACH 321-779-4004

South Mainland Library 7921 RON BEATTY BLVD, SEBASTIAN 772-664-4066

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

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

Joseph N. Davis Community Center 2547 GRANT ST, MELBOURNE 321-608-7460

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

Wickham Park Community Center 2815 LEISURE WAY, MELBOURNE 321-608-7490

Woody Simpson Community Center 1590 SCHOOLHOUSE ST, MERRITT ISLAND 321-455-1379

55+ Club of Satellite Beach 1089 S PATRICK DR, SATELLITE BEACH 321-773-6458

Freedom 7 Senior Community Center 5000 TOM WARRINER BLVD, COCOA BEACH 321-783-9505

**Must wear mask to enter building. Everyone Welcome. Check out our website for details**  
[www.freedom7seniors.org](http://www.freedom7seniors.org)

**Zumba Gold Mondays and Wednesdays at 9:30am** \$2 per class  
**Chair Yoga Tuesdays at 9:30am** \$2 per class

**Strength and Balance Class Tuesdays and Thursdays at 9:30am** \$2 per class



One Senior Place  
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## SEPTEMBER 2020 ONE SENIOR PLACE EVENTS

Masks are required and screening protocols are in place for all visitors to One Senior Place. Please visit <https://www.oneseniorplace.com/covidprotocol/> for details.

**Senior Scams & Identity Theft, Tuesday September 1st, from 10 - 11am.** Presented by Sheriff Wayne Ivey, hosted by One Senior Place and Aging Matters In Brevard. Also offered via ZOOM. Limited seating, must RSVP to 321-751-6771. ZOOM link provided upon RSVP.

**Food Truck Fundraiser, every Thursday in September, from 11 - 1pm.** Hosted by One Senior Place and Aging Matters In Brevard to benefit Sunflower House, Community Caregiver Center. Come out for lunch and donate to a worthy cause. The food trucks are donating a percentage of their profits to Sunflower House. Every Thursday there will be a different truck, and as a special bonus the Travelling Bean Specialty Beverage truck will be here every week. Call 321-751-6771 for more information.

**Osteoarthritis, Thursday September 3rd, 12 - 1pm.** Presented by Aquatic Health & Rehab. Osteoarthritis, Knee/Hip and all areas of pain. Identifying various types of pain. Causes and Treatment plans discussed. For more information and to RSVP, call 321-253-6324.

**FREE Memory Testing, Tuesday September 8th, from 11 - 3pm.** 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.

**How to Bullet Proof Your Estate Plan from a Contest or Challenge, Thursday September 10th, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. The goal of this seminar is to help you eliminate surprises, avoid mental anguish, and minimize expenses for your family. Limited seating, MUST RSVP to 321-751-6771.

**Practical Advice for Seniors Specific to COVID-19 and the Upcoming Cold and Flu Season, Thursday September 10th, 3 - 5pm.** Presented by Summer Kahlon, M.D. Infectious Diseases, hosted by Florida Health Care Plans and One Senior Place. Limited seating, also available Virtual (a link will be emailed to you). RSVP Required, call 321-751-6771.

**Flu & Pneumonia Shot Clinic, Friday September 11th, 9 - 11am.** Walgreens will be here to give flu shots, please remember to bring your insurance card. Call today to set up your time slot, 321-751-6771.

**Medicare...with Confidence, Friday September 11th, 10am, REPEATS Thursday September 17th, 2pm.** Presented by Viera Insurance Professionals. Medicare coverage can be confusing and it is important to make the best decision for you and your health. Get a trained professional to help you by answering all of your questions. Attend online or In-person, RSVP to 321-751-6771. This event is for educational purposes only. No plan or benefit information will be shared. For accommodation of persons with special needs at meeting, call 321-253-6323 TTY:711.

**Pre-Planning Workshop presented by National Cremation, Monday September 14th, 11 - 1pm,** REPEATS Tuesday September 22nd, 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. Seating limited MUST RSVP to 321-751-6771.

**Special Needs Trust Seminar, Tuesday September 15th, at 10am.** Elder Law Attorney William A. Johnson, PA. will present. For more information, call 321-253-1667.

**Chef's Dessert Showcase, Tuesday September 15th, 1pm.** Join The Brennity at One Senior Place for a special showcase event! Culinary Director, Sean Camillo will explain how to make Red Velvet Cookies and Apple Crumb Pie and demo making the pie. Samples provided to all in attendance! This presentation will also be available Virtual (an email will be sent with the code), RSVP required by calling 321-751-6771.

**Avoiding Guardianship, The Legal Documents You Shouldn't Live Without - Elder Justice Educational Seminar, presented by Rhodes Law, Wednesday September 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. Limited seating, must RSVP to 321-751-6771.

**STROKES and How Rehabilitation Helps, Thursday September 17th, 12 - 1pm.** Presented by Dr. Nicole Knights with Aquatic Health & Rehab. Strokes and how rehabilitation helps, from land to water therapy. For more information, call 321-253-6324. Limited seating, MUST rsvp.

**Tinnitus (and Hearing Loss), Lunch and Learn Seminar, Friday September 18th, from 11 - 1pm.** This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AUD from WIDEX will center on the causes of Tinnitus, "Ringing in your ears", and what can be done to improve it. Lunch provided, must RSVP to 321-253-6310.

**Cancer - Treatment Options, Ask The Doctor Lunch & Learn Seminar and ZOOM Meeting, Monday September 21st, at 12pm.** VITAS Healthcare and Dr. Frederick Peterson will present a monthly series of "Ask the Doctor" seminars. Limited seating to 15 attendees, call 321-831-2187 to reserve your seat today, boxed lunch will be provided. This seminar will also be available by ZOOM, call for information.

**Guardianship - Start to Finish, Tuesday September 22nd, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. Requirements for someone appointed guardian and when to choose a professional vs family or friends. Limited seating, MUST RSVP to 321-751-6771.

**Virtual Candidate Forum, A Closer Examination of their Platforms, Wednesday September 23rd, 10 - 11:30am.** ZOOM in to hear and learn what the candidates stand for. Go to our website to see the list of invited candidates. Email [audrey@oneseniorplace.com](mailto:audrey@oneseniorplace.com) or call 321-751-6771 for information on how to attend this meeting on ZOOM. Hosted by One Senior Place.

**Medicaid Planning Seminar, Thursday September 24th, at 10am.** Elder Law Attorney William A. Johnson, PA. will present. For more information, call 321-253-1667.

**Rock, Step, Twist and Shout - PWR for Parkinson's**

**Disease, Thursday September 24th, 1 - 2pm.** Parkinson's Wellness Recovery (PWR) is 1-hour exercise program. This event is Virtual only, must RSVP to 321-253-6324 and link will be sent to you.

**What's New In Viera?, Tuesday September 29th, 5:30 - 7pm.** Please join us (also available by ZOOM) as Eve Rey from the Viera Company gives us an update on the new building, road expansions, golf cart etiquette and transportation concurrency. Call 321-751-6771 for information on how to attend this meeting on ZOOM. Hosted by One Senior Place.

### SUPPORT GROUPS

**Virtual Meeting: Parkinson's Disease, Parkinson's Support Group of Viera, Tuesday September 8th, 11am.** Join Barbara Williams, DBS expert from Abbott talks about the Abbott Infinity DBS system featuring directional lead technology. Call 321-751-6771 for information on how to attend this meeting on ZOOM. Hosted by One Senior Place.

**Pulmonary Fibrosis Support Group, Tuesday September 15th, 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.

**Coffee Talk - Virtual Support Group, Wednesday September 2nd, at 10:30am** Hosted by One Senior Place, this support group is informative and at times entertaining. We will have a RN and social worker cover general topics and be available to answer your questions, so bring your topics. Everyone is welcome! For more information and to RSVP, call 321-751-6771 or email [audrey@oneseniorplace.com](mailto:audrey@oneseniorplace.com) to have the link for this ZOOM event emailed to you.

**Loss, Grief & Bereavement Support Group, Thursday September 10th and 24th, 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. Limited seating, must RSVP to 321-751-6771. Facilitated by VITAS Healthcare.

### 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), Tuesday September 8th, 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](mailto:president@bugclub.org).

**Book Club - Legacy Club, Thursday afternoons from 1 - 2pm.** 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.

### Contact information:

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

Martin Andersen Senior Center 1025 S FLORIDA AVE, ROCKLEDGE, FL 32955 321-631-7549

North Brevard Senior Center 909 LANE AVENUE, TITUSVILLE, FL 32780 321-268-2333

Palm Bay Senior Center 1275 CULVER DRIVE NE, PALM BAY 321-724-1338

Wickham Park Senior Center 2785 LEISURE WAY, MELBOURNE 321-255-4494, [bcscwp.com](http://bcscwp.com)

Can you imagine leaving your beloved pets behind with someone who might hurt or even kill them? 65% of domestic violence victims delay fleeing because they fear for the safety of their pets. That's why Serene Harbor opened the Shirley's Pet Sanctuary at our emergency shelter in 2014.



Serene Harbor, Inc.  
CERTIFIED DOMESTIC VIOLENCE CENTER



**PAWS FOR A CAUSE**  
5K RUN/WALK

For more information, email  
nikki.helton@sereneharbor.org  
<https://www.runningzone.com/events/paws-for-a-cause-5k-run-walk/>

PET-FRIENDLY RUN/WALK  
WWW.SERENEHARBOR.ORG



**Sept. 26 2020**  
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**Veterans Memorial Center (VMC)**  
on Merritt Island behind Merritt Square Mall.  
Contact VMC or Donn Weaver (321-453-1776)

**CALENDAR OF EVENTS**

**NOTE: Oct 24 had been planned for the Covid delayed 2020 Stand Down to Stand Up Event. In early August the VMC Boards and EX-COMM decided it was better to postpone the event until 2021** due to uncertain COVID conditions that could impact such a large, indoor gathering. We hope many veterans, organizations and others will find ways in the meantime to help Homeless and at risk Veterans in Brevard County. The Food Drive based at the VMC is one such program.

**Sep 11** – Combined Patriot Day 9/11/2001 Ceremony with VMC and NYPD ret Police and Fire Organizations at VMC Outside (1700– 1830). Includes Music, special events and talks by 9/11 NYPD and FPD survivors along with Sheriff Wayne Ivey, RADM Wayne Justice USCG, ret. and others as we reflect on that day and the many sacrifices that followed because of 9/11. See Flier for more details.

**NOTES ON 9/11 CEREMONY:**

- **THEME:** Brevard County Remembers the Sacrifices That Day and After as the Fight was pursued abroad.
- **COVID Compliance:** Ceremony all outdoors, masks encouraged, Museum limited to 50 at any one time and masks required since it is indoors. Any Food and Drink will be individually packaged per no contact protocols. No Bleachers. Chairs spread apart in all areas of the parking lot in front of the Museum and Center. As VMC has proven already, some important dates and ceremonies should not be scrubbed even in these times.

**Sep 25** – Celebration of the 100th Anniversary of the National Organization of the Disabled American Veterans (DAV) 1100-1200 VMC Gray Hall with Covid Restrictions sponsored by DAV Chapter 123 of the VMC.

**Sep 26** – Dedication of MG John Cleland Memorial Bridge in Viera 1000 hours (Pineda Causeway across RR near Rte 1) followed by a special bench dedication at 1300 at the Memorial Plaza at VMC to include a family reception. MG Cleland fought and earned the CIB in WWII, Korea and Vietnam and was in the first class inducted into the Florida Veterans Hall of Fame in 2016. He died in 2017.

**Sep 26** – Christening and dedication of a new US Navy Destroyer at Cape Canaveral Cruise Terminal time, site and access TBD.



**Trivia test** by Fifi Rodriguez

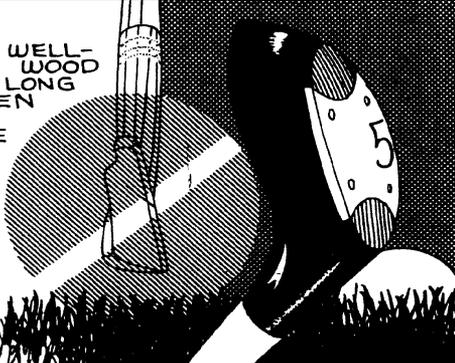
- GENERAL KNOWLEDGE:** What is the birthstone traditionally associated with the month of July?
- MOVIES:** What was the name of the artificial intelligence system in "The Terminator" movie series?
- CHEMISTRY:** Which element has the chemical symbol Pt?

- HISTORY:** Which two boxers were matched in 1974's "The Rumble in the Jungle" contest in Zaire?
- ANATOMY:** What is the common name for the hallux?
- AD SLOGANS:** Which product is featured in the advertising slogan "Obey your thirst"?
- GEOGRAPHY:** Which four U.S. states start with the letter "I..I..I..I"?
- TELEVISION:** What city was the setting for the 1990s sitcom "Home Improvement"?
- MUSIC:** Which female singer had a No. 1 hit in the 1970s with the song "You're No Good"?
- MEASUREMENTS:** How many tablespoons are in 1/4 cup?

**Answers**

- Ruby
- Skynet
- Platinum
- Muhammad Ali (winner) and George Foreman
- Big toe
- Sprite
- Idaho, Illinois, Indiana and Iowa
- Detroit
- Linda Ronstadt
- Four

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**TO STOP SUCH A SHOT FAST, ADD HEIGHT AND CUTTING ACTION TO THE BALL-- ALIGN LEFT, OPEN THE CLUBFACE, SWING THE CLUB UP STEEPLY, THEN HIT SHARPLY DOWN INTO THE BALL.**

JM



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