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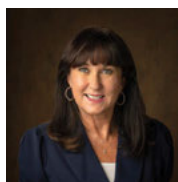
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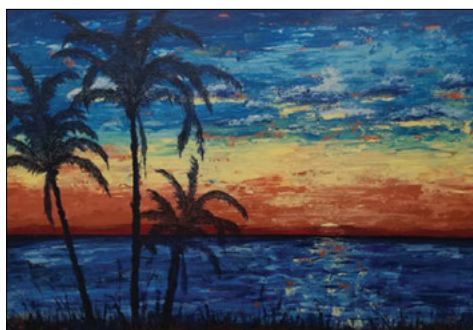
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Letter from the Publisher



HAPPY INDEPENDENCE DAY!

July is usually the time for flag flying, fireworks, picnics and family gatherings. Maybe this year will be more like normal. Please be careful and stay safe. Remember, Freedom Isn't Free!

How about our great July cover! A special thanks to Debbie Smith for this fun patriotic presentation. Speaking of covers, did you know that most of our cover artists are Brevard County residents and many are seniors? I want to give a big thank you to Lynne Brezina at the Brevard County Cultural Alliance for helping us find all this special talent.

Is it my imagination or are we seeing some real return to normal and a renewed freedom? For those of us fully vaccinated it is a great feeling to be out without a mask, not worried about endangering ourselves and others.

And for those not vaccinated I hope you are following CDC protocol, it's about more than just you.

Here at the office, the phone calls we get the most are from our readers asking where to pick up their copy of Senior Scene. We love to hear about how much you have enjoyed past issues. We are constantly adding locations for you to get your copy. So keep those calls coming. Did you know that you can get a current list of distribution locations by visiting our web site? And if you missed picking up a copy, you can read it on our website www.seniorscenemag.com.

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Sonata East At Viera Adds Memory Care To Its New Community.

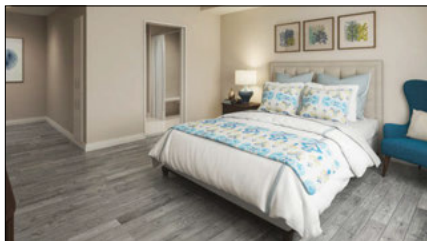
This August, Sonata Senior Living will open its newest Florida community, Sonata East at Viera. This 118-residence community will offer 88 Independent Living and 30 Memory Care apartments to an expanding Viera campus.

“We are excited to bring new senior living options to Viera,” said Bridget Perers, Regional Director of Business Development at Sonata. “We believe our Viera campus, with its two distinct communities and continuing care options, is exactly what the older residents of this community are looking for.”



Sonata East at Viera will offer both Independent Living and Memory Care lifestyle options.

a secure courtyard and is configured using the latest science and innovation in dementia, plus advanced safety technology to help residents maintain their individuality and independence for as long as possible.



Sonata East at Viera will include 30 Memory Care apartments as part of their expanding Viera campus.

Viera Campus Executive Director, Stacey Clark agrees, “Sonata’s Serenades is a leader in Memory Care Assisted Living. Their 4 “P’s” philosophy incorporates Purpose built design, Person directed care, specialized Memory Care Programming that follows renowned dementia care expert Teepa Snow’s Positive Approach TM to Care, and purposeful Partnership with families into each community.”

As part of the lifestyle options in Viera, Sonata will bring its award-winning Serenades Memory Care to Sonata East. This specialized Memory Care unit will feature two intimate neighborhoods surrounding

According to Perers, Serenades Memory Care “offers unique, secure, highly functional, and home-like alternatives to the traditional memory care options that currently operate in Central Florida.”

SONATA EAST AT VIERA ADDS MEMORY CARE... cont'd on pg 46

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COVER STORY – TEACHER, ARTIST, SCULPTOR

Debbie Smith



Born and raised in Concord, North Carolina, Debbie Smith earned her Bachelor of Science teaching degree from Appalachian State University in Boone, NC. She majored in Ceramics, Fabrics and Fibers and Jewelry. After teaching year of art in Cabarrus County, NC, she moved to Florida and taught for 22 years at Southridge Senior High School. Juggling children and marriage, in the mid 80's she earned her Master of Computer Education degree from Nova Southeastern University. Leaving her Art Department Head and Advanced Placement, Art Instructor position behind, she decided to move from Miami to Palm Bay and teach art at Southwest Middle School.

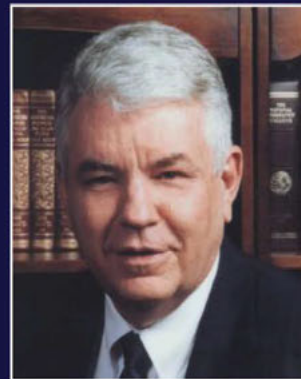
Retiring in 2010 after 32 years of teaching, she is creating life sized, symbolic, figurative female sculptures, mini sculptures, clay masks with a sea shore influence, wall sculptures and functional pottery. Debbie maintains her studio, Mad Hand Studio, in Palm Bay, FL. MAD Hand Studio doesn't mean I am angry, it means I am crazy about being able to create in my own studio at home! I have been cooped up for so long in the art classroom, trying to keep order, that I have a multitude of feelings and messages I need to get out. My work is symbolic, and my sculptures are figurative busts with a surprise. I try to lure the viewer to look at the back of the sculpture to find out what is really happening or just add an annoying fly to the work to provoke the viewer. Modigliani, Dali and Picasso along with Medieval influences, Bible stories and personal experiences are conveyed through the clay with textures, lines, and repeat shapes. My hope is that you will see a part of yourself in the artwork.



I also create masks, wall plaques, miniature whimsical sculptures and functional pottery. The masks are light hearted and have shells pressed into the surface. Wall plaques are carved and stamped pictures with symbols. Whimsical miniatures are less than 6" tall and just fun figures with animal and human characteristics combined. The love of clay has me captivated for now and I am thoroughly enjoying it. She exhibits at local galleries and shows.

You may view more of her artwork at Breakers Art Gallery at 206 Highway A1A Satellite Beach. ☎

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FROM TALLAHASSEE TO YOU

By Richard Prudom *Florida Department of Elder Affairs*

Disasters Don't Wait. Make Your Plans Today.




As we embark upon the 2021 hurricane season, which is June 1 to November 30, the Florida Department of Elder Affairs (DOEA) is working to ensure older adults are prepared. Disaster preparedness is most effective when communities and residents unite in protecting people and neighborhoods by having a safety plan in place.

The National Oceanic and Atmospheric Administration predicts another active hurricane season this year. In order to be ready for the anticipated storms ahead, I encourage Floridians to have at least seven days of supplies on hand, and put a disaster plan in place now, even for your animals; this seven-day supply is recommended by the Florida Division of Emergency Management (DEM). DOEA has curated more recommendations from DEM and other state agencies specifically for older residents in our annual 2021 Disaster Resource Guide for Older Adults – available at www.elderaffairs.org/publications-reports/elder-update. I hope you take the time to read this guide and allow it to help you prepare for this year's hurricane season.

Having a plan in place and preparing a disaster supply kit before a storm may help you save time and reduce anxiety if a disaster strikes in your area. The 2021 Disaster Resource Guide for Older Adults provides a Disaster Supply Kit checklist for convenience. The best scenario is to have readily available copies of all important documents such as medical contact information, a medication list, an emergency contact list, and more.

Beyond hurricanes, this guide is a resource to prepare older Floridians for a multitude of emergencies and includes COVID-19 considerations that may apply in your county. You will find valuable information to help you stay safe and connected to your local resources if disaster strikes.

I encourage you to be prepared, take advantage of the contacts and local services we provide, and remember you may reach out to us if you need assistance. Our Disaster Resource Guide contains many useful phone numbers, including the Elder Helpline at 1-800-963-5337. 

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Does It Matter How You Hold Title To Property?

By Attorney Truman Scarborough

This is the third in a series of articles on the different ways title to property can be held. In the first article the various aspects of an individual holding title in just his/her name were discussed. In the last article we looked at several ways property could be held with other people and some of the advantages and disadvantages.

Property does not have to be held in individual names. It can be placed in a corporation, a Limited Liability Corporation (LLC), a general partnership, different types of Limited Partnerships, and various kinds of trusts. Just like a natural person, these legal entities have the right to own property, enter into contracts, and sue in the courts. Many of these are created for business purposes. Some of these, like the Limited Liability Corporation (LLC), the Limited Partnership and Irrevocable Trust provide additional protection from creditors. Others offer estate planning opportunities. For example, probate can be avoided with a Revocable Living Trust simplifying the settlement of an estate.

When someone dies assets titled just in the decedent's name without beneficiaries are frozen. A Power of Attorney is effective only while the creator is living. An order from

the probate court is needed to access assets in the decedent's name. Beneficiaries in probate do not normally receive their inheritance until the end of the probate process. If everything runs smoothly in formal administration, it takes approximately six months from the time pleadings are first filed with the court. With a Trust, no court authorization is required. The successor trustee you name has immediate control of your assets after you are gone to pay bills and make distribution to beneficiaries. It is similar to a corporation, where if the president dies, his successor immediately has control.

To avoid the probate process, the trust must come into existence while you are living. Therefore it is called an "inter-vivos" or "living trust". Assets must be transferred into the trust. If I build a shed to keep my tools dry, but forget to put in the clippers, the shed won't protect them from the weather. In a like manner, if I fail to transfer assets into the trust that should be in the trust, they will have to go through probate.

While you are living, the trust is simple to manage. Initially either you, or you and your spouse, will be the trustees

DOES IT MATTER HOW YOU HOLD TITLE.... cont'd on pg 49

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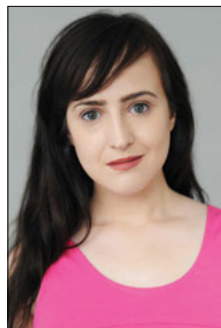
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TINSELTOWN TALKS By Nick Thomas

'Matilda' Turns 25

When British author Roald Dahl's beloved 1988 novel "Matilda" was transformed into a fantasy comedy movie a decade later, the film became hugely popular. It remains an enjoyable family movie to watch with children and grandchildren today, 25 years after its release in July of 1996.



Filled with memorable characters including a callous and dishonest family as well as a tyrannical school principal, Matilda was portrayed by adorable child actor Mara Wilson who battles and eventually overcomes adversity. It was one of four films in the 90s that made Wilson famous. Matilda, she says, was a role she was thrilled to play.

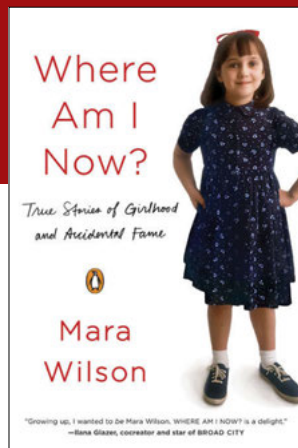
"It was my first favorite book," she told me in a 2017 interview. "The film became a touchstone for girls who grew up feeling a little awkward and out of place and could relate to the Matilda character. When I was little and people would recognize me at the airport, park, or mall, I used

to think 'Why do they care?' But I've come to realize how important some films can be to people."

Despite the popularity of the spirited little actress in the additional 90s hits "Mrs. Doubtfire," the remake of "Miracle on 34th Street," and "A Simple Wish," Wilson had slipped from the public spotlight by the decade's end – an exile that was largely self-imposed.



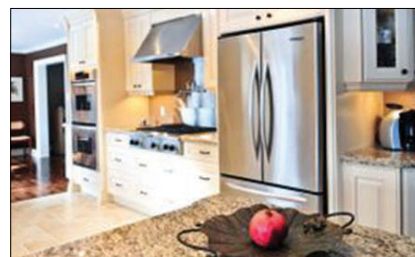
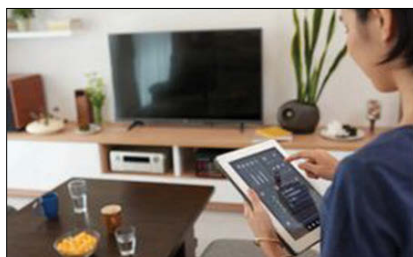
"I grew out of that cute stage and didn't develop into the classic Hollywood beauty as I got older," she explained. "I didn't like being reduced to adjectives – you're thin or short or tall or blonde – and was no longer comfortable going to auditions. I still do some fun TV or web projects for friends and I love voice-over work because no one is judging how I look or how many times a week I workout!"



'MATILDA' TURNS 25 continued on pg 48

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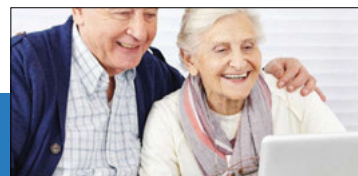
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My dad is leaving the hospital after a knee replacement. He's been referred for home health care. What does that mean?

Home health care includes services such as skilled nursing care, physical therapy and occupational therapy. Home health must be referred by a physician and is for homebound patients who need a nurse or therapist to deliver care at home. For knee replacement surgery, a physical therapist may come in and develop a plan of care to rehabilitate and increase your strength and mobility.

Q: How are home health care services paid for?

A. Home health care services are covered through the Medicare Part A and/or Part B benefit. Patients must be under the care of a physician, a physician needs to refer home health care services and the patient must be considered homebound to qualify for Medicare-covered services.

Q: How do home health care services work?

A: Once a referral is submitted, the home health agency will contact you by phone to schedule the first visit. This will usually happen within 48 hours after you are discharged from the hospital or outpatient facility.

Q. What will happen on the first visit?

A. The length of time for the first visit will vary. During this

time, the nurse or therapist will perform a complete assessment of your health, determine your needs and document it. This assessment is done because the health care team must have a thorough understanding of your needs to provide you with the best possible care.

Q. How long will I receive home health care visits?

A. The number of visits you receive will depend on the doctor's orders and your health status. Your nurse or therapist will monitor your progress to help the doctor decide how often the visits should occur and how long they should last. It's important to remember that home health care agencies work with your physician to develop your plan of care.

Q. Am I allowed to choose my own home health care agency or does my doctor or hospital select an agency?

A. Patients always have the right to choose which home health agency they want to use for their care. When your doctor recommends home health care, it is your choice as to which agency you invite into your home and trust to care for you or your loved one.

This information is for educational purposes only; please speak with your physician about any medical issues. VNA is a non-profit home health and private care agency serving all of Brevard county. For more info, please visit www.vnadc.com or call 321.752.7550. ©



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Facebook Listening in on Conversations

By Bill Ford, *Data Doctors*

Taken at face value with little understanding about how targeted digital advertising has evolved, it would be easy to draw the conclusion that the big tech companies are spying on us by listening to our conversations. Advertising technology has gone from 'if you're interested in this item, you're probably also interested in this item' to highly predictive targeting based on the huge amount of data points that they track every single second of the day.

It's Technically Impractical

Facebook has roughly 2.85 billion active users a month, so in order to listen to everyone's conversations 24/7 to deliver ads, it would require an enormous amount of processing power and storage that would be cost-prohibitive. A back of the napkin estimate is that it would generate roughly 4 exabytes of audio data per day, which translates to 4 million terabytes per day that would all have to be processed rather quickly for this conspiracy to be true.

They would also have to figure out how to keep such a huge program under wraps since it would take a large number of programmers and hardware techs to make this all work with no one ever leaking anything about the project.

They Don't Need to Listen to Your Conversations

The sad fact is that Facebook has so many ways to predict which ads might resonate with you that are more efficient than figuring out how to listen to everyone's conversations.

When an advertiser creates an ad campaign on Facebook, they start by listing out the age, gender, location, interests, etc. of their target customer. This information is just the beginning of how you become a target of a specific ad.

Let's take the scenario where someone you recently met told you about a new product that they are using and how much they love it in a casual conversation. That person has obviously made it known to the advertising world that they have an interest in the product because they searched for it and in this case, made a purchase of it. The location-based tracking that's ongoing knows that you and this person were in the same location together. If you fit the demographics for the product, an ad will likely be delivered to you in the near future because they know that you were just in contact with someone that liked the product.

This is just a simple example of the AI used to predict ads, which is exponentially more sophisticated.

FACEBOOK LISTENING IN ON CONVERSATIONS cont'd on pg 36



The Risk of Living Too Long

By Max ValaVanis

Do you remember growing up and wishing you would live to age 100? Maybe it was the passing of a grandparent or just the pure endless imagination of youth that instilled this dream. Unfortunately, as we age, this dream does not appear to be as attainable. Workers and senior citizens alike have to ask themselves; how can I afford to live this long? If my health prevails, will I eventually run out of money? These are important questions to ask yourself when planning for retirement. Sadly, not enough people do!

The risk of running out of money is called “superannuation”. Yes, you can check off your “Word of the Day” now! This is the primary risk for most retirees, and it is growing. For countless years, employers provided their workers with a pension plan in retirement. When retired, this savings program gave the ex-employee a steady stream of income for their entire life. In fact, usually spouses received all or part of the benefit at death. Sounds like a great deal, right? What happened? Why are corporate pensions so rare? The answer is (surprise!) the cost. Companies despise being tethered to their employees. They would rather deposit funds into a 401(k) or a 403(b) and turn a blind eye to the financial well-being of their former employees.

Unless you work for the government or one of the few companies that still utilize pension plans, the risk of superannuation rests upon your shoulders. According to the Society of Actuaries, there is a 50% chance that a 65-year-old couple where

one will live to the age of 92. This is assuming both retirees are in average health. As a result, most people should plan to live into their 90's. If you retire at 65 years old, living to the age of 92 would mean 27 years of retirement. Imagine planning that fifty years ago! Being retired results in a wide array of responsibilities most youth don't anticipate. For example, health care expenses rise considerably, which includes medical, dental, & vision insurance. There is also an additional cost for a Medicare supplement plan. All this, plus household and miscellaneous expenses, will need to be funded through your 401(k), 403(b) or other sponsored plan. There is no guarantee that this money will supplement your entire life. However, with a pension plan, the guaranteed income could very well pay for your expenses all the way to your grave.

Living to age 100 is financially attainable. We at ValaVanis Financial can help you create a pension of your own. If you are interested in creating your own guaranteed income in retirement, give us a call. We offer a no-cost, secret, and pain free consultation that may uncover solutions you can use. Let's make that wish come true!

Max ValaVanis 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. ☎

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Outreach to Vulnerable Populations During the Covid-19 Pandemic



Securing today
and tomorrow

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

People who struggle with low-income, limited English proficiency, homelessness, or with mental illness have historically relied on meeting with us in person at our local offices to get the help they need. Currently, Social Security offices are open only for in-person appointments for limited, critical situations, depending upon local office conditions.

If you cannot use our online services, please call your local office or our National 800 Number for assistance. If we cannot help you by phone, your local office can determine if an in-person appointment or other option may be available to help you.

To serve those who need us most, we've partnered with community-based groups to launch a national outreach campaign. The goal of the campaign is to increase public awareness of our Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) benefit programs and support third-party groups that are assisting vulnerable individuals to apply for benefits. The SSI and SSDI programs provide critical financial assistance, and, in many cases, grant access to healthcare and the Supplemental Nutrition Assistance Program, also known as SNAP.

Key components of our outreach campaign include:

- Working with community-based groups that can assist with taking applications for SSI and SSDI.
- Launching a national advertising campaign on TV, radio, and social media, with emphasis on benefits for children with disabilities.
- Adding new online tools and informational pages, including:
 - ◆ Resources for people helping others access our services at www.ssa.gov/thirdparty.
 - ◆ Outreach materials for partner groups working with vulnerable populations at www.ssa.gov/thirdparty/groups/vulnerable-populations.html.
 - ◆ Updated information for faith-based and community groups, including a new toolkit and fact sheets about SSI and SSDI, at <https://www.ssa.gov/thirdparty/groups/faithandcommunity.html>.

We want to thank the White House Office of Faith-Based and Neighborhood Partnerships for working with

OUTREACH TO VULNERABLE POPULATIONS ... cont'd on pg 48



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More Tough Decisions

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

Today I want to talk about making tough decisions. Placing an elderly person in a care facility is difficult for both parties, the placer and the one being placed. One reason for this difficulty is lack of communication.

Elder family members may avoid financial discussions with their children because they realize they have not planned adequately for the rising cost of living. Younger family members, raising a family and planning for retirement, feel badly that they can not provide financial assistance to help parents or other loved family members. It is a complex and often embarrassing state for either party,

and geographical distance can complicate the situation.

In the 30 plus years I have been working with families, I have seen these problems resolved when we understand what happens as we grow older. Likes and dislikes change; so does trust. Often we take for granted our expectations of family members. However, life experiences change us, often in ways that are hard to see when we live apart.

It is important to recognize what these personal changes can mean to us if we delegate responsibility to family members or friends through a power of attorney (POA). I have discussed the intricacies of granting a POA on many radio and television shows, as well as the topic of elder abuse.

In my opinion, the granting of a POA must be undertaken with great consideration and discussed with a licensed attorney. The powers granted must be understood and accepted by the person creating the POA, while the person receiving it should fully understand and agree to what has occurred. Otherwise, we set the stage for misunderstanding and possible fleeing of an elder person. Family financial abuse is the most common type of elder abuse.

Consider for a moment an elder parent who outlives the spouse and lives far apart from family, a common occurrence. This person may not want to move and still has the mental acuity to make living and financial decisions. However, due to age, he or she needs help paying bills, making some decisions, and other such tasks.

If you find yourself in this position and grant any person certain types of POA, you are making it possible for that person to have control of your financial and other accounts. While this may work to your best interests, I strongly recommend spending a few dollars and reviewing your decision making process with an estate planning attorney. This could result in less stress and save you money in the long run.

If the POA is a poor decision, you can only correct it through a written legal document. So, I again advise you to consult an attorney before putting certain authorizations in place. Saving a dollar may result in spending many to correct a situation in which you might place yourself and also require more tough and difficult decisions.

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



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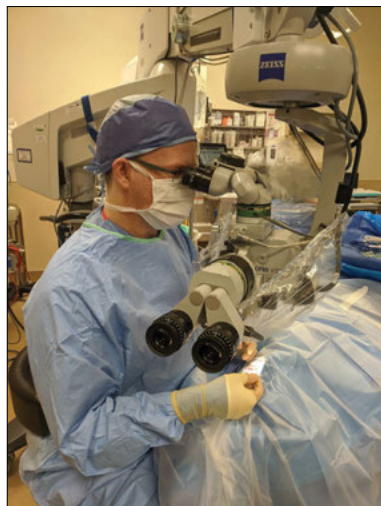
SENIOR SCENE® SPOTLIGHT

Dr. Timothy Tweito – Florida Retina Specialists



Brevard County Needs More Retina Specialists Like Dr. Venzara and Dr. Tweito

With a population of 615,420 and 20% of that population over 65 in Brevard, that's 123,000 people in retirement mode who have "aging eyes". Typically, you will need a good Ophthalmologist or Retina Surgeon after the age of 65 to closely monitor your cataracts, macular degeneration, and overall vision health. And if you didn't know this yet, Age-Related Macular Degeneration is the Leading cause of visual acuity loss in people over the age of 50. However, there are people of all ages in Brevard County who need a Retina Specialist for things like flashes and floaters in their vision, trauma to the eye, a tear in the retina needing laser repair, diabetic retinopathy, and spontaneous retinal detachments causing blindness if not repaired with surgery.



Since 2014, Dr. Frank Venzara, the founder of Florida Retina Specialists is striving to meet the eye-care needs for all of us in need of specialized eye-care. This summer, he has added Dr. Tim Tweito to this valuable team of specially trained Ophthalmologists.

Retina Surgeon Spotlight:

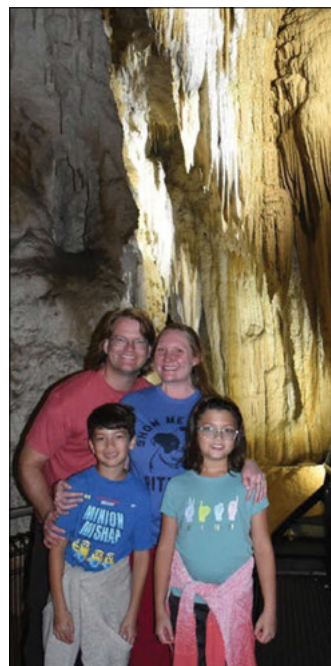
I am originally from Hutchinson, Kansas, where my father was a pediatrician. We often vacationed in Florida, and

one of my fondest childhood memories was him taking us to see the initial launch of the space shuttle Columbia. I am excited to return to the Space Coast to create similar memories with my wife and children.

I graduated with an Engineering Degree from Northwestern University, but my heart led me to pursue medicine, so

I returned to attend the University of Kansas School of Medicine. I completed my Internal Medicine Internship at the UF Health/Shands Hospital in Jacksonville, followed by my Ophthalmology Residency and Vitreoretinal Fellowship at The Ohio State University. I have been in private practice in Las Vegas for the last twelve years.

As a specialist in retinal diseases, it is very satisfying to be able to reverse the impact of blinding conditions like retinal detachments or diabetic eye disease. New advances continue to develop that allow us to more effectively treat severe diseases like Age-Related Macular Degeneration and improve the vision of patients where it once was impossible. It is so gratifying to be able to improve the lives of my patients in that way.



I look forward to humbly serving patients in the unique and exciting community of the Space Coast. I will continue to strive to maintain the high standard of care you have come to expect from Florida Retina Specialists. For more information visit FloridaRetinaSpecialists.com ®

CONTACT INFO:
Timothy Tweito, M.D.
Florida Retina Specialists
Offices in Merritt Island, Rockledge,
and Viera (coming in September)
Office: 321-735-8800
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Barbara Fradkin

"Huh? What Did You Say?" – Dealing With Hearing Loss

Q My husband says I'm hard of hearing, because I sometimes don't catch everything he says. Is he right?

Hearing loss can have a huge impact on your quality of life. The National Institute on Aging describes it as "a common problem caused by noise, aging, disease and heredity." Very common in older adults, hearing loss affects one in three people age 65-74 and nearly half of people 75 and older in the U.S.

What are some telltale signs? Sandra Wagner, owner of Personal Hearing Solutions in Viera, explains. "Someone with hearing loss may find phone conversations difficult to follow. Some may watch tv at a high volume and find it hard to hear in busy restaurants. Others have extra trouble understanding women or children. They usually ask people to repeat themselves and tend to believe others are not speaking clearly."

Two general categories of hearing loss:

Sensorineural hearing loss- this is usually permanent and occurs when there is damage to the inner ear or the auditory nerve.

Conductive hearing loss – this can usually be restored, and occurs when earwax buildup, fluid, or a punctured eardrum prevent sound waves from reaching the inner ear.

Other types of hearing loss:

Sudden Hearing Loss – this rapid loss of hearing should be treated as a medical emergency.

Age related hearing loss (Presbycusis) - this comes on slowly with age and usually affects both ears equally.

Tinnitus (Ringing in the ears) - this is very common and usually accompanies other types of hearing loss. The buzzing, clicking or hissing sounds of tinnitus can also be a sign of high blood pressure or diabetes, or a side effect to some medications.

A yearly hearing test after age 50 can help ensure you don't miss out on life's little joys. Hearing tests are administered at no charge by the on-site professionals at One Senior Place and can be scheduled by calling 321-751-6771. [®]

One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Questions for this column are answered by professionals in nursing, social work, care management and in-home care. Send questions to askOSP@OneSeniorPlace.com or visit One Senior Place, The Experts in Aging at OneSeniorPlace.com.

Barbara Fradkin is a Social Worker, Certified Care Manager and the Director for One Senior Place, Viera.

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Issue



Special Pull-Out Newsletter



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321-473-7770.**

HelpingSeniorsofBrevard.org



President's Message

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

Greetings,

Based on my observations over the past few months, I want to call your attention to one of the worst types of elder abuse – failure to treat bedsores and skin breakdown in the elderly. Both professional and private citizens need to follow good medical procedures in caring for our elderly.

Case 1: A 93-year-old man in hospice care at an assisted living facility developed a sore on one foot. Nurses assessed, treated, and bandaged the wound. For four days the wound was left unattended. Gangrene developed, requiring amputation of the lower leg. The patient died three days later.

Case 2: A 93-year-old man in assisted living, now in hospice care, developed a wound on his foot while exercising on equipment at the facility. The man continued to exercise for several days with an open wound. It was finally treated after blood was observed on the floor, but an infection had set in all the way to the bone. The man was sent to the hospital and given antibiotics. He is too frail for amputation so must remain on antibiotic care.

In both cases, the patients were under professional care that broke down at some point. When working with the elderly, we must pay close attention to open wounds and sores. If you visit a family member in a care facility, check their feet and other places prone to bed sores. Ask patients how they feel and whether or not they might have unattended injuries.

Please remember our car raffle is in progress, and we could use your help with ticket donations. They make nice presents for all, especially those people who are difficult to shop for. To get tickets, call us at 321-473-7770, order securely online at www.helpingseniorscaraffle.com, or visit any Boniface-Hiers car dealership.

Joe Steckler
Elder Advocate



Helping Seniors Of Brevard



Staying Connected with Helping Seniors

*Kerry Fink, Executive Director
Helping Seniors of Brevard*



Kim's Corner

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

Pick up almost any publication in Brevard County and you are likely to find a column written by our President and Founder, Joe Steckler, advocating for seniors. So you may already know about our new program, *Staying Connected*.

We learned in the pandemic that we could keep seniors safe by following CDC protocols, but quickly found the dynamics of “being alone” could cause severe issues as well, as people were told not to visit or gather.

Our Education Specialist, Kim Bernard, describes *Staying Connected* this way: “This program is designed to provide a FREE telephone check-in by volunteers to homebound Brevard County residents age 60 and older – to reassure and comfort senior citizens by connecting them with an aging network for support and information.”

Our goal is to help reduce isolation through consistent outreach to increase socialization, mental awareness, and emotional support of senior citizens in our community.

The *Staying Connected* program was featured on one of our recent **Helping Seniors™** radio shows (Wednesdays 12 noon on 90.3 WEJF-FM radio). We welcomed special guest, JoAnne Fletcher, an 81-year-old retired RN who was one of the first people to respond to our call for volunteers. Having lost her husband three years ago, JoAnne understands how important it is to remain connected. Through the Covid-19 experience, she found it beneficial to find ways to join with others – both for them and for herself.

Check out JoAnne’s story and her enthusiasm and passion for helping us in Helping Seniors as we fully move *Staying Connected* into practice (rebroadcast at [Bit.ly/HSBConnect](https://bit.ly/HSBConnect)).

Find out more today by giving our Education Specialist Kim Bernard a call today at (321) 473-7770. As Joe Steckler says, “Helping Seniors is all about Helping People.” Let’s do that together!

There will always be a concern for our Brevard County senior population, from transportation to housing. However, I believe one of the biggest concerns we have here is our elderly living alone without even a phone call, a holiday card, or visit from family.

Perhaps family lives afar and has a family of their own with other commitments, or maybe they’re close by but claim to not have the time for even a visit or phone call. Whatever the excuse or reason, our elderly face overwhelming challenges. Some of these challenges are heartbreaking, which is why we are creating a new program, *Staying Connected*.

Our President and founder, Joe Steckler, knows the importance of staying connected to the community as well as family and friends. The *Staying Connected* program is being created to have volunteers reach out to our Brevard senior residents who are homebound or just want to make a new friend to talk to on a regular basis through telephone contact.

This program will help our seniors to know that there is someone out there in the community who cares and is reliable to call and make sure they are okay or if they are in need of anything.

If you are a senior or know a senior who can benefit from our *Staying Connected* program, I encourage you to give me a call and I will add you to our call list. Just one phone call can make a positive impact on the life of someone living alone.

Kim

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



Helping Seniors Of Brevard



The "No Calculus" Periodontitis

*Lee Sheldon, DMD, PA
Solid Bite*

"That's funny. You have no plaque and no calculus, but you've suddenly lost a lot of bone support," your dentist says. "I wonder what's going on."

I've seen lots of patients like this. The first thing they often say is, "How did my dentist miss it?" The answer is that you likely have what used to be called Aggressive Periodontitis. In current terminology, it is called "Stage 4, Grade C Periodontitis." And it moves very fast.

Not all plaque shows up as a jelly-like mass. Some aggressive plaque can't be seen by the naked eye. You may see it as a highly mobile group of bacteria under the microscope however. What else do we find in Aggressive Periodontitis? No calculus.

The bad news is that bone destruction occurs rather quickly. The good news is that if it is treated correctly, these patients can regrow some of that lost bone.

What are the clinical symptoms? The gums are often sore when doing the periodontal probing examination. The probe itself drops right into the pocket with almost no resistance. Pockets of 7 to 10 mm and even more are quite common. Often, there is a mouth odor.

In aggressive periodontitis, the bacteria has overwhelmed the immune system. Connective tissue destruction can be rapid. The key is to identify which bacteria are causing the problem. Often, I will place these patients on antibiotics that are identified in the testing to be the most appropriate for the bacteria that's been identified in the lab. I'll then reevaluate the patient after two weeks and see what the effect of the antibiotics has been. If successful, we move on to decontaminating the roots so that they are in perfect condition for the bone and gum tissue to grow back.



Bedside Salute Means So Much to Veterans

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

As the family of patient José Pacheco gathered at his South Florida home for a veteran's recognition ceremony, the elderly veteran began talking about his service during World War II.

"Everybody knows how few and far between our WWII veterans are," VITAS nurse Nancy explains. "It's almost like you're witnessing something indescribable. You know each veteran's time will be short, yet here we are in the presence of an American hero. It makes everyone really emotional."

VITAS Healthcare, the nation's leading provider of end-of-life care, honors veterans every day with services to help them navigate their final days, weeks, and months in comfort and dignity. With over 40 years of experience, VITAS has the expertise to guide dying service members toward closure and peace of mind. Recognition ceremonies and individualized care plans that honor veterans' unique experiences and needs are core components of VITAS hospice care.

VITAS also supports the families of veterans by helping them secure benefits from the Department of Veterans Affairs and arrange military funerals and burials.

At Mr. Pacheco's bedside salute, Nancy presented the veteran with a certificate of appreciation, a pin, and a red-white-and-blue volunteer-crocheted afghan. Then she saluted her patient, gave him permission to stand down, and thanked him for his service.

"His family kept saying that no one ever honored him the way we did," Nancy says, "and that always makes me feel good."

For information about end-of-life care options, call 321.339.2893 or visit VITAS.com.





Helping Seniors Of Brevard



Not My Family! Real Life Issues - Episode 2

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

As we continue to discuss real life situations, we hope that this information helps you understand the importance of being proactive and prepared.

To recap, in last month's episode, Don and Anne learned the importance of Advanced Directives, such as Durable Power of Attorney, Designation of Health Care Surrogate, and Living Will, even though they have been married for 65 years.

Currently, Don is in a nursing home working on his rehabilitation every day in the hopes to go home soon. In the meantime, Anne is missing her husband but understands that she can no longer care for him at home in a safe manner.

One day Anne gets a call from Don, and he tells her he is checking himself out and coming home. Don's mental capacity has deteriorated over time and Anne is concerned.

Immediately, Anne calls the facility and tells them that she cannot care for Don at home and wants to know how to handle the situation. They cannot afford private care at home and all of their children live far away. Anne is very upset because she loves her husband and would love him to come home, but she is afraid that she cannot care for him in the way he needs.

Unfortunately, this is **not** an uncommon scenario. If Don comes home without the proper care, then he might be worse off medically in the end. Even though Don still has some decision-making capacity, he is not making sound judgments about his medical needs. The facility cannot release Don to go home because it would be unsafe.

Fortunately, Don also signed a Designation of Health Care Surrogate with his Durable Power of Attorney. The Designation of Health Care Surrogate will allow Anne to make the health decisions for Don if the doctors agree that Don lacks decision-making capacity about

his healthcare.

At this point, we hope that Don agrees that it's not safe for him to return home and understands that Anne is not able to care for him. But what happens if Don does not agree? Can Anne force him to stay at the facility?

The next legal step after the Advanced Directives, may be a guardianship. Guardianship is expensive and stressful and should be avoided when possible. An Elder Law Attorney can help Anne and Don navigate the process and help Anne determine if a Guardianship is necessary. Having a plan and being proactive can help with these and other real-life issues.

Stay tuned next month for more real-life scenarios of "Not My Family! Real Life Issues." Today is the day for you to be proactive and get prepared.

Call Rhodes Law, P.A. at (321) 610-4542 to schedule your *FREE* consultation now.

Donate



Want to Help Helping Seniors?

Helping Seniors of Brevard Inc. is a registered 501(c)(3) charitable organization. Your support helps us connect thousands of vulnerable seniors to the help they need to get what we all deserve: quality of life and peace of mind.

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- A 5-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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Helping Seniors Of Brevard



FUN & FUNDRAISING at Helping Seniors of Brevard

We all understand that cars need fuel to keep moving! Similarly, nonprofit organizations also need “fuel” – i.e., funding! – to keep moving!

Some years back, Helping Seniors President/Founder Joe Steckler connected with his friend and car dealer, AJ Hiers, to use amazing cars to help fuel the excitement that keeps **Helping Seniors™** moving now well into our 10th year of service locally.

The Helping Seniors Car Raffle Grand Drawing (now in our 5th year!) has become a signature event hosted annually at Mark Pieloch’s amazing American Muscle Car Museum. This year we are pleased to return with our event on Saturday, October 9, 2021.

In addition, we are so grateful to announce a special sneak preview and “make-good” Sunday Afternoon at the Museum, September 12, 2021 (since we did not get to invite everyone inside inside, due to Covid restrictions, in 2020).

The other part of the big “FUN” in “FUNDRAISING” is checking out the amazing cars in the 2021 Helping Seniors Car Raffle – the winner will pick their favorite! – and so we have created more “FUN” during “Automotive August” with our friends at the Boniface-Hiers family of dealerships.

Each Saturday in August will feature a midday “Spotlight” focused on one of the amazing cars in the 2021 Helping Seniors Car Raffle **ON LOCATION** at its respective dealership. Check out each car close-up and personal, meet and greet your Helping Seniors friends, pick up your complimentary copy of Senior Scene Magazine®, and be part of our Facebook Live broadcast.



The festivities come complete with BBQ lunch for the first 100 guests plus an opportunity to get more car raffle tickets to increase your chances **AND** to invite your friends to our Grand Drawing event, as each ticket is also your “Admit One” to the great automotive fun at the American Muscle Car Museum that night!

Here’s the schedule! Make plans to join us and have Automotive Fun in Fundraising to help Helping Seniors!

8/7 - 11am-1pm - “Mazda Miata Celebration”

8/14 - 11am-1pm - “Celebration of Kia”

8/21 - 11am-1pm - “Dodge Celebration”

8/28 - 11am-1pm - “Chevrolet Celebration”

Questions/Info? Call us at (321) 473-7770 or visit us at www.HelpingSeniorsCarRaffle.com. We’ll see you there!



2020 Helping Seniors Automotive Afternoon Broadcast at Boniface Hiers Chevrolet (L-R): Elder Law Attorney Greg Schwendeman (Law Office of Amy B. Van Fossen); Dr. Kevin Kilday (Holistic Health Center); John Harper (Talk to Me Radio Network); Kerry Fink (Helping Seniors); Ashleigh Caswell (Hibiscus Court / SLM Management); and Eric Swist (Boniface Hiers Chevrolet).



Helping Seniors Of Brevard



Older Adult Population by the Numbers

*Corina Savela, Care Manager
Total Long-Term Care Consultant Services*

The latest report (covering 2019) just released at the end of May from the Administration for Community Living's (ACL) Administration on Aging (AoA), part of the U.S. Department of Health & Human Services, has some staggering numbers.

The data tells us that the 85 and over population is projected to more than double from the 2018 number of 6.5 million, to a staggering 14.4 million. Adults 85 and over need help with personal care 21% of the time, which is quite a bit more than the 75- to 84-year-old who needs help 8% of the time with personal care. In that over 85 age group, the number of women is more than double the number of men and 41% of all those 85 and older live alone.

The over 65 population represented 16% of the population in 2018 but is expected to be 21.6% in 2040. Almost a quarter of the people living will be 65 and over in 2040, think about that. Florida had an increase in the 65 plus population of 39% from 2008 to 2018. The 65 plus population of Florida is 21% and growing. Florida is in a unique position as seniors flock to the Sunshine State. Florida is in the top five states with such a high senior population but unique in that most of them will not have a family network to support them locally.



Reducing Hospital Readmissions

*Corina Savela, Brevard Community
Healthcare Coalition Steering
Committee*

**Brevard County, how
do healthcare readmissions
impact our community?**

Healthcare impacts everyone, literally from the day you are born to the day you die, from the neonatal ward to the hospice house. Transitions in care are where the system cracks.

The Brevard Community Healthcare Coalition (BCHC) is dedicated to reducing readmissions and transitions in care. Transitions from one care setting to another require communications that can easily break down. (Remember the telephone game?)

Reduced hospital readmissions improve patient outcomes, bring calm to a chaotic situation or crisis, and help improve the quality of life of those living in the community.

Smoother transitions from the hospital to skilled-nursing or home-setting means healthcare workers have less stress and can perform better in their jobs, leading to better work-family balance. Families or caregivers have less stress so are not driving or trying to work while distracted by concerns over a hospitalization and patient recovery.

The smoother and more effective hospitalizations are for the patient, the better it is for everyone involved. Reducing issues related to care transitions can help produce positive patient outcomes, but there needs to be participation from both the healthcare workers and the patient/caregiver. Education is as crucial as communication during these transitions.

The discharge planner in the hospital and care facility helps bring calm and structure as the patient returns to the community. Even the most organized patient and caregiver can struggle with the transition from one care setting to another. The discharge plan walks you through what needs to be done and when to do it, whether transitioning from facility to home or between facilities. It also helps the healthcare provider ramp up on the new patient status when a patient moves from the hospital to another facility.

BCHC was chartered in 2014 by the local healthcare industry in response to the Affordable Care Act and Centers for Medicare & Medicaid Hospital Readmission Reduction Program (HRRP). BCHC brings together like-minded individuals such as CEOs, physicians, nurses, and care managers, to reduce readmission rates.

Brevard County readmission rates are routinely better than the Florida state-wide results – we wish to keep them that way and improve.



Helping Seniors Of Brevard



Covid-19 Long Haul Syndrome A Very Real Problem

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

Most people who get Covid-19 recover within a few weeks, but there is a phenomenon where people still suffer from symptoms months later. These individuals are often referred to as “**Covid long-haulers**”. These patients no longer have live coronavirus in their body and would test negative for coronavirus.

According to the CDC, the most common lasting symptoms are fatigue, shortness of breath, cough, chest pain, rapid heartbeat, intermittent fever, joint and muscle pain. Other issues are headaches, brain fog, insomnia, depression, PTSD, anxiety, and grief from loss of family and friends. The long-term effects of Covid-19 are estimated to affect **up to 30% of people who've had the disease**.

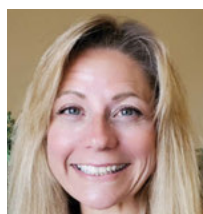
Obviously these symptoms are going to require a holistic multi-disciplinary approach - lifestyle change, supplements, holistic therapies, coaching, and consulting. Please see the following conditions with recommended clinically studied supplements. For dosages and copies of clinical studies, an appointment is required.

- Chronic Overwhelming Fatigue: Carnitine, CoQ10, Creatine, D-ribose, magnesium malate, NADH, SAM-e, vitamin B12
- Joint/Muscle Pain: Lysine, omega-3 fish oil, magnesium malate, Curcumin, vitamin D3
- Brain fog, Depression, Anxiety: Carnitine, 5-HTP, Folic Acid, omega-3 fish oil, Rhodiola, SAM-e, L-theanine

Are Covid long-haulers still contagious?

No! After a person has had Covid-19, they are not contagious after a week or so. Given the large scale of this pandemic, it is apparent that the healthcare needs for Covid long-haulers will continue to increase for the foreseeable future.

Dr. Kevin Kilday, PhD, Holistic Health Center, Natural Solutions for Cancer, Covid Long-Term Effects, Natural Immune Restoration Therapy, Supplements, Tests. Ph. 321-549-0711
www.holistichealthcenter.us



The Sandwich Generation

*Riki Montgomery, Office Manager
Seniors Helping Seniors*

Michelle wakes at 5:30am. She knows she only has thirty minutes before the rest of her family gets up to start their day. She sips her coffee as she puts together breakfast for her family and feeds the animals. She makes sure everyone has what they need for the day and then rushes through her own morning preparations.

She calls her aging parents on the way to work. Dad had a fall last week and mom is not in the best of health. She assures them she will be by later to check in. She works through lunch so she can leave a little early. She drops off dinner to her parents and checks on them before rushing to her daughter's softball game.

Arriving home, she makes dinner and puts a load of laundry in the wash. She washes the dishes and discusses the day with her husband. She checks that her children have finished homework and are prepared for the next day. Finally getting into bed around 10:00pm or so, she is exhausted.

Michelle is a member of the sandwich generation. She is caring for both aging parents and children still living at home. The stress is affecting her health and putting a strain on her home life. Michelle needs respite.

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Mom & Me

by Audrey & Kimberley

Dear Mom and Me,

My father is eighty-nine and lives in his house by himself. He was widowed twelve years ago and has spent most of that time caring for his house. He has slowly retreated into his home, rarely venturing out. He has a neighbor friend that he pays to help him with daily chores, food shopping, driving to appointments, keeping his bills in order and paid. I am his only son and live out of town.

While our relationship has been troubled in the past, I am trying to make amends. I would like to have him closer to me in an assisted living facility. This way I can visit and he would be around his grandchildren. He absolutely refuses to move. I am concerned this friend may take his money or take advantage of him. I can not understand why he wants to stay in his home, rarely going out. What is going on and what should I do?

– SON IN SALEM

Dear S.I.S.,

Your father has a right to choose where he wants to live and he has chosen to stay in his own home. Many seniors have also made that same choice, and he is fortunate to have some person willing to help him stay there. Since you have had a troubled relationship in the past, he may not feel he wants to be close to

you and your family and prefers the company of other people. So far as his money is concerned he earned it, he has the right to spend it or give it to whoever he wants to.

– AUDREY

Dear S.I.S.,

It is remarkable that an 89 year old man can manage in his own home with minimal support. He has probably experienced many losses, your mother, his friends. So why ask him to experience yet another loss because you want him to move? The home is a significant symbol of independence, filled with many memories of his life. Again, why ask him to give that up because you want him to move?

The best thing you can do for your father is support his desire to live independently in his own home. That choice would be good for him and your relationship. It would require keeping in close touch with him and making sure he has the necessary support systems in place to remain healthy and safe.

As far as the friend, if you are concerned about exploitation, you can put your name on his accounts so you can monitor the funds. Also if you let your presence be known by frequent calls and visits, you will make it difficult for the friend to take advantage of your father.

– KIMBERLEY

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SENIOR NEWS LINE

By Matilda Charles

What You Can Do About Rising Food Prices

According to the Consumer Price Index, food prices from one year ago have gone up 3.3%. It's not going to stop there. Non-food prices are going up as well, as companies struggle to find the raw materials and manpower they need to produce everything else. Fitness equipment, furniture, lumber, gas, electronics -- it's all going up.

What we have to be concerned with, however, is our most basic need: food. Even if you've never felt any urgency before, check into your local food bank. Keep the information handy, just in case you need it later. Look at store brands. Many are even better than the name brands. Make every dollar count. Sign up for a grocery store rewards card, if it's available. Use a private throwaway email address, the one you use to sign up for things that might generate too much junk mail. You'll likely get emails about sales with coupons. (At my store, I log in at the checkout and get cash back at the end of each quarter.)

Look to your own vegetable garden or farmers markets as ways to save. If you want to do canning this summer, one heads up: Be certain you can get the jars, lids and rings at the same time. They might be in short supply. Freezing meals is another option and ensures that food is always available. Double a stew or soup recipe and buy in bulk when it makes sense to. Shop from a list to the extent you can, knowing that stores can be out of things you want. Consider having breakfast for dinner one night a week, and one meatless dinner. Plan meals around what's on sale each week. It bears repeating: Find out about your local food bank. © (C) 2021 KING FEATURES SYNDICATE, INC.

FACEBOOK LISTENING IN ...continued from pg 16

It's Been There All Along

There's another possibility that doesn't require much imagination since we're all bombarded with ads throughout the day. The product was being advertised to you for a while, but because you're exposed to an estimated 4,000 to 10,000 ads per day, you didn't really 'see' the ad until it came up in a conversation.



Disabling Facebook's Mic Access

If none of this convinces you, try disabling access to the mic for the Facebook and Messenger apps in your phone's privacy/app permissions setting.

Keep in mind you won't be able to participate in any voice-related Facebook activities if you do this and it's quite certain that the creepy ads won't stop showing up either. ©

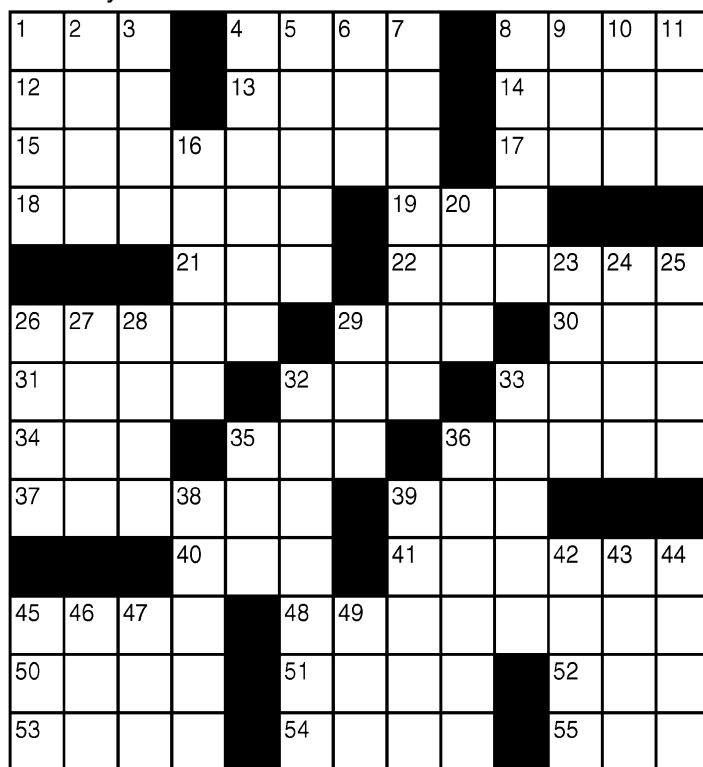
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35 "Today" rival, briefly
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49 Take to court

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6 Dogpatch adjective
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Remembering War Dogs

PAW'S CORNER

By Sam Mazzotta

DEAR PAW'S CORNER: During Memorial Day week, I wanted to bring your readers' attention to the service and sacrifice of the thousands of dogs who went to war with their soldiers. Many did not come home, because they either died during operations or were left behind. Please take a few minutes this week to remember these four-footed warriors.

— Jim W., Chattanooga

DEAR JIM: Request received! Thank you for calling attention to the sacrifices of military working dogs. The U.S. armed forces has had a military dog program since World War II. These canine warriors help detect mines and improvised explosive devices (IEDs), provide security on bases and much more. Between 2001 and 2013, over 2,600 "war dogs" were deployed to Afghanistan and Iraq.

In that time, at least 92 are known to have died, the majority in combat. However, in all this time, there was



no military-wide tracking system of its injured war dogs. How often were they injured or killed? What were their injuries like? How did they fare after their service? Data that would be helpful in treating other injured war dogs was being lost.

In January, funding was passed for a Military Working Dogs Trauma Registry (for details, go to www.avma.org and search for "working dogs, combat injuries"). Veterinarians will be able to consult the registry to learn more about war dog combat injuries and better ways to treat them. Injured war dogs will have a better chance of survival. Retired dogs will be able to get more effective treatment for their wounds.

This legislation is a huge, active step toward truly honoring the sacrifices of military working dogs and can help even more of them come home. §

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THAT'S PUNNY!

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

- This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- I'm reading a book about anti-gravity. I can't put it down.
- I did a theatrical performance about puns. It was a play on words. I like puns. I appreciate humor.

Have you ever thought of Jesus as having a sense of humor? Kind, yes. A sense of justice, yes. But funny? Probably not. And yet he was. For example, he said that something was harder than say, a camel trying to get through the eye of a needle! What a funny image. Can you see the camel trying to get a nose through? A foot through? Another

example, there was a time Peter at the Last Supper wanted to extend Jesus washing Peter's feet to Jesus washing Peter's whole body. Jesus' reply? Peter, if you've been taking a bath regularly, that's not going to be necessary thank you very much!

Fun and funny, help us on through life. One of my favorite sayings is that there is nothing so serious as seriousness. May God help us see the light side a good part of each and every day.

It is funny how we went from lock down to back to the way it was in such a short amount of time. I hope back to normal means for you back to church. Streaming services will be here to stay, and that's fine, but also find your way back to your house of worship and the services there. Those people need you and you need them.

For us at First Presbyterian, we have our worship Sundays at 10 am – in sanctuary and on Facebook.com/welovefirstsebastian. Find your way to us in person at 1405 Louisiana Ave, Sebastian FL 32958. Rev. Jeff Wood, welovefirst.org or facebook.com/welovefirstsebastian, 772-789-5656 ☎

CALENDAR HIGHLIGHTS



Helping Seniors Television Monday - Friday

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

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

Day	Date	8:30 AM	4:30 PM	5:00 PM
Thu	07/01	Durable Power of Attorney	Importance of Evaluation	Life Enrichment in Asst. Living
Fri	07/02	Helping Seniors Travel Club	How Assisted Living Helps	Need to Know: SECURE Act
Mon	07/05	Put Kids on the Bank Account?	Dirty "D" Word: Dementia	Good Solutions for Home Sales
Tue	07/06	Glaucoma	Probate: What it Is	What is Holistic Health
Wed	07/07	When Assisted Living Appropriate	How to Cruise Successfully	Too Many Teeth Extracted?
Thu	07/08	Social Security Planning Ideas	Health Issues from Unmet Needs	All About Hearing Aid Advances
Fri	07/09	3 Reasons for Reverse Mortgage	Avoiding Probate	Technology & Home Care
Mon	07/12	Helping Seniors Directory	Eye Clinic & Laser Institute	Senior Mental Health
Tue	07/13	Pain Relief Through Supplements	Retirement Planning: Roth IRAs	Power of Attorney
Wed	07/14	Selling Your Home Efficiently	Hearing Loss Treatments	Assisted Living & Memory Care
Thu	07/15	8 Ways to Ease into Home Health	How Reverse Mortgages Work	How to have "The Talk"
Fri	07/16	How Medical Office Team Helps	Elder Law Services	Elder Law Services
Mon	07/19	In Home Care Giving	Guardianship	Smorgasbord of Legal Matters
Tue	07/20	All About Home Health Care	Smile: Form & Function	Getting Good Home Health Care
Wed	07/21	Things to Know About Elder Law	Holistic Approach to Pain Relief	Glaucoma
Thu	07/22	Zon Assisted Living & Memory	How to Cruise Successfully	Retirement Planning: Annuities
Fri	07/23	How Assisted Living Benefits	All About Hearing Advances	Selling Your Home Quickly
Mon	07/26	Good Solutions for Home Sales	Health related to Unmet Needs	Helping Seniors Travel Club
Tue	07/27	Debt Relief for Seniors	Dirty "D" Word - "Dementia"	Benefits of Holistic Health
Wed	07/28	Eye Clinic & Laser Institute	Assisted Living Options	Hearing Loss Treatments
Thu	07/29	Retirement Planning	Guardianship	Value of a Second Opinion
Fri	07/30	In Home v Skilled Care	Reverse Mortgage Funding	Dirty "D" Word - "Dementia"



**90.3 FM
WEJF**

Helping Seniors Radio on 90.3 FM WEJF Radio

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

Day	Date	90.3 FM WEJF Radio	12 noon each Wednesday
Wed	Jul 7	Focus on Elder Law	Elder Law Attorney Bill Johnson
Wed	Jul 14	Focus on Your Smile	Dr. Lee N. Sheldon
Wed	Jul 21	Focus on Reverse Mortgages	Barbara McIntyre
Wed	Jul 28	Focus on Help at Home	Jennifer Helin

William A. Johnson P.A.

Dr Lee Sheldon (Periodontist)

Reverse Mortgage Funding

Seniors Helping Seniors

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From the kitchen of **Good Housekeeping**

Steak Sandwich With Grilled Onions

All modesty aside, this is the ultimate steak sandwich -- marinated grilled flank steak mingles with hefty slices of grilled onion, ripe tomato and peppery arugula leaves.

- 1/4 cup soy sauce
- 1/4 cup balsamic vinegar
- 1 tablespoon brown sugar
- 1 teaspoon fresh thyme leaves
- 1/4 teaspoon ground pepper
- 1 (1 1/4-pound) beef flank steak
- 1 medium (8-ounce) red onion, cut into 4 thick slices
- 8 slices sourdough bread, toasted on grill if you like
- 2 medium ripe tomatoes, sliced
- 1 bunch arugula, tough stems discarded

1. In large self-sealing plastic bag, mix soy sauce, vinegar, sugar, thyme and pepper. Add steak to marinade, turning to coat. Seal bag, pressing out excess air. Place bag on plate; let stand 15 minutes at room temperature or 1 hour in refrigerator, turning over several times.

2. Meanwhile, for easier handling, insert 1 long metal skewer horizontally through onion

slices; set aside. Prepare charcoal fire or pre-heat gas grill for covered direct grilling over medium heat.

3. Remove steak from marinade; pour marinade into 1-quart saucepan. Heat marinade over high heat to boiling; boil 2 minutes.



4. Place steak and onion slices on hot grill rack. Cover grill and cook steak and onion 12 to 15 minutes or until onions are browned and tender and meat is medium-rare, brushing both with marinade occasionally and turning both over once. Transfer steak to cutting board; separate onion into rings.

5. Thinly slice steak diagonally across the grain. Arrange onion rings and steak on 4 slices of bread; spoon any meat juices from board over onion and steak. Top with tomatoes, arugula and remaining 4 slices of bread. Serves 4.

* Each serving: About 210 calories, 3g total fat (1g saturated), 5mg cholesterol, 815mg sodium, 38g total carbohydrate, 4g dietary fiber, 9g protein.

Deli Coleslaw

Try our DWeli Coleslaw with a hot sandwich for a cooling contrast. Side dishes offer powerful flavor and build harmony between the bread and main ingredients of a sandwich.

- 1/4 cup mayonnaise
- 3 tablespoons cider vinegar
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 cups thinly sliced green cabbage
- 1 cup grated carrot

1. In a large bowl, combine mayonnaise, vinegar, sugar, salt, and pepper.

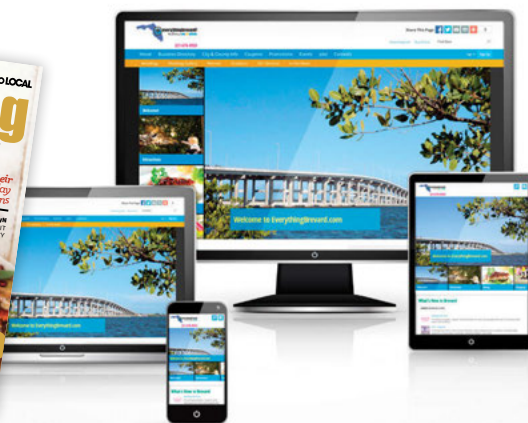
2. Add cabbage and carrots and toss to coat evenly with mayonnaise mixture.

3. Cover and refrigerate at least 2 hours before serving.

Makes 4 half-cup servings.

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A Special Partnership: The Brevard Veterans Memorial Center and the BCSO

On July 3 this year from 9-11 am along route 520 in front of the Merritt Square Mall hundreds of passersby in their vehicles will wave American Flags as the watch a static Parade to celebrate American Independence Day. It will be the third annual Brevard County Sheriff's Office (BCSO) and Brevard Veterans Memorial Center "4TH of July Parade. This is just one of an average of 7-8 major events done each year involving Sheriff Wayne Ivey and his Department and the VMC.

There has always been a strong connection between our military and our first responder/ law enforcement communities. After all, one defends America against foreign enemies and the other against criminal and other city, state, and national threats at home. Many former soldiers join law enforcement units after their military service and the slogans such as "service before self" and "protect and serve" ring very true in both communities.

In today's America it might even be more important that the mili-tary and law enforcement communities are brothers and sisters since each have major challenges to handle and teamwork always wins.

Since the VMC is located on Merritt Island, an unincorporated community, the BCSO has our back. While the partnership has always been strong, no doubt, overbite past several years it has been amazing.

In 2020 Sheriff Ivey swore in the newly elected VMC officers and board. Oaths taken by the BCSO, Military and VMC veterans are very close to each other!!

In 2017 the VMC Installed a First Responders and Law Enforce-ment Monument in the Memorial Plaza. In included the list of every BCSO, Police, Fire and Medic individual killed in the line of duty (EOW - End of Watch) since 1952. Early the next year Agent Kevin Stanton was killed on 1-95 while pulled over on the side of the road. His family attended a ceremony on Memorial Day that year when his name was added to the monument with Sheriff Ivey and VMC VP Donn Weaver officiating. The monument is pictured lower center of this Plaza photo.



Beyond these specific events the partnership list is incredible. BCSO has organized a military and veteran appreciation day, the VMC has requested BCSO special teams at many Park events, including one when a BCSO helicopter landed at the Key Lime Pie Festival a few years ago and Sheriff Ivey helped bake the largest key lime pie in history.

NOTE: As America celebrates 245 years since the American Revolutionary War began this year, we ask all citizens to try to imagine where would we be without our military or without the rule of law which the BCSO and all first responders



enforce every day, often at grave risk. The members of the VMC thus express our profound gratitude for the partnership with BCSO and others and sincere appreciation to all of them and their families who take risks nearly every day to keep us safe and to be able to enjoy living in this country that was made possible by veterans in many conflicts. §

Weekly SUDOKU

by Linda Thistle

RAISING POW/MIA FLAGS... continued on pg 51

		1			7	3		
4				9				8
	7		6				2	
		3			4	9		
2			9				4	
	5			3				7
	6		4					1
7					1	8	6	
		8		6		4		

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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Career Retraining

If you've lost your job due to the pandemic, to the extent that you know you need a different career, the Department of Veterans Affairs might be able to help. The Veteran Rapid Retraining Assistance Program is in place and accepting applications for education and training from veterans who are out of work.

There are a number of qualifications for eligibility: Over age 22 but not older than 66, out of work because of COVID, not eligible for GI Bill or VR&E benefits (or you transferred your GI Bill benefits to family members), not disabled, not in a federal or state jobs program, and not getting unemployment (including CARES ACT benefits).

The education and training offered covers VET TEC (Veteran Employment Through Technology Education Courses) at the associates degree level, non-college degree, or certificate level. These courses are accelerated and are in fields such as health care, education, media, engineering and high-tech. The VA, working with the Department of Labor,

came up with a list of 208 potential careers that can spring from those high-demand occupations, ranging from electrical and mechanical engineers to web developers and graphic designers to commercial drivers, carpenters and machinists. Plus cost estimators, special-ed teachers and clergy.

If you're eligible, you can get up to 12 months of tuition and a monthly housing allowance. There is a specific list of schools that have been accepted into the program, although that list is very long. The caveat: If you're considering this, don't delay. There's a time limit (December 2022), a money limit in funding and a participant limit of 17,250 veterans. Once one of those is reached, no further applications will be accepted.

Call the VA at 888-442-4551 with questions. Or go online to va.gov and put Veteran Rapid Retraining Assistance Program (VRRAP) in the search box for the whole list of potential careers and the schools. ®

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See ad on pg. 45



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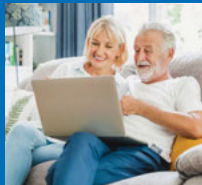
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See ad on pg. 44

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King Crossword Answers

Solution time: 21 mins

A	D	S		A	B	L	E		S	A	L	T
L	I	E		T	O	I	L		C	H	A	I
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C	A	P	R	A		U	N	E		Y	E	E
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SUDOKU Answers

5	2	1	8	4	7	3	9	6
4	3	6	5	9	2	1	7	8
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6	8	3	2	7	4	9	1	5
2	1	7	9	5	8	6	4	3
9	5	4	1	3	6	2	8	7
3	6	2	4	8	9	7	5	1
7	4	5	3	2	1	8	6	9
1	9	8	7	6	5	4	3	2

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Eastern Florida Pulmonary Fibrosis Support Group

Every 3rd Tuesday
of the month at 1PM
RSVP tfrey81@hotmail.com



Alzheimer's & Dementia Support Group

Sponsored by Market Street
Every 3rd Wednesday of the month
at 2PM. RSVP 321.339.0551

Upcoming Events

Free Movie Matinee each month

Ice cream social each month

OSP "2021-2022 Season of Special
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Health, Wellness and Fun Fair in August

Senior Volunteer and Employment Fair

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Senior Club Returning

We are excited to be restarting
"The Club", an active senior club
at One Senior Place that met every week
since we opened over 15 years ago...
until COVID. Stay tuned
for more information!



SENIOR SCENE MONTHLY TRAVEL TIPS

23 Things Cruisers Love to Complain About

Part 2 of 2 Parts

Chris Morse Senior Travel Specialist



A cruise is supposed to be a time for fun and relaxation, but vacations don't always go as planned. It's frustrating when that happens, but before you storm off to the guest services desk, here are some of the top things you might be inclined to complain about -- and why the situation probably isn't as bad as you think.

13. AGE POLICIES

All cruisers think their kids are special, and we're sure they are, but that doesn't mean age restrictions don't apply to them. If the adult comedy show says nobody younger than 18 is allowed, then no, your 16-year-old isn't welcome. If the onboard drinking age is 21, it doesn't matter whether you allow your 18-year-old to down a beer or two at home, and we aren't interested in how mature your 17-year-old is if the minimum age for the adult sun deck is 18. There's no use whining about it. And the restrictions for cabin reservations. You must have an adult registered in any cabins with a child under 21 Y/O. Even if they are across the hall in the inside cabin. Book with an adult, then change it as you wish once on board. And make sure that you join the right age kids club while on board.

14. CHAIR HOGS

We'll be blunt: Cruisers are well within their rights to complain about chair hogs at the pool or at the main theater. These inconsiderate travelers reserve prime seats on the pool

deck, in the buffet and at the theater, even if they (or their friends) aren't there, preventing other passengers from using them. Just relax and work with the cruise attendants to make sure that you get a good seat in any venue. Cruise lines have a new policy- if you are not seated in your pool chairs for more than 30 minutes, you can lose that chair ASAP.

15. SERVICE

Fortunately, we've never experienced truly bad service on a cruise, but I have been told some passengers have. Even if you think your waiter, room steward or guest services representative is the worst, take a breath and realize crew are human, too. They have bad days just like everyone else. Then ask yourself if what they've done is truly so bad it needs to be reported. Be patient with the long lines, do not get frustrated with the crew, they are doing their best! If dining, ask for the table captain.

16. SANITATION

Because many cruise experiences will have you sharing a relatively small amount of space with several thousand strangers, sanitation is extremely important to keep germs and potential illness from spreading. That means it's perfectly acceptable to report instances where cleanliness standards aren't upheld -- by passengers or crew.

If you see someone making a mess or becoming ill, report it to a crew member so it can be properly cleaned up. If you

notice someone not washing their hands in the restroom, speak up. For illness, there will be hand sanitizer all over the cruise ship. Use it when necessary. I use sanitizer when touching the elevator keys, using the phone or remote in your cabin, if walking down the stairs, sing after touching the rails. Use the hand sanitizer as often as you want; it's there for a reason.

17. AGE POLICIES

When it's time to eat, people may get greedy or impatient. Especially at the buffet. That doesn't mean we should throw etiquette completely out the

THINGS CRUISERS LOVE TO COMPLAIN ABOUT
continued on pg 46

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Lifespan and Health Span

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

Any time you open your computer these days, you are bombarded with advertisements that pop up trying to convince you of the power of a pill that make you live longer or a cream that will help to revive your youthful vigor and appearance. The search for ways to stop or reverse the aging process is a near-obsession in popular culture. The likelihood of discovering a scientifically proven “anti-aging” elixir is slim, but researchers believe their work will reveal ways to improve a person’s ability to live a longer, healthier life. They express these goals in terms of “lifespan” and “health span,” respectively.

Lifespan is the length of life for an organism. For instance, if you live to age 99, that would be your lifespan. Maximal lifespan is the maximum number of years of life observed in a specific population. It differs from species to species. The maximum recorded lifespan for human, reported in 2020, was 122.5 years for females (from France; U.S., 119.3 years) and 116.1 years for males (from Japan; U.S., 115 years).

Lifespan is a common measurement in aging research. That’s because it is clear-cut and easy to measure – an organism is either alive or dead. Scientists look for factors such as genes, environment, and behavioral traits (including diet) that may

contribute to an organism’s lifespan. Altering a factor to see if it changes lifespan can provide evidence about whether or not that specific factor is important for aging. If the life of the animal with the modified gene activity is longer or shorter, then the gene probably does play a role in lifespan.

The ability to withstand disease could also be central to lifespan. Studies of exceptionally long-lived people are helping to establish patterns of health decline and increased disease (called morbidity) with old age. For example, do health problems start around the same age in all people and expand over extra years of life for the long-lived, or are the problems delayed, occurring closer to the end of life among exceptional agers? Evidence from a Danish longitudinal study of 92-to-100-year-olds found that health problems seem to be delayed, appearing closer to the end of life. This is not a certain outcome, but in many studies, the average centenarian seems to be in better health than the average 80-year-old. However, living to 100 does not mean never having any health issues.

In the “New England Centenarian Study”, researchers have developed three categories for their long-lived participants. They are characterized as “survivors,” “delayers,” or “escapers,”

LIFESPAN AND HEALTH SPAN continued on pg 49

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window. Some infractions include cutting in line, saving seats (particularly at tables far too big for your group) and failing to use provided utensils to put food on your plate. Please do not fall into the trap of doing what the customers that are not following etiquette are not doing. Again, be patient and do what is right at the time!

18. TENDERING

Tendering -- when a harbor is too shallow for a cruise ship to dock and, instead, passengers are ferried ashore in groups using small boats -- is often a slow and frustrating process, especially if you're on a larger ship or if you're a passenger with mobility issues. Some cruise lines require cruisers to obtain color-coded tickets that determine the order in which they're allowed to disembark via tender. Sometimes there are long wait times and crowded areas near the gangway. Calls on tender ports prone to bad weather are often canceled if conditions are too rough, making customers mad or not understanding the weather or other port problems. One solution is to book a ship-sponsored shore excursion, which ensures you'll be allowed ashore with enough time to avoid missing your tour. Another is to pay for a perks program that provides priority disembarkation and tendering.

19. KIDS

Kids are great, and we understand that it's their vacation, too, but they still need structure. We hear tons of reports of children hanging out in stairwells and disrupting the flow of traffic, running up and down passenger hallways while screaming, taking over hot tubs, and venturing into places where they shouldn't be. Again, be patient and try not to be their parents. Ask the staff to help monitor a particular group of children.

20. ELEVATORS

Although taking the stairs can help to offset some of the calories, we eat onboard, not everyone has that option. When your only choice to get from deck to deck is a limited number of elevators, if they're slow or overly crowded. Especially during embarkation day.

If you simply must take the elevator observe some common courtesy by allowing people to exit before you enter when it stops at your floor, moving in so others can fit, and keeping your kids in check so they don't push every single button.

21. BANNED ITEMS

Apart from providing you with a fun vacation, a cruise line's top priority is keeping you safe. There are certain items passengers are banned from bringing onboard and that draws complaints from unhappy cruisers about why candles should be allowed or why it's OK to sneak liquor onboard. The lists of banned items are long and vary by line, but they generally include weapons, electrical items with heating elements (irons, cup heaters etc.), alcohol and various other things that could pose a safety threat.

22. SHORE EXCURSIONS

Shore excursions are a crapshoot. Some of our customers complain that they're too expensive, don't allow enough time to experience a destination or attraction, have mediocre guides, don't include meals but get back too late for lunch and the list

goes on. Passengers can take some comfort in the fact that the often-overpriced tours they book through their cruise line have been vetted for safety and won't leave them behind if they're late returning to the ship. Independent tours, which are often more affordable, can offer smaller crowds and a more "authentic" experience.

But, with either type of booking, no matter how carefully planned, there are still times when things don't go as expected. Infuriating as it might be, the best thing you can do is let the cruise line know and write a review of the tour and its provider to let others know (if a sponsored cruise excursion). (Don't forget to review positive experiences, too.) And remember, if you chose a non-sponsored tour, if you are late getting back to the ship, it will be your responsibility to get to the next port to catch up with your cruise!

23. WEATHER

There are lots of things we can control; unfortunately, weather isn't one of them. We hear lots of sob stories from cruisers who were crushed when it rained all day in the port they were looking forward to most, when their Caribbean sailings were plagued by chilly temperatures or when their voyages were altered because of strong winds or rough seas. The cruise line has your safety in mind so do not be discouraged if your port is closed, or it rains, or the winds are too strong for tendering or even if you must skip a port. Again, be patient and just follow the rules and regulations. Ⓢ

SONATA EAST AT VIERA ADDS MEMORY CARE... *cont'd from pg 10*

Tonya Morales, Sonata East at Viera Community Relations Director added, "There isn't a Memory Care family on the Space Coast more committed to the health, wellness, and safety of our residents. Couple that with extensive use of technology throughout the building, and you have an amazing Memory Care program." Sonata is known for using enhanced technology in their buildings. Sonata East at Viera is no different. In Memory Care, artificial intelligence helps caregivers predict behavior and make recommendations for proactive care. You will find sensors for temperature, humidity, ambient lighting, and motion throughout the community, including resident apartments.

Sonata East at Viera is currently in pre-leasing and has recently started taking deposits for their Serenades Memory Care apartments. They are already seeing high demand. "Our Memory Care Assisted Living program gives families options to secure some of the best living arrangements for loved ones with dementia or Alzheimer's," Morales said. "Whether it's a couple who needs alternative care for a spouse with dementia, or an adult child who is looking for some of the best Memory Care programming in the state, Sonata East at Viera's Serenades Memory Care is a good option."

Scheduled tours are available for those interested in visiting Sonata East at Viera. For more information, visit www.sonataeast.com or call 321-326-9995. Ⓢ



Territorial Florida's East Coast Remembered

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

The United States owned the world's supply of wood in greatest demand for shipbuilding. These Southern Live Oak trees (*Quercus Virginiana*), were seen as an asset when Florida was accepted into Statehood in 1841.

In 1763, Spain traded Florida to the Kingdom of Great Britain for control of Havana, Cuba, which had been captured by the British during the Seven Years' War. It was part of a large expansion of British territory following the country's victory in the Seven Years' War. Almost the entire Spanish population left, taking along most of the remaining indigenous population to Cuba.

The British divided the territory into East Florida and West Florida. The British soon constructed the King's Road connecting St. Augustine to Georgia. The road crossed the St. Johns River at a narrow point, which the Seminole called Wacca Pilatka and the British named "Cow Ford", both names ostensibly reflecting the fact that cattle were brought across the river there.

The British government gave land grants to officers and soldiers who had fought in the French and Indian War in order to encourage settlement. In order to induce settlers to move to the two new colonies reports of the natural wealth of Florida were published in England. A large number of British colonists who were "energetic and of good character" moved to Florida, mostly coming from South Carolina, Georgia and England, though there was also a group of settlers who came from the colony of Bermuda. This would be the first permanent English-speaking population in what is now Duval County, Baker County, St. Johns County, and Nassau County.

The British built good public roads and introduced the cultivation of sugar cane, indigo, and fruits, as well the export of lumber. Andrew Turnbull marketed New Smyrna to U.K. investors and was the most infamous man of his era due to his subtropical ambitions.

Fifteen Original American colonies were held by Great Britain in 1763 as England took ownership of La Florida from the Spanish. Thirteen colonies organized themselves with a Declaration of Independence in 1776, leaving West Florida and East Florida largely occupied by The Crown's Navy and Royalist business interests.

English speaking Americans began moving into north Florida from Georgia and South Carolina. Though prohibited by the Spanish authorities, the Spanish were never able to enforce a border, and a mix of white settlers, escaped slaves, and Native Americans would continue to migrate unchecked. The Americans, mixing with the remaining settlers from Florida's British period, would be the progenitors of the population known as Florida Crackers.

Success in Florida meant adapting to the weather, wildlife and wars, and three "Seminole Wars" were fought in Florida from 1816 through 1858. Each were defining stages of a period characterized by the Adams-Onís Treaty of 1819 (Spain ceded Florida to the U.S.) and the eventual adoption of Florida into statehood in 1845.

During the early U.S. Territorial era, an intriguing report on Florida's East Coast captured readers' imagination. "Journey Into Wilderness: An Army Surgeon's Account of Life in Camp and Field During the Creek and Seminole Wars, 1836-1838," by Capt. Jacob Rhett Motte, depicted a dangerous solitude and primitive beauty from New Smyrna to Key Biscayne.

It is another testament of hardship. Scarce potable water, tropical diseases, snakes and an evasive enemy able to hide in woodlands or wetlands are just part of the story.

The key aspect of the journal was a Florida frontier, yet to be fully realized by its new American territorial owners. After the Seminole wars, white American settlers returned and once again dispersed down Florida's Atlantic coastline, lagoons and creeks.

Five listed here were examples of the times.

E.W. Estes built a palmetto hut at the mouth of Turkey Creek (Palm Bay).

The Russel Family returned to their land near Fort Capron (Ft. Pierce), and at Crane Creek (Melbourne). An Englishman widower former Professor from Oxford, secluded himself nearby.

Cattleman John Houston built a house near Elbow Creek (Eau Gallie) and later ran a saltworks and sold cattle to the Confederate Army. Once caught by the Union, he was imprisoned in Key West returning to his creek after the war.

Frederick R. Weedon (1784–1857) was a contract surgeon to the U.S. Army during the Second Seminole War and was the physician who attended ailing Seminole warriors Osceola and Uchee Billy after their capture, and was notorious for decapitating their heads after they died. Weedon moved to the Florida Territory in 1842-43, where he was the first to receive a permit for land under the Armed Occupation Act of 1842 in Mosquito County (today that area is St. Lucie County).

Weedon was the son of Sarah Sands and William Weedon who served as a colonel during the American Revolutionary War.[2] Weedon himself served in the U.S. Army during the War of 1812. His son, Hamilton Moore Weedon, followed in his father's footsteps and became a physician. He served in the Fourth Florida Infantry of the Confederate States Army and was later in charge of the Confederate hospital in Eufaula, Alabama during the American Civil War. (S)

Plant Extra Forage For Butterfly Caterpillars

By Gary R. Bachman, *MSU Extension Service*



This spring, I've been getting some interesting questions as more and more homeowners are enjoying their landscapes and gardens. Lots of these questions are about the various caterpillars we find also enjoying our landscapes and gardens. The questions arise because, since we have caterpillars, we have plants being munched on.

There are the bad actors, like the big tomato hornworms, which seem to devour an entire tomato plant in a single night. Another bad one is the yellow-striped armyworm that sets up camp in the tomato patch. I recently posted a "Daily Dose of Hort" video on these guys and how to control them. You can check out videos from this series and other useful garden and landscape information at the Southern Gardening Facebook page, <http://www.facebook.com/SouthernGardening>.

But we also have voracious caterpillars that transform into beautiful Swallowtail butterflies. Many home gardeners intentionally grow the forage plants these caterpillars need as a food source. However, new gardeners often are horrified when they find caterpillars consuming their lone herb plant, and they ask me how to control them.

The commonly seen Eastern black swallowtail caterpillars are large -- about the size of a little finger -- and striped in black, yellow and green bands with yellow spots. They are

attracted to dill and parsley. The developing caterpillars are small and usually dark in color with a wide, light-colored saddle across the middle. I'm always careful after harvesting herbs to look for the small caterpillars. I return those I find and place them on the dill or parsley.

A favorite dill that I plant in my home landscape is an improved selection called Bouquet. This dill flowers early and often, and we harvest the large umbels for use in making dill pickles. It doesn't matter what parsley I grow; I enjoy them all, as do swallowtail caterpillars.

The giant swallowtails use citrus, mainly satsuma and Meyer lemon, as forage. These caterpillars are commonly called orange dogs or bird-dropping caterpillars. Their bird-dropping mimicry is a defense against predators. Young caterpillars are found in plain view in areas where bird droppings would be expected, hence their very descriptive common name.

I enjoy watching these guys munch on the leaves of my satsuma and Meyer lemon trees as they grow. When I see these caterpillars, I leave them alone, as there's no danger of them munching all the citrus trees leaves.

So, my advice when you have these caterpillars is always to just plant more and share with the swallowtail caterpillar. You will be rewarded with beautiful swallowtail butterflies. §

'MATILDA' TURNS 25 continued from pg 14

One actor she fondly remembers during her early career was Robin Williams during the filming of "Mrs. Doubtfire" who she says was "kind and gentle, but rather shy which is not uncommon for actors." Not surprisingly, he was usually hilarious on the set and responded in typical Williams' style when she told him of her fondness for musicals such as "The Sound of Music" and "South Pacific."

"So he started singing 'Nothing Like a Dame,' which was funny because there he was, a man dressed like a woman singing there was nothing like being a woman!"

While her films from the 90s were largely comedic or sentimental, Wilson remains proud that her Matilda character has helped kids overcome abuse.

"They were living in abusive families or with parents who

didn't care about them, and the movie showed them there was a way out and that they could find people who cared. So it's a comforting movie about feeling powerless, then finding power. People write to me all the time about the impact it had on their lives and I love that."

Wilson's autobiography, "Where Am I Now? - True Stories Of Girlhood And Accidental Fame," was published in 2016.

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 magazines and newspapers. §



OUTREACH TO VULNERABLE POPULATIONS DURING THE COVID-19 PANDEMIC continued from pg 19

us and sharing our website and products with their national network of community leaders.

We also want to thank members of the claimant advocacy community for their collaboration on this campaign. We will feature their perspectives on serving vulnerable populations on

our blog over the coming weeks. Please be sure to visit and subscribe at blog.ssa.gov to receive alerts when we publish new articles from our partners, and share the latest information about our national outreach campaign. §

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Pay Attention or Pay Cash

DOES IT MATTER HOW YOU HOLD TITLE TO PROPERTY continued from pg 13

and beneficiaries. Similar to a corporation where you are the only shareholders and the only officers, you are responsible to no one else. You are free to buy, sell, gift, or do anything you want with your property. The IRS does not see this as a separate taxable entity. You will continue to use your social security number and file a regular 1040 tax return.

In addition to avoiding probate, a trust simplifies matters if you become incapacitated. If a husband and wife are the initial co-trustees and one becomes incapacitated, the other continues as sole trustee. If neither spouse is competent to act as trustee,

the person you have designated steps in and manages the trust assets for your benefit, avoiding the need for a guardian. Guardianships should be avoided if possible. First, there is the unpleasant court process of establishing incapacity, and then every year thereafter the guardian must report to the court.

For further information 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. Truman Scarborough's office is located at 239 Harrison Street, in Titusville, FL. (S)

LIFESPAN AND HEALTH SPAN continued from pg 45

depending on whether they have survived a life-threatening disease, delayed a serious health problem until much later in life, and/or escaped any serious health events.

Scientists used to think that long life was a good indicator of health span, or years of good health and function. However, some experiments, particularly in mice, demonstrate significant improvements in health, without actually increasing lifespan. For example, scientists examining the effects of the wine-derived compound (resveratrol) in mice on a normal diet found the compound positively influenced the health of the mice – resveratrol-treated mice had better bone health, heart function, strength, vision, coordination, and cholesterol than the control group. But, resveratrol did not increase lifespan. (Lifespan was

increased, however, in mice on a high-fat diet supplemented with resveratrol.)

Most of what scientists know about factors that can contribute to a long lifespan and health span is based on research in animal models. Understanding how to extend health span – apart from its impact on longevity – is a growing focus of many studies, and for good reason. Imagine a society where a majority of people live to be 100, but along with the added years comes considerably more physical decline. While there is still a place for lifespan research, health span research holds promise for revealing ways to delay or prevent disease and disability so that we can live healthier longer. (S)



Contact Chris Morse or Betty Powers @ 321-978-5211,
travelcenterusa@gmail.com or travelwithpowers@gmail.com



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JULY COMMUNITY CALENDAR

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

FESTIVALS | SOCIAL DANCING | CLASSES | EVENTS

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

ONGOING EVENTS

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

American Space Museum & Walk of Fame, Titusville, 321-264-0434, SpaceWalkofFame.org

Breakers Art Gallery, Satellite Beach, 321-779-6059, BreakersArtGallery.com

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

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

Carolyn Seiler & Friends Gallery, Cocoa Village, 321-637-0444, CarolynSeiler.com

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

Eau Gallie Art District Main Street, 321-622-4223, EGADLife.com

Field Manor, Merritt Island, 321-848-0365, FieldManor.org

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

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

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

Foosaner Art Museum, Eau Gallie

Arts District, 321-674-8916, FoosanerArtMuseum.org

Green Gables, Melbourne, 321-693-2006, GreenGables.org

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

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

Pritchard House, Titusville, 321-607-0203, nbdd.com/godo/PritchardHouse

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

Seaside Gallery & Gifts, Indialantic, 321-213-2427, TrishStorey.com

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

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

Studios of Cocoa Beach, Downtown Cocoa Beach, 321-613-3480, StudiosofCocoaBeach.org

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

Upside Gallery, Downtown Melbourne, 321-414-5100, upsidegallery-melbourne@gmail.com

Valiant Air Command Warbird Museum,

Space Coast Regional Airport, Titusville, 321-268-1941, VACWarbirds.org

JULY EVENTS

July 2: 4th of July Fireworks: Smoke on the Water & Fire in the Sky, The Cove at Port Canaveral, VisitSpaceCoast.com

July 3: Stars and Stripes Salute to Service Event, Miracle City Harley-Davidson, Titus Landing, Titusville

July 3: 4th of July Fireworks: Smoke on the Water & Fire in the Sky, Sidney Fischer Park, Cocoa Beach, VisitSpaceCoast.com

July 4: 4th of July Parade, Historic Downtown Melbourne, downtownmelbourne.com/events/

July 4: 4th of July Celebration with Brevard Symphony Orchestra & Fireworks, Riverfront Park, Historic Cocoa Village, 321-345-5052, BrevardSymphony.com

July 4: Food Trucks and Fireworks, Fred Poppe Regional Park, Palm Bay, 321-953-8912, PlayPalmBay.org

July 4: Great American Celebration | 4th of July Fireworks, USSSA Space Coast Complex, Viera, VieraCommunity-Institute.com

July 4: MelBOOM Fireworks, Front Street Park, Melbourne, melbourneflorida.org/departments/parks-recreation/fireworks

July 4: Red, White & Boom over

North Brevard, Chain of Lakes Park, Titusville, 321-567-3775

July 4: Fireworks Viewing at Green Gables, Melbourne, 321-794-8901, GreenGables.org

July 9-10: Frozen Jr., Surfside Players, Cocoa Beach, 321-783-3127, SurfsidePlayers.com

July 10: Adam Hawley with Special Guests, Ron Reinhardt, Tim George and Dave Reinhardt, King Center, Melbourne, 321-242-2219, KingCenter.com

July 10: Fly in / Drive in Breakfast, Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, 321-268-1941, VACWarbirds.org

July 16-25: Arlan Ropp Playwright Award Winner: The Waffle Hut, Surfside Players, Cocoa Beach, 321-783-3127, SurfsidePlayers.com

July 17: Brevard Symphony Orchestra: Summer Evenings Series, Suntime United Methodist Church, 321-345-5052, BrevardSymphony.org

July 17: Dance Party Concert, Space Coast Symphony, Scott Center Auditorium at Holy Trinity, Suntime, 855-252-7276, SpaceCoastSymphony.org

July 17: Classic Albums Live - AC/DC: Back in Black, King Center, Melbourne, 321-242-2219, KingCenter.com

July 17: Freedom Fest, American Police Hall of Fame, Titusville, 321-264-0911, APHF.org

July 24: Bruce in the USA, King Center, Melbourne, 321-242-2219, KingCenter.com

July 30 - Aug 8: The Case of the Missing Corpse: A Murder Mystery, Surfside Players, Cocoa Beach, 321-783-3127, SurfsidePlayers.com

July 30 - Aug 22: A Funny Thing Happened on the Way to the Forum, Titusville Playhouse, 321-268-1125, TitusvillePlayhouse.com



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

CALENDAR OF EVENTS

Contact VMC for any additions or other information.

Jul 2 - Military and Vet Appreciation Night and Special Fundraiser at Space Coast Stadium in Viera 1800- 2100. Sponsored by Space Coast Stadium and the VMC special veteran recognition and the international USA Pride vs. Mexico Women's Fast Pitch Softball game. Military and Veterans with ID get in free. Regular cost \$10. WWII and Korean War vets recognized and all military branches honored. Wrap up for the Ranger Mike Fund (22 June Main event).

Jul 3 - Third Annual Merritt Island

Independence Day Parade sponsored by BCSO and VMC (0900-1100). Static display of the "Parade" in front of Mall in the inner lane as two lanes pass by east bound on Rte. 520. Registration forms on line with BCSO foundation.

Jul 22 - Sen. Rubio's representative holds office hours (1400-1600) in the VMC Library to support veterans in need of federal attention or to pass along ideas to the Senator. Contact Maria Montano on 407-254-2573 for more information.

Jul 25 - Second Annual First Responders and Military Appreciation

BBQ presented by Back Brevard Heroes at Kiwanis Island Park, MI 1200-1500. Open to the Community so come out and show your support. For more information contact BACKBREVARDHEROES on Facebook.

Aug 8- Annual Military Order of the Purple Heart Ceremony at the VMC and Memorial Plaza to recognize and honor 12 recipients of the Purple Heart during combat operations (1400- 1600). Contact VMC for more information.

Aug 26 - Senator Rubio's representative holds office hours (1400-1600) in the VMC Library to support veterans in need of federal attention or to pass along ideas to the Senator. Contact Maria Montano on 407-254-2573 for more information.

TBD Sep - Space Coast Honor Flight hopes to return to operations in September with possible 2021 Honor Flights. Check their website: SpaceCoastHonorFlight.org for updated information. Meanwhile lun-

cheons for SCHF have resumed at several county restaurants. Check the web site for more details.

Sep 11 - Rockledge Remembering 9/11 Ceremony 1030 at Rockledge City Hub - The 20th Anniversary of the Events on 11 September 2001.

Sep 11 - Patriots Day and 9/11 Commemoration at the VMC 1630-1900. Sponsored by Club 1013 Ret NYPD and the VMC. Full details in July. This event marks the 20th anniversary of the attacks on America and almost 20 years since America took the fight to enemies in Afghanistan. It will be a special Remembrance and Ceremony.

Sep 23 - Senator Rubio's representative holds office hours (1400-1600) in the VMC Library to support veterans in need of federal attention or to pass along ideas to the Senator. Contact Maria Montano on 407-254-2573 for more information.

REVIEW BREVARDFL.GOV/PUBLICLIBRARIES WEBSITE FOR LIBRARY EVENT UPDATES.
CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.

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

**Easy* Yoga with Emily Hain
Wednesdays and Fridays in July
from 2-3pm**

This fun, non-competitive class is appropriate for beginners and those experienced with a gentle, mindful practice. Students must bring a yoga mat and be able to get up and down from the floor. \$5/session.

* Easy is up to you. One can always modify a position, change the pace and/or rest.

Intro to Stamping and Card Mak-

ing, Thursday, July 8 from 1-2PM

Never tried stamping, card making or crafting of any kind? Then this intro class with Donna Herring is perfect for you! Just \$1 and includes your supplies. Class will usually occur first Thursday of each month.

**Card Making with Donna Herring
Thursday, July 8 from 2-4pm**

Have fun learning to create beautiful greeting cards! This class is suitable for beginners, and more experienced card-makers may learn something new.

\$10/class, which includes materials. Each student will take home 3 cards and envelopes. Please pre-register at Artseamom@hotmail.com in order to ensure sufficient supplies.

Book Club, Friday, July 30 from 10:30-11:30am

Come join the Cape Canaveral Library Book Club! July's selection is "What Alice Forgot" by Liane Moriarty. Copies are available for checkout at the Circulation Desk.

Friends of the Cape Canaveral

Library Summer Clearance Book Sale, Thursday, August 27 & Friday, August 28

CDs, DVDs, fiction, non-fiction, and children & young adult books will be offered for sale. **Volunteers are needed to help set up the sale beginning at 12PM on August 25 and on August 26 beginning at 9AM.** If you would like to help, please leave your name and telephone number at the library desk in person or by phone at 321-868-1101. Thank you!

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

DeGroodt library is open 7 days a week and 2 nights, offering a range of services such as free resume and assistance faxing, free

scanning, distributing and collecting Brevard County mortgage/rent assistance forms via the CARES Act, Census training and voter registration.

SNAP food stamp assistance program on Friday's from 9-2pm in the small conference room.

Master Gardener's Free clinic held on the patio Friday's from 9-11am.

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



1. TELEVISION: What were the names of the six children on "The Brady Bunch"?
2. GEOGRAPHY: Which of the Earth's oceans is the smallest?
3. GENERAL KNOWLEDGE: What is the lowest rank in the U.S. Air Force?

4. LANGUAGE: What is the American version of the British plimsolls?
5. LITERATURE: Which one of Shakespeare's plays is the longest?
6. MEASUREMENTS: What time period is a decennial?
7. MOVIES: Which actor played himself in the movie "Zombieland"?
8. ANIMAL KINGDOM: How many eyes does a bee have?
9. ANATOMY: What are rasceta?
10. U.S. PRESIDENTS: Which 20th-century president's Secret Service code name was Timberwolf?

Answers

1. Greg, Marcia, Peter, Jan, Bobby and Cindy
2. Arctic
3. Airman basic
4. Sneakers
5. "Hamlet"
6. 10 years
7. Bill Murray
8. Five
9. Deep creases at your wrists
10. George Herbert Walker Bush

JULY SENIOR CALENDAR

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

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

Line Dancing at the Tuesday and Thursdays at 1:00pm
Mahjongg - Wednesdays at 10:00am and will meet at the Teen Zone.
Bridge - Wednesdays at 10:00am and will meet at the Teen Zone.
Walking - Tues. 8-9am and Wed. & Thurs. 8-9:30am at the center gym
Summer hours 7:30-8:30am from June 8th to August 5th.

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
Chair Yoga Tuesdays at 11:00am \$2 per class
Gentle Mat Yoga Class Thursday 10:45 am \$1 per class
Seated Yoga Class Tuesday 11:00 am \$2 per class
Strength and Balance Class Tuesdays and Thursdays at 9:30am \$2 per class
Zumba Gold Mondays and Wednesdays at 9:30am \$2 per class

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

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

MONDAY-FRIDAY

Billiards, 9AM-4PM, \$2/\$3, NBSC, (321) 268-2333

MONDAY

No. Brevard Line Dance, 10AM-12:30PM, \$3/\$4, Yvette (321) 225-4872

Senior Fitness, 10AM-11AM, \$3/\$4, Linda (321) 383-0735

Beginner Bridge Lessons, By Appt. Only, \$12 (4-week course), Mary H. (321) 607-2200

Tap & Jazz, 11:15AM-12:45PM, \$3/\$4, Linda, (321) 383-0735

Mexican Train Dominoes (hiatus til Mar.), 1PM-3PM, \$2/\$3, Joanne (321) 267-5923

Spanish Class (next session TBA), 2PM-4PM, \$25 (5-week course), NBSC (321) 268-2333

Karaoke (on hiatus), 6PM-8PM, \$2/\$3

Poker, 6PM-9PM, \$2/\$3, Bill F. (321)

544-1430

Bunco (2nd Mon), 6:30PM-9PM, \$4/\$5, Sharon (321) 383-7927

TUESDAY

Pinochle, 10AM-2PM, \$2/\$3, Rachel (321) 537-5322

Muscle Memory, Strength, Balance, 10:30AM-11:30AM, \$2/\$3, Natine (321) 609-0999

Connie's Card Making (2nd Tues), 11:30AM-12:30PM, \$4/\$5, Connie (410) 598-3755

Mahjongg (hiatus til Mar.), 12:30PM-3:30PM, \$2/\$3, Andie (321) 385-3595

Party Bridge, 12:30PM-3:30PM, \$2/\$3, Larry B. (321) 631-8061

Darling Damsels Bridge, 1PM-3:30PM, \$2/\$3, Eleanor (321) 267-8340

Tai Chi, 1PM-2:30PM, \$3/\$5, Ada (321) 848-4689

Dinner & Movie (2nd Tues), 5PM,

\$TBA, Debra (321) 268-2333

Computer/Phone Classes, By Appt. Only, \$3/\$4, Anne (321) 544-9469

WEDNESDAY

Hooks & Needles Knitting (1st Wed), 10AM-11:30PM, \$2/\$3, Anne (321) 917-1108

Hurricane Rug Hooking (2nd&4th Wed.), 10AM-2PM, \$2/\$3, Fonda (321) 298-2796

Senior Fitness, 10AM-11AM, \$3/\$4, Linda (321) 383-0735

ACBL Duplicate Bridge, 12PM-3PM, \$2/\$3, Sue R. (321) 501-8965

Line Dance Class - Beginners, 4:30PM-5:30PM, \$3/\$4, Ferrell (321) 267-0195

Line Dance Class, 5:30PM-6:30PM, \$3/\$4, Ferrell (321) 267-0195

Line Dancing Class, 6:30PM-8:30PM, \$3/\$4, Barbara (321) 452-1944

THURSDAY

Bingo (Play begins at 10AM), 9AM-2:30PM, Varies (#of cards played), Cat (321) 231-1135

Singles Club Planning Mtg (1st Thurs), 4PM, Call Jean for location, Jean (321) 362-2359

FRIDAY

Shuffleboard, 10AM-12PM, \$2/\$3, Bill F. (321) 544-1430

Tap & Jazz, 10AM-11AM, \$2/\$3, Marsha (321) 264-2776

Muscle Memory, Strength, Balance, 10:30AM-11:30AM, \$2/\$3, Natine (321) 609-0999

Drama for Seniors, 1:30PM-3:30PM, \$4/\$5, Janina (321) 567-5210

Line Dance Social (4th Fri), 6PM-9PM, \$5, Yvette (321) 225-4872

SUNDAY

Intermed./Adv'd. Line Dance Class, 2PM-4PM, \$3/\$4, Ferrell (321) 267-0195

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

Wickham Park Senior Center 2785 LEISURE WAY, MELBOURNE 321-255-4494 bcscwp.com

MONDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Jazzercise Lo - 8:30-9:30 am

Hand & Foot - 9:00 am-12:00 noon

Friendly Poker - 1:00-4:00 pm

Shuffleboard League - 6:30 pm (April 12 to May 31)

TUESDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Zumba Gold - 8:30-9:15 am

Social Scrabble - 9:30-12:00 noon

Bingo - 11:15 am - 2:00 pm - Doors

open at 10:00 am

Dealers Choice Poker - 1:00-4:00 pm

Line Dancing for Fun & Exercise - 4:15-5:30 pm

WEDNESDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi - 8:30-9:15 am

Mah Jongg - Chinese - 1:00-4:00 pm

Mexican Train Domino's - 1:00-4:00 pm

THURSDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

American Mah Jongg - 9:00 - 12:00 noon

Strength & Flexibility - 9:30-10:30 am

Silver Sneakers - 11:00 am-12:00 noon

Bunco - 12:30 - 4:00 pm - 1st & 3rd Thursday

Rubber Bridge - 1:00-4:00 pm

Shuffleboard Open Practice - 6:30 pm

FRIDAY PROGRAMS

Billiards - 8:30 am-4:30 pm

Jazzercise Lo - 8:30-9:30 am

Tai Chi - Wednesday - 8:30-9:30 am

Hand & Foot - 9:00 am-12:00 noon

Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am

Pinochle - 12:30-4:00 pm

Dealers Choice Poker - 1:00-4:00 pm

SATURDAY PROGRAMS

WPSC Building Closed - No Programs inside the Building

Shuffleboard Open Practice - 9:00 am - 12:00 noon



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

JULY 2021 ONE SENIOR PLACE EVENTS

See the complete calendar of events at
www.OneSeniorPlace.com

Planning Your Estate to Minimize Taxes, Thursday July 8th 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. By carefully planning your estate and properly titling your assets you can make sure that what you worked hard to earn will go to those you designate, not to the IRS. Limited seating, RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday July 8th at 2pm. Hosted by Rhodes Law, P.A. Get out of the heat and come and watch "Mama Mia", and enjoy classic movie treats! MUST RSVP to 321-751-6771.

Considering Cremation? Lunch & Learn Seminar, by National Cremation, Monday July 12th 11 - 1pm, REPEATS Thursday July 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. A FREE lunch at Carrabba's Italian Grill immediately following. Seating limited MUST RSVP to 321-751-6771.

FREE Memory Testing, Tuesday July 13th 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.

Shoulder Pain, Thursday July 15th 12 - 1pm. Presented by Aquatic Health & Rehab. Frozen Shoulder, Rotator Cuff, Sprain / Strain, Fractures. Causes and Treatment plans discussed. For more information and to RSVP, call 321-253-6324.

Tinnitus [and Hearing Loss], Lunch and Learn Seminar, Friday July 16th 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 how to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

Estate Planning Seminar, Tuesday July 20th at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

Ice Cream & Conversation with Elder Law Attorney Ruth C. Rhodes, Wednesday July 21st at 4pm. Bring your questions and join Ruth C. Rhodes, Esq. for a free Educational Elder Justice Seminar. Areas of discussion: Estate Planning, Medicaid Planning and Asset Protection, Probate and Trust Administration, and Guardianship. Also available LIVE Webinar via GoToMeeting! Light refreshments served. Limited seating must RSVP to 321-751-6771.

Essential Legal Documents That Provide Peace of Mind, Tuesday July 27th 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Find out what documents are the essential ones everyone should have, what they mean, and how they can provide you some peace of mind. Limited seating, RSVP to 321-751-6771.

BINGO! with Vascular Vein Centers, Tuesday July 27th, 1:30 - 2:30pm. Brought to you by Vascular Vein Centers. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

VA Aid & Attendance Seminar, Thursday July 29th at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursday's July 8th and 22nd, 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.

Pulmonary Fibrosis Support Group, Tuesday July 20th 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.

Alzheimer's & Dementia Support Group, Wednesday July 21st from 2 - 3pm. The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia. Sponsored by Market Street Memory Care, to RSVP call 321-751-6771.

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 July 6th 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.

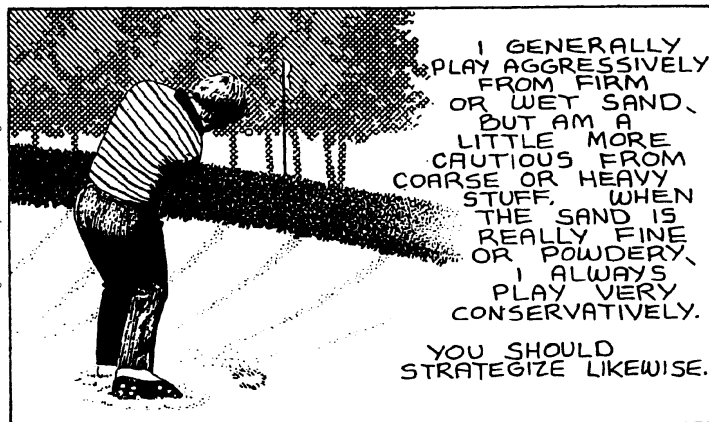
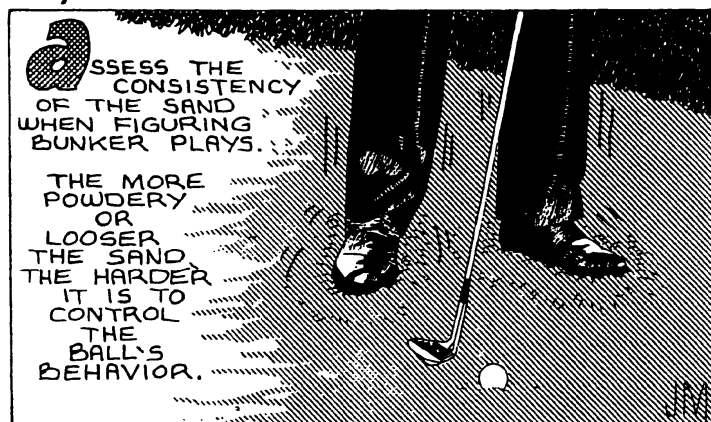
Book Club - Legacy Club, Thursday afternoons from 1 - 2pm. Join us to read thought provoking literature and participate in lively discussions. Sponsored by the Legacy Club. RSVP 321-751-6771 to reserve your seat.

Contact information:

Audrey Chow-Jones, Client Relations Manager
Audrey@oneseniorplace.com

One Senior Place
8085 Spyglass Hill Road,
Viera, FL 32940 (321) 751-6771

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FOR RESERVATIONS OR INFORMATION CONTACT:

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