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August 2021
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We Talk to
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Traveling After
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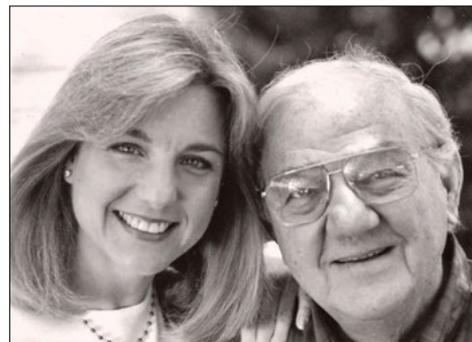
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Letter from the Publisher

It's August; do you want to talk about the weather? Of course, we should not be surprised about the heat and rain, it happens every year. But it sure keeps our area lush and green! Thank goodness for fans and air conditioning.

I hope you had a chance to take part in some of the numerous 4th of July celebrations here on the Space Coast. Of the many places that I have lived around the States, I have never lived in a place with so many patriotic celebrations! We do live in a great community.

The fall months will bring more Senior and Health Fairs and Expos. So watch for those announcements in Senior Scene. These are great ways to keep in touch with local senior organizations, seek advice in a casual environment and maybe even get some minor health checks.

We take great pride in the fact that every month, we provide valuable and entertaining articles to our loyal readers. However, since there is always room for improvement, we would like to hear from you if you would like additional topics presented. In the meantime, enjoy our August issue.

Enjoy the day and see you next month.



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Yankees, Rebs and Brits After the War

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

The unsettling whirlwind of the American Civil War, or the War Between the States, depending where you lived, stirred the movement of war weary people to fresh frontiers. Homestead Acts of 1861, 1866 and 1868 opened vast unclaimed public lands of Florida to Northerners, Southerners and Freedmen, investors and vacationers. All joined the incubation of new communities. Central Florida, and specifically the future Brevard County, were typical of settlements across the state.

Some Northerners reaped the windfall of industrial production leading the Union Army to victory. Some looked to greater rewards in the wide open Florida wilderness. Physicians recommended the healing subtropical climate of Florida for war veterans, invalids and especially those suffering from tuberculosis. Extra cash led to institutions of the weeks or seasons of the resort style Florida vacations. Homesteaders searched for new homes on virgin lands.

In defeat the lives of former Confederates had far more dire consequences than their Yankee victors. Lacking developed production resources to support the war, citizens in each county invested personal funds to raise local regiments. In addition, citizens supported the wives and children of Rebels who would never return.

With General Lee's surrender in 1865, gone was the wealth once counted in slaves or held in Confederate money. In southern Georgia, poor weather in 1863 and the lack of field hands meant no cash crops. Confederate communities collapsed with bankruptcies and the perceived or actual impacts of Union troops administering the Federal Reconstruction program in each town.

By 1868 groups from throughout the South headed to Florida. The LaRoche and Sam families left Charleston, South Carolina joined by several families from Quitman, Georgia to plant orange groves on Merritt Island and northern Indian River. Communities formed around the groves with settlers names still known in 2021, Sharps, Mims and Hardee which became Rockledge.

Nationally the President and Congress faced with the unsettled thousands of disenfranchised Freedmen struggled for the means to help and accommodate their new lives as citizens. The Freedman Bureau of Refugees, Freedmen and Abandoned aided in acquiring land, providing food, education and even transportation. One option espoused by President Johnson was to establish special colonies for ex-slaves. A Mr. William Hunt and friend William Gleason surveyed Florida for suitable land. Johnson even proposed

YANKEES, REBS AND BRITS AFTER THE WAR. cont'd on pg 22

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Therese Payne Ferguson



Therese Payne Ferguson originally from Charleston, West Virginia, moved to Melbourne as a child. Except for a few years spent in Virginia after marrying Larry Ferguson, she has always called Melbourne-Eau Gallie home. She graduated from Eau Gallie High as did her husband and two sons, Brian and David. Therese attended Brevard Community College where she learned a great deal about design and perfected her drawing skills as well as studying oils and acrylics. She owned a Nationally known Candle Mfg. business, Charmlite Candles and the Country Fox Candle Outlet in downtown Melbourne in the 80's. There she had the opportunity to developed candle designs. They sold to many large companies such as Disney, Busch Gardens and as far away as Canada and So. America as well as a line of whipped wedding candles here locally. She was a regular volunteer and PTO President at Sabal Elementary where her children attended, often going in to do special art classes throughout the school and overseeing a huge project to paint a scene on the cafeteria walls.

Therese served as Treasurer and Vice President of Space Coast Art League as well as President, Show chair and newsletter editor for the Brevard Watercolor Society. She founded the Art and Antique Studio, a fine art co-op of local Brevard County artist which is now known as Eau Gallery.

This almost Florida native, grew up loving the outdoors, whether it's the landscape and flowers or the birds and animals that we are so fortunate to have all around us. She paints subjects ranging from a charming front porch, flowers full of life, wildlife, to bold and colorful still life's. While some of her subjects are "found" and others evolve in the studio, they all benefit from her creative eye to some degree. She often adds more color, simplifies the images, or focuses in on a particular area

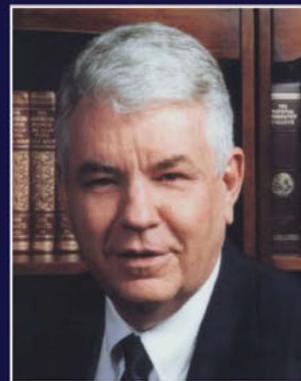


to bring the subjects to life. Watercolors for Therese is an act of love, exploration and a connection to these places. Although she has had some formal art training, her teacher has always been nature itself and learning to really observe everything. By painting what she sees and feels, she is sharing with her viewers the beauty, peace and serenity that is our world.

Despite the variety of subjects present in her work, there is a similarity in its strength of composition and her

THERESE PAYNE FERGUSON ... continued on pg 48

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Does It Matter How You Hold Title To Property?

By Attorney Truman Scarborough

This is the fourth in a series of articles on how an estate plan can be impacted by the way property is titled. In the last article we explored how holding property in a Revocable Living Trust saves time and money by avoiding probate.

Once a trust is established, assets have to be re-titled in the name of the trust to avoid probate. If you built a shed to protect tools from the weather, your tools would need to be moved into the shed to keep them dry. In a like manner certain assets need to be placed in the trust to avoid probate. However, there are exceptions. In this article we will look at some examples where it is usually preferable not to title an asset in the trust.

Automobile: In Florida the owner as well as the driver of the automobile can be sued for an accident. If the Trust owns the automobile, it could become a defendant in a lawsuit. However, automobiles do not need to be titled in your trust to avoid probate. At your demise, the tag agency (DMV) will immediately transfer the title of your car to whomever you specify in your Pour-Over Will.

Personal checking account: There can be refund checks payable to a decedent from utilities deposits and prepaid

insurance. Generally a bank will not let them be deposited into a trust account. Also, an account that is payable on death will not work, since the decedent's name comes off the account as it is transferred to the beneficiary. However, the check can be deposited in the decedent's joint account where there are survivorship rights. The surviving co-owner can withdraw the funds from the joint account.

Life Insurance Policies: Generally, it is best to have life insurance benefits payable directly to individuals rather than a trust. However, it may not be wise to have the insurance benefits paid directly to a beneficiary with creditor problems, who cannot handle money, with marital problems, who is receiving SSI, or is a minor. Instead, you can create a sub-trust in your revocable trust and name the sub-trust as the beneficiary on your life insurance policy.

IRAs: Since no income tax has been paid on funds held in an IRA or deferred compensation plan, transferring an IRA, 401(K), or similar plans into the trust, is considered a taxable distribution by the IRS.

DOES IT MATTER HOW YOU HOLD TITLE.... cont'd on pg 46

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A Tale Of Two Maldens - Carla And Karl

Carla Malden credits her father, actor Karl Malden, for sowing the seeds of her writing career – first as a screenwriter then an author.

“He used me and my sister to cue him quite often when he was learning a part,” she recalled from her home in Los Angeles. “I think I learned a lot about writing as a result. If it was a heavily dialogued scene, he’d sometimes tell me to cross a line out of the script because he said ‘I can act that.’ It taught me the importance of seeing the actor’s character on screen as well as through the dialogue. It was fascinating to watch him break down a part and develop a character.”

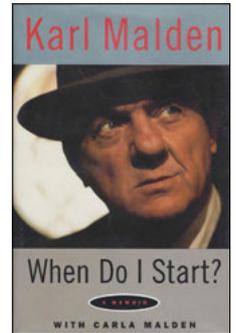
Earlier this year, Carla published her forth book, “Shine Until Tomorrow,” branching out into the Young Adult (YA) book market. The story features a teenage girl who travels back to 1967 and the summer of love in San Francisco.

“It’s not a traditional sci-fi adventure or even a fantasy really, but a girl’s coming-of-age story that happens to involve time travel

and features a driven teenager who learns about having to live in the present by traveling back to the past. It was designed as a YA book, but I’ve been gratified to see it’s crossed over to adults.”

A longtime screenwriter alongside her late husband (see www.carlamalden.com), Carla published her first book co-written with her dad in 1997, the well-received Karl Malden autobiography “When Do I Start?” Malden (1912-2009) is viewed by many as one of the great character actors from the 50s, 60s, and beyond, with critically acclaimed dramatic roles in films such as “A Streetcar Named Desire” for which he won a Best Supporting Actor Oscar. In the 70s, he co-starred with Michael Douglas in the popular “The Streets of San Francisco” ABC crime drama series.

“He had been approached to write his autobiography by a few people and tried to do it on his own over a few years then asked me to help,” Carla recalled. “Writing it with him was one



A TALE OF TWO MALDENS - CARLA AND KARL cont'd on pg 50

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Protecting My Independent Elderly Mother

Q My mother just turned 76. She's very active and independent now, but I'm worried about as she ages how she'll be able to still live at home independently. She also spends a great deal of time outdoors, is that safe for her?

Aging is a beautiful thing that comes with some scary side effects, but you can prevent many of these health concerns and protect your loved ones with the right tools and knowledge. It's never too early to identify what's important to you with senior care.

Private Home Care

Private home care can be an option for those who want to remain independent at home but need a little assistance with everyday tasks. Home health aides can help with activities such as cooking, laundry, light housekeeping, gardening, and running errands. Private Care also brings the bonus of companionship and a friendly face for those living alone. Home health aides can also provide assistance with bathing and medication reminders.

Fall Prevention

Falls are the number one cause for injury and hospital visits

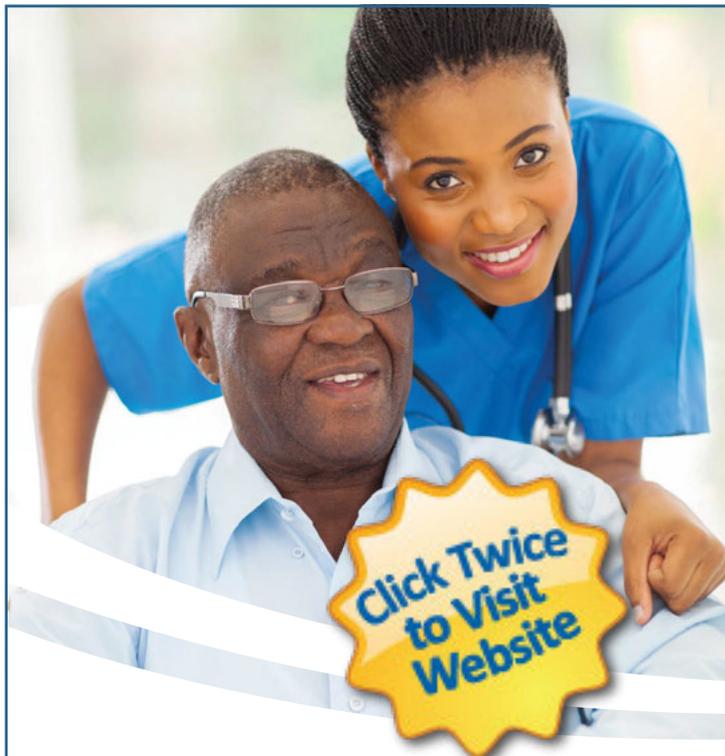
due to trauma for those aged 65 years or older. To help prevent falls, you might consider installing a ramp at entry doors, grab bars in the tub or shower and removing small area rugs from high traffic walkways. For extra security a medical alert system, such as Phillips Lifeline, might be considered. This can provide you and your loved one the assurance of emergency assistance should they need it.

Sun Protection

Moderate sun exposure is acceptable for most people. The sun can help loosen stiff joints and muscles, offer Vitamin D and promote natural melatonin. However, hot summers provide high risks for older adults. They are more susceptible to skin cancer and heat stroke. To protect your loved one, and yourself, apply sunscreen with a minimum of SPF 30 before heading outdoors. Limit sun exposure to before 10 a.m. or after 4 p.m. when UV rays are weakest. Wear a hat, sunglasses and sun-protective clothing and make sure you drink plenty of water while outdoors.

We know it can be challenging to address changes as

ANSWER NURSE continued on pg 36



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Pop Ups

By Bill Ford, *Data Doctors*

The currency of the Internet is often referred to as 'eyeballs' because getting the attention of the user is a key way to generate revenue.

You've probably noticed that a large number of websites you visit pop-up a request to send you notifications with the option to Allow or Cancel.

If you've ever clicked on Allow, this authorization is now in your browser's settings, which I'll address in a bit.

Rogue Notifications

There are a variety of ways that these notifications can be generated and in some cases, it may be malicious in nature.

Any pop-up notification that has no relationship to the website you're currently visiting or any websites that you have visited in the past, may be rogue.

They likely managed to sneak into your browser's notification settings to add themselves to your approved notifications.

It's also possible that your browser has been compromised with malware labeled by the security companies as a PUP (Potentially Unwanted Program).

If you have an Internet security program, it should be able to scan your computer for this type of malware – Microsoft Defender is part of Windows, for instance.

If you aren't sure you have this capability or want more extensive tools, Malwarebytes free anti-spyware scanner (<https://bit.ly/3dYJrl2>) does an excellent job of scanning your system for PUPs.

Managing Notifications in Chrome

To access the notification setting in Chrome, click on the three vertical dots in the upper right section, then click on Settings -> Privacy and security -> Site Settings -> Notifications.

On this screen, you'll see notifications that are being blocked or allowed with three dots to the right of each entry. This is where you can remove or block websites that are currently in the 'Allow' section.

You can also turn off the ability for any website to ask to send you notifications in the future.

Managing Notifications in Edge

Click on the three dots in the upper right corner of any browser window and then click on Settings -> Cookies and site permissions to access the controls, which are similar to Chrome's options.

Managing Notifications in Firefox

Click on the three horizontal lines in the upper right corner and then on Settings -> Privacy & Security. Scroll down to the Permissions section, then click on the Notifications button to access all your options.

You can remove all websites with one button or remove individual websites by clicking on each one, then clicking the 'Remove Website' button. To disable future requests, check the box in front of 'Block new requests asking to allow notifications'.

Managing Notifications in Safari

Mac users that prefer Apple's default browser can access notification settings by clicking on the 'Safari' menu in the upper left, then on 'Preferences...'

Click on the 'Websites' icon on the top menu bar and then scroll down to 'Notifications' for the ability to any remove existing websites and to remove the checkmark from 'Allow websites to ask for

POP UPS continued on pg 50

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Safety And Growth – On The Same Dollar

By Max Valavanis

In my years of helping retirees plan with their finances, I am always faced with this priority decision: where do we place the next deposit to achieve the best relative return while enduring the least possible risk? As any Financial Advisor out there can attest, this is a common question. Unfortunately, most advisors fail to see the potential pitfalls in placing too much faith in the financial markets. Don't forget, the stock market was an uncommon place to invest until the last 40 years! With the advent of mutual funds, variable annuities, and retail brokerage accounts, consumers have an almost unrestricted access to the stock market. This can be a good thing for some, and, of course, has been a sheer disaster for plenty of others.

For those who wish to invest in the stock market, but are afraid of losing money, there exists a relatively new retail financial product. In 1995, an insurance-based investment hit the retail market, albeit at a slow pace. In that year, sales were a paltry \$200 million nationwide. In 2020, sales topped a staggering \$55.7 billion. This represents more than a 2,780% increase in 25 years. Why such demand? The answer is simple: The Opportunity for Safety and Growth -- on the same dollar.

The product is called a "Fixed Indexed Annuity", or "FIA". As with all annuities, the growth is not taxed until withdrawn and the assets bypass probate at death. This is not why nation-

wide sales are skyrocketing. In an FIA, the investor is offered the opportunity to index upwards with the market; the Dow Jones, S&P 500, the NASDAQ or all three. Interest is added to the principal annually and the resulting balance creates the new guaranteed minimum going into the next year. In the event of a down market, the principal is protected. Yes, it's true; the account can grow in a positive market and does not lose money in a negative market. Heads you win! Tails you don't lose!

The most ingenious feature of the FIA is a unique one. Unlike all other investments, the profit-taking is automatically done for you. Every year there is a gain it is paid as interest and locked in – permanently. In other investments, your profits are still at risk of being lost in the following year. We have all seen this in the markets. A good year can be eliminated by a subsequent bad year, and so on. With an FIA, this risk has been removed altogether. This feature is called the "annual reset".

Essentially the worst-case scenario of an FIA is a zero gain for the year, which is infinitely better than losing a fortune. With only the upside and none of the downside risk, this may be an interesting product for nervous investors. These appealing features are afforded the investor while he or she is still

SAFETY AND GROWTH... continued on pg 50



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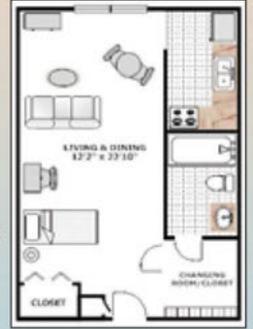
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Securing today and tomorrow

By Kimberly Laporta,
Social Security District Manager
Melbourne, FL

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My Social Security – You're in control with the many services available online through my Social Security. Creating a secure account will help you conduct Social Security business from home or on the go. With your personal my Social Security account, you can:

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- Review your earnings history.
- Get personalized retirement benefit estimates.
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If you already receive benefits, you can also:

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- Get a benefit verification letter or proof of income letter.
- Set up or change your direct deposit.
- Change your address.
- Request a replacement Medicare card.
- Get a Social Security 1099 form (SSA-1099).

Frequently Asked Questions – What is your full retirement age? How do you apply for Social Security retirement benefits? Do you have to pay taxes on Social Security benefits? Discover the answers to your Social Security-related questions at our Frequently Asked Questions page at www.ssa.gov/faq.

Social Security's Official Blog – Stay informed about our latest news, retirement planning tips, and other helpful information. Our blog at blog.ssa.gov features messages direct from our Commissioner, as well as information from other experts. You can sign up to get an email each time a new blog is available so you won't miss new postings. From the blog, you can also connect with us on Facebook, Twitter, LinkedIn, Instagram, and YouTube, where you can watch our informational videos. Don't forget to share these resources with your family and friends and encourage them to join us.

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Importance of Staying Connected - Part 3

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

For many weeks I have thought about the topic of this article. It describes something that happens too often in the life of average senior Americans when our care system breaks down (though we seldom hear about it). Sadly, the following case did happen and underscores the importance of our new program, Staying Connected.

A man was in an assisted living facility receiving daily physical therapy but making no progress. The doctor transferred him to hospice care. At some point a bandage was placed on the man's toe. Four days passed without anyone looking at the bandaged area. When the bandage was finally

removed, the man's toe was black and gangrenous. His leg had to be amputated midway between the ankle and knee, and several days later he passed away.



There are many questions to answer. What did the hospice team really do to care for the man? Why didn't they check the bandage earlier? A healthy person went from well care in assisted living, to needing more care, to hospice, to death from a treatable condition. During this process the man's daughter was also involved in his care, but to no avail.

Now consider if a Staying Connected volunteer with a medical background had been in regular contact with the daughter. He or she might have noticed something wasn't quite right about the care process in the course of their conversations. This could have prompted the daughter to ask questions sooner. We will never know, but one thing is certain – we do need people in our lives.

Having a person to talk to is what Staying Connected is all about. Many seniors are alone, having outlived their families. They need a person who will listen and help them get answers to their questions. Today's automated phone programs simply cannot take the place of actual two-way conversation. At Helping Seniors, we want to connect seniors with someone who will be a friendly and reassuring presence.

If you want to be a volunteer caller, or enroll in the program to receive calls, contact Kim, our Information Specialist, at 321-473-7770 or at kimbernard@helpingseniorsofbrevard.org. I or one of our Board members will be following up to make sure you are happy with the caller you received. We recognize that seniors are a vulnerable section of our society and will do our best to ensure you are safe and satisfied with the program.

The Staying Connected program has started, now help us make it grow.

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



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Grand Drawing will be at the American Muscle Car Museum.



Base model provided. Upgrade at winner's cost/discretion. Need not be present to win. See Official Rules for complete details. Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit.



My Husband Died Recently And I Feel Lonely. My Kids Want Me To Get A Pet, But I'm Hesitating. Should I?

I am so sorry for your loss. You are not alone: One third of seniors report feeling lonely-- it's part of the aging process. As we lose our spouses, friends and relatives, our social interaction decreases. Chronic loneliness is not healthy. It can lead to an increased risk of heart attack, stroke, depression and early death. The pandemic has made loneliness worse. Thank goodness it's almost over!

I have to say, your kids have a point: a pet can help! Speaking from experience, my dogs force me to go outside for walks. They bring me toys to play with. They cuddle, talk back and even encourage me to share my sandwich. Plus they provide the unconditional love we all crave.

88% of people aged 50-80 say their pets help them enjoy life, 86% feel more loved, and 79% report lower stress. Not only are pets wonderful companions, but they can have a positive influence on our health, too.

Lower blood pressure- People who own a pet have lower blood pressure and a steadier heart rate than non-pet owners.

Improved mobility- Regularly walking a dog is associated with lower obesity rates, fewer doctor visits and a greater desire to exercise.

Heart disease recovery- After a heart attack, seniors owning a dog or cat show improved recovery rates.

Pain relief- Loyola University found seniors receiving pet therapy after surgery needed significantly less medication for pain.

Dementia and Alzheimer's- Pets have been shown to reduce agitation among those with dementia and Alzheimer's.

Longer life- According to a study of people aged 40-80 living alone, the risk of death was 33% lower for dog owners than people without dogs.

So, listen to your children. Whether it is a cat or dog, lizard or hamster, pets are scientifically proven to help you maintain a happy, balanced life.

Maybe I'll see you out there when I walk my dogs! ☺

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 call 321-751-6771. Barbara Fradkin is a Social Worker, Certified Care Manager and the Director of One Senior Place, Viera.



Barbara Fradkin of Viera and her poodle mix, Zoe (right) meet neighbor Charlotte Prettol and Ginger while setting out for a walk.

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annexing Santo Domingo in the Caribbean for expatriation. Hunt and Gleason report “no appropriate lands for ex-slaves”, then moved to Florida to begin land speculation for non blacks.

Perhaps in light of their thinking, documentation suggests that former masters did assist people once held as chattel to establish homesteads of forty to 160 acres on Crane Creek. By 1880 Peter Wright, Balaam Allen and Wright Brothers became land owners. Members of the new community were from possibly Quitman or Wrightsville, Georgia, Alabama or Virginia. Ex-masters were possibly the Sharps from Quitman, someone from Wrightsville and/or the Hatch family from Virginia.

White homesteaders were slowly attracted to the banks of the Indian River and the shorelines of Crane Creek. The English professor Mason had long hermited himself at the far head of the creek. In 1870 the Cloecy family from Cincinnati settled south of the Peter Wright homestead land on the Indian River. Their daughter, Isabel, was the first white child born in the area. There is no record of the first black child born.

The Goode family from Illinois made a home on Crane Creek by buying land from Mason in 1877. Born in Scotland the mother of the family became the “Mother of Melbourne”. She and husband Richard built a hotel on the north creek bank. Richards father John about five years later bought

land from Peter Wright giving a plot of land for the first school serving both black and white students but at different sessions.

The Campbell family from England via Canada, along with storekeeper Hector from Australia, rounded out what became the core of the Village of Melbourne with its Episcopal Church. South of Melbourne, almost to Turkey Creek, former western Indian fighter installed his family. Considered Melbourne at the time, it is now in the City of Palm Bay. Valentine became Mayor of Melbourne.

At Turkey Creek a group of businessmen again from Quitman, Georgia planted what became a renowned orange grove. A long pier into the shipping channel was used widely by settlers and managed by retired Confederate Captain Williams. The brain behind the capital investment was John Tillman whose name graced the maps in the late 1800s. Northern settlers also drifted along Turkey Creek. Methodist minister Black and the Idners stayed a few years then moved on, the Idners to West Palm Beach and the Blacks to Georgiana on Merritt Island.

Settlement of the Indian River Lagoon region came when peoples’ lives were uprooted and scrambled by forces beyond their control. Perhaps any means seemed possible not only to find solid ground, but an amiable community facing similar challenges. Ⓢ

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Issue



Special Pull-Out Newsletter



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

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

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President's Message

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

Greetings,

In my last message I addressed some very important issues that occur all too frequently in assisted and nursing home care. The causes of many care issues can be attributed to the lack of attention by both nursing staff and family members.

Once a loved one is placed in care outside the home, we expect that they will receive the same or an even better level of care; sadly, this is seldom the case. We think the money we pay will ensure the patient receives the attention they need, but so often what we expect to happen does not.

Patients who have family or friends visit stand a better chance of receiving the daily care and attention needed to treat bedsores, wounds, and other issues associated with long term bed care. After you place a loved one in assisted living or nursing home care, visit them during meal time to ensure they like the food, that meals are hot, and that the food quality is good. Make sure patient calls are answered in a reasonable period of time. If you are not satisfied, then take action to ensure responsible authorities are contacted. Advocate for the person placed.

To the many who can not afford outside care, the issues become more problematic. Most often, the family caregiver becomes overwhelmed unless they receive some form of respite from either family/friends, a government funded resource, or combination thereof. Agencies such as Helping Seniors or Aging Matters can help you locate help.

We are close to October 9th, the day of the car raffle drawing. If you have not yet made a donation for your tickets, I ask that you do so. Your support of the raffle enables us to provide the services we do to those in Brevard County. Tickets are \$25 each or 5 for a donation of \$100. Call 321-473-7770 or go to Helpingseniorscaraffle.com. We will appreciate your support. Thank you.

Joe Steckler
Elder Advocate

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6pm-9pm - Saturday - October 9th 2021

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Celebrate the 2021 Dodge Challenger
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11am-1pm
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Chevrolet Camaro Celebration - Sat - Aug 28th - 11am-1pm
Boniface Hiers Chevrolet - 800 S Harbor City Blvd - Melbourne, FL

Celebrate the 2021 Chevrolet Camaro
BBQ Lunch/Chips/Soda on us! Check out Camaro Row!

Please note: BBQ Lunch/Chips/Soda available on first-come/first-serve basis. Supplies are limited. Thank you and we will see you there!

Helping Seniors Car Raffle Grand Drawing - Saturday October 9th 2021
Grand Drawing will be at the American Muscle Car Museum.





The “Have To’s” and the “Want To’s”

*Lee Sheldon, DMD
Solid Bite*

When you hear a treatment plan from a dentist, there are several steps involved in such a plan. Sometimes, with many steps and a lack of understanding about each step, it's easy to get lost or overwhelmed by the treatment presentation.

My job as a consulting periodontist is not to sell dentistry. Of course, to be crass, people come to see us to “buy something.” And therefore there is the idea that I’m selling something, correct?

Have you ever met a person that was good at selling? Have you ever met someone who was bad at selling? What was the fundamental difference? Was it that he or she was nicer? Nope. Was it that the person had specialized knowledge? Possibly. Was it that the salesperson cared about you and what you wanted? Bingo!

When a treatment plan is presented to you, it can be presented as an entire block of treatment. Or it can be presented in a list of priorities. I call it the “have to” and “want to.” The “have to’s” are the active infections, tooth decay, and periodontal disease. The “want to’s” are the decorating and filling in the gaps of missing teeth.

The “have to’s” need to be done. The “want to’s” also have levels of priority. And often, they don’t all have to be done now. There are often some holding actions that we can take until you’re ready to take the next step.

But it comes right down to who that person is on the other side of the chair. When you’ve found the right person, you’ll know it. You’ll know it from the smile. You’ll know it from that person’s ability to listen. And you’ll know it from that doctor’s concern about you.



Twiddle Muffs and Fidget Blankets Help VITAS Patients

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

Anyone who has ever witnessed the agitated and nervous behavior of a patient with dementia or Alzheimer’s, or seen nursing home residents seemingly staring into space for hours on end:

Meet twiddle muffs—and meet 65-year-old Wanda, a VITAS Healthcare volunteer who makes them.

The twiddle muff is a glove-like yarn sleeve for the hands, featuring knots and bunches of yarn that encourage patients to keep their hands and minds occupied by “twiddling away” with the sensory features.



“The first day I encountered them... I took them straight to my team, telling them how phenomenal they would be for all of our memory care patients,” says the VITAS business manager who discovered them while visiting a local church’s knitting-crocheting group.

‘So Many People You Can Help...’

Wanda, who learned to crochet at age 12 from her grandmother, is thrilled that her creative pastime brings joy to others.

“I really wanted to make the twiddle muffs keep patients and nursing home residents busy and maybe make them a little happier,” Wanda says. “There are so many places and so many people you can help.”

Similar creativity is at work at the Veterans Affairs Medical Center where VITAS donated 10 volunteer-sewn “fidget blankets” for veteran patients.

The quilts feature interactive elements—zippers, beads, buttons, pockets, neckties, watches, and shoestrings—to encourage attention and manipulation.

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



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Helping Seniors Of Brevard



Scamming the Elderly Avoid Being a Victim Part II

*Traci Graf, RN
AVID Home Care*

This subject has so much important information to share that I needed to extend it into a second article. The amount of scams against senior citizens in 2021 is the highest it has ever been. The internet has made it so much easier for people to cheat, lie, and steal from innocent people.

There are scams out there for everything from funeral arrangements, reverse mortgages, prescription medications, sweepstakes, to something called “the grandparent scam”. These not only cause massive amounts of financial damage to senior citizens every year but they can also be intensely emotionally painful for the victims.

In my opinion one of the worst common scams out there involves funeral arrangements. There are several ways this occurs; people can receive calls about pre-arrangement of funeral plans offering to help take this burden off the family. There are times when a funeral director who is unethical may insist on an expensive casket for a cremation when a cardboard box is what is typically used.

All of my own grandparents had pre-purchased burial plots; I cannot even imagine finding out they were scammed while dealing with the loss at the same time. Scammers will peruse obituaries and attend funerals, they will prey on newly widowed people and at times contact them to say there were unpaid debts left over from the deceased.

Another way many seniors become victims is a very easy and devious method called “The Grandparent Scam”, which plays on their hearts. This is where a person will call a senior on the phone. When they answer, the person will say something like, “Hi, Grandmom, do you know who this is?” When the unsuspecting grandparent says the name of the grandchild they sound most like, the scammer is in, faking the identity of a grandchild.

They will then proceed to describe some situation they got in that requires money to get them out. They may say they need help with overdue rent or car repairs and ask the grandparent to send the money, emphasizing, “please don’t tell my parents I asked you, they would kill me.”

These types may not come to huge amounts of money, but the fact that scammers can pull this off with little research and no cost to them make it more common than people think.

Besides doing everything you can to prevent becoming involved in any of these scenarios, what can seniors do if somehow they have been scammed? There are several options: in spring 2020, the U.S. Justice Department started the National Elder Fraud Hotline 1-833-FRAUD-11. Locally we have the Brevard County Sheriff Economic Crimes Division, which is responsible for investigating schemes that defraud or exploit the elderly. They can be reached directly at 321-633-8140.

It is a known fact that many of these crimes are not reported because people are embarrassed to admit to their family they became a victim. Please don’t let that prevent you from reporting it. Pick up the phone and call one of the provided numbers. And remember, don’t give out any information on the phone or internet.

Donate



Helping Seniors of Brevard is a registered 501(c)(3) charitable organization. Your support helps us connect vulnerable seniors to the help they need. You may donate online safely and securely at www.HelpingSeniorsofBrevard.org or mail your check made payable to HSOBC to P.O. Box 372936, Satellite Beach, FL 32937. You can also help support **Helping Seniors of Brevard** every time you shop at www.smile.Amazon.com. Thank you!



The Modern History in Hearing Aids

*John Roberts, BC-HAS
(Board certified Hearing Aid Specialist)
Palm Bay Hearing Aid Center*



Beat the Heat

*Riki Montgomery, Office Manager
Seniors Helping Seniors*

Before the 1970's, hearing aids were divided into two choices.

A "body aid" was a powerful hearing aid that hung around the neck. It had tubes leading to the ears that emerged from a box about the size of a deck of cards. It used batteries about the same size as AA, had a volume control, and some adjustments could be made with a screwdriver.

The other was a behind the ear hearing aid, usually fit to one ear. This hearing aid was operated by a pill type battery.



By the 1980's, the benefits of amplifying both ears was finally being realized. We do have two ears for a reason. During this decade, a variety of different sizes became available.

It was not until the mid 1990's that computer programmable hearing aids were introduced. By the late 1990's, the first generation of DSP (digital signal processors) were produced. This began the consolidation of hearing aid manufacturers.

For the next decade the industry decreased from over 100 manufacturers to what we now call "The big six", which to this day provide over 90% of hearing aids to consumers.

As of 2021, hearing aids are on the 5th generation which come with features like AI (artificial intelligence). These devices are "cloud based" and have wireless processing that connect to phones and computers. They even have GPS features for locating, remote programming, and translation capabilities.

It is August in Florida and it is HOT! Dehydration can become a problem. Did you know that seniors are at higher risk for dehydration than younger people? As we age, we lose water in our bodies, so we have less water to begin with. Dehydration can be subtle, especially in the elderly, but it can cause big problems. Severe dehydration can lead to confusion, urinary tract infections, weakness, and pneumonia among other conditions.

Some of the symptoms of dehydration in the elderly are muscle weakness, lethargy, headaches, dizziness, low blood pressure, rapid heart rate, and fatigue. In most mild cases, drinking water or even tea can help perk you up after about 5-10 minutes. More moderate cases require IV fluids and a visit to the emergency room. Severe cases may require a longer hospitalization.

We have all heard that old saying "an ounce of prevention is worth a pound of cure". In the case of dehydration, prevention is a whole lot easier than a trip to the hospital. Drinking water and electrolytes (Gatorade and other sports drinks) can take up to 36 hours to fully rehydrate. Some suggestions for preventing dehydration in the elderly are drinking fluids throughout the day instead of large amounts all at once, eating foods high in water (watermelon, cantaloupe, cucumbers, celery, peaches, strawberries, etc...), avoiding caffeine, sugary drinks and alcohol, and eating a healthy diet.

One of the many things our caregivers do is encourage hydration and monitor for adequate intake. Call Seniors Helping Seniors **321-722-2999**



Helping Seniors Of Brevard



New Laws for 2021

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

The Florida Legislature passed and the Governor signed some new laws affecting seniors. While a good chunk of the legislative session dealt with COVID-19 and gaming related issues, seniors did get some attention. Here is what is new for 2021.

Elder-focused Dispute Resolution

Process:

If you are over age 60 and involved in a legal action that affects your safety or autonomy, then you may be eligible to engage in an alternative dispute resolution process with an elder care coordinator starting in 2021.

Protection of Elderly Persons and Disabled Adults:

Starting in 2021, it is now a crime to isolate an elderly or disabled person without cause. It can also be a crime to seek appointment as an agent for the purpose of exploiting an elderly or disabled person (power of attorney). It is also a crime for an agent, without a court order or written consent, to transfer assets that result in changing an elderly or disabled person's estate plan.

Persons convicted of abuse, neglect, exploitation or manslaughter may not serve as a personal representative or a trustee of the victim's estate or trust. Furthermore, persons convicted of abuse, neglect, exploitation or manslaughter may not inherit from the victim's estate or trust. Absent a conviction, the Court may still disinherit persons found to have abused, neglected, exploited or caused manslaughter.

Civil Liability for Damages Relating to COVID-19:

Grants immunity for businesses, individuals, government organizations, and the like for damages related to COVID-19. The law also provides a procedure for claims to be made.



Taking Control of Your Medical Costs

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

Escalating medical costs and navigating the complex healthcare system can be daunting. So how can you improve the odds of saving your hard-earned money? Here are some tips:

Your physician orders an MRI at a facility in your insurance plan 'network'. As of January 1, 2021, medical service providers are required to be transparent on costs. Your insurance company negotiates different rates at covered facilities in the same community. **Choosing a different facility can result in big savings on your co-pay.**

- View local costs for medical procedures: <https://pricing.floridahealthfinder.gov/#/>
- <https://www.cms.gov/hospital-price-transparency>

Consent forms for treatment at ER visits or hospital admission. These forms may also include your acceptance of payment responsibility beyond insurance in-network providers. On July 1, 2021, an interim final ruling restricts excessive out of pocket medical bills and surprise billing to consumers called the No Surprises Act.

- <https://www.cms.gov/newsroom/press-releases/hhs-announces-rule-protect-consumers-surprise-medical-bills>.
- Review your medical bills. An 'upcharge' billing code for procedures that did not occur can cost you thousands of dollars!

Prescription costs can be prohibitive for low-income persons.

- Have your physician substitute an affordable equivalent option.
- Patient Assistance Programs assist low-income individuals. Find out more at: <https://www.needymeds.org/company-list>.
- Comparing local pharmacy costs can save substantial funds: <https://www.goodrx.com/>

Consumers may find the savings well worth the time spent to ensure they are getting the best prices for the healthcare services they need. Now that is taking control of your medical costs!



Helping Seniors Of Brevard

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Mom & Me

by Audrey & Kimberley

Dear Mom and Me,

My father was in failing health and my mother was unable to care for him. I moved them from Florida to be close to me.

I placed my father in an assisted living facility and helped my mother rent an apartment close to the facility.

My mother called last weekend and was desperate and needed my help. Mother has had a long problem with alcohol dependency, and she is now at it again, she fell and severely injured her back.

She refuses to go to the hospital, refuses to seek help for her alcohol dependency, and refuses to accept my help to do as I suggest about her problem with alcohol. Where do I go from here?

– DAUGHTER OF A DRINKER

Dear Daughter,

Your first move is to the closest Al-Anon meeting. There you will find that you are not in control of any ones life especially the alcoholics. Focus your attention on your father. He may respond well to being in a structures environment, and maybe your mother will respond if she is able to get treatment for her alcoholism.

– AUDREY

Dear Daughter,

I know you are in a tough situation. Torn between the affection you feel for a parent and the anger and frustration in trying to help someone who will not accept your help. I agree with Mom to an extent. You need to focus on helping yourself and your father, but that does not mean ignoring your mother. Talk to your mother's physician, ask for his/her guidance and help. Ask about possible hospitalization and out patient substance abuse programs.

If your mother simply will not listen to you, her physician, or others, and you do believe that she is a danger to herself and others, call adult protective services through your local Human Services Department. You may be able to discuss your mother's situation and they may be able to advise you.

Again, it is very important to seek assistance for yourself. It is not easy to grow up in an alcoholic family or help an alcoholic parent. Let us know how things work out.

– KIMBERLEY



UPCOMING EVENTS

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- Sunset cruise with live music, foods, and drinks on Nov. 29th at 5pm – 8pm
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SENIOR NEWS LINE

By Matilda Charles

Mask ... or No Mask?

"I went to the grocery store without a mask today." So said my neighbor just back from shopping.

I asked how many were maskless. "Mostly it was the younger ones," she said.

Which didn't surprise me. The 18-29 year-old age group is the one with the smallest percentage of people vaccinated, according to a recent poll. The Centers for Disease Control and Prevention says we don't need to wear a mask any longer, indoors or outdoors, if fully vaccinated. But a survey of U.S. doctors showed that over half disagreed with the CDC's new loosened rule. A survey of nurses said the same thing, at an even greater rate. Both groups said the easing of restrictions is premature. And if the loosened mask restrictions were supposed to encourage people to get the vaccine, it failed spectacularly. A recent Kaiser poll revealed that 85% of those who don't want the vaccine don't care about the mask rule.

We have so many young people here where I live with no masks and no vaccine. We have a big population of seniors with underlying health conditions that make getting COVID even more dangerous. We have a wide variety of variants now with no clear indication about whether the vaccines cover those.

I only need look at our local statistics to know the virus is not only still with us, but in some cases it's getting worse. We have more people in the ICU than before, and more of them are on ventilators than we saw before. While they don't release the ages of people in the ICU, it's known here that the patients are mostly the younger ones that object to the vaccines ... and masks.

Am I ready to go to the store without a mask?
No, not yet. (S)

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ANSWER NURSE continued from pg 15

our loved ones age. But it's important to remain patient and open to new possibilities on both sides. Socialization, love and support are important for everyone. With the assistance of private care services, simple modifications to a home and educating ourselves on best practices for daily living, your loved one can continue to live an active and independent life and you can have peace of mind.

This information is for educational purposes. Please consult your physician for any medical issues. The Visiting Nurse Association (VNA) is committed to bringing trusted and quality private and home health care to Brevard County patients from Titusville to Barefoot Bay.

To learn more about VNA Private Care, call 321-752-7550 or visit www.vnadc.com/private-care/. (S)

King Crossword

ACROSS

- 1 Choose
4 Scale amts.
7 Diving duck
8 Diner workers
10 Dijon darling
11 Removes, as a brooch
13 Winter Olympics event
16 "— Clear Day"
17 Bolivian city
18 "Ulalume" writer
19 Favorites
20 Roman emperor
21 Driverswith handles
23 Battery part
25 Persia, today
26 "What's — for me?"
27 Lincoln or Ford
28 Accord maker
30 Baseball execs
33 2016 Best Picture nomi-

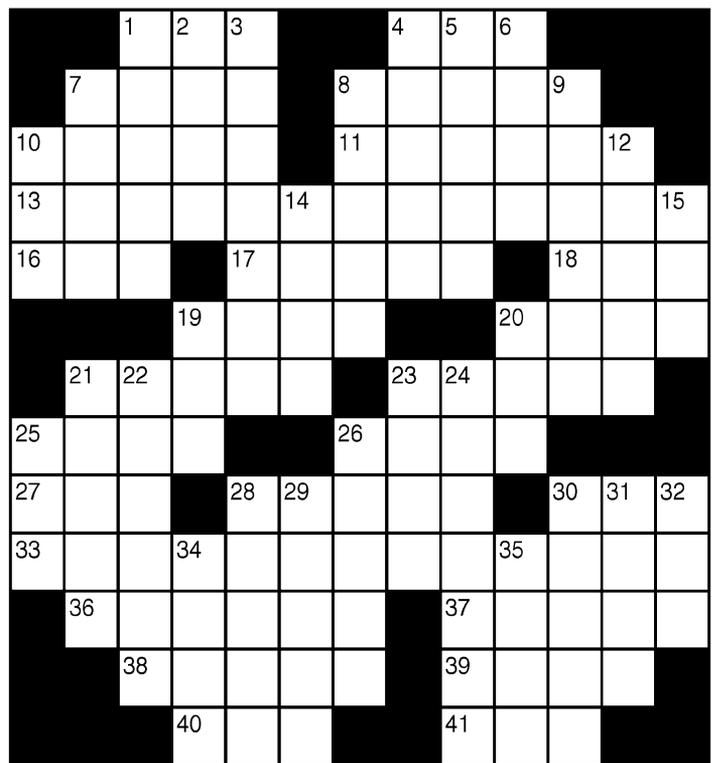
nee

- 36 Net defender in hockey
37 Separated
38 Island near Java
39 Apple variety
40 Tax form ID
41 Reply (Abbr.)

DOWN

- 1 Alpha's opposite
2 Lima's land
3 Performer with a baton
4 Candymaker Willy
5 November birthstone
6 Revue segment
7 Tibia's place
8 Points
9 Took potshots
10 Corp. money manager
12 Napper's racket

- 14 Comestibles
15 Earth (Pref.)
19 Calligrapher's instrument
20 Word of denial
21 007 portrayer Daniel
22 Legendary French actress
23 "The King —"
24 Falls on the U.S./Canadian border
25 German pronoun
26 Draw a conclusion
28 Big wheels at sea
29 Leek's kin
30 Metric measures
31 Simple
32 Retired jet
34 Lectern locale
35 "Once — a time ..."



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Cats Shouldn't Get a Free Pass to Poop

PAW'S CORNER

By Sam Mazzotta

DEAR PAW'S CORNER: Could you explain why cats can poop in my garden and the owners are not responsible for them? Cats kill birds and chipmunks, and they dig in my garden. Children's sandboxes get fouled by cats. Cat poop is really unpleasant and can spread diseases. It seems unfair that cat owners should get all the enjoyment out of them, but not have to be responsible for their messes. Why do cat owners get a free pass? What can be done to keep the cats from killing birds and leaving messes in my yard?

— Pat in Spokane

DEAR PAT: You're absolutely right. Cats can wreak havoc on the local environment as they don't limit their hunting to mice: A 2013 study estimated that cats kill billions of songbirds per year in the U.S. alone (www.smithsonianmag.com and search for "The Moral Cost of Cats"). Yet owners who allow their cats outdoors often don't think that their sweet, adorable Fluffy could be a neighborhood menace. That's one reason I constantly ask owners to keep their cats indoors. It's also for the cats'

personal safety; they're at risk of being attacked by bigger wildlife or other cats. Right now, there are two things you can do. First, deter cats from coming onto your property. Scatter a mixture of used coffee grounds, lemon peels and vinegar around

the perimeter of the yard (pans of vinegar also work). Cover exposed ground in garden beds with river rock to discourage digging. Second, raise awareness in the community. Spread the word about the damage cats do, and what owners can do to prevent it. Do this by talking with your neighbors and speaking at town or HOA meetings. Get the word out so the entire community can address the problem. ☹

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It's a Miracle

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

The New Testament book called Acts has to do with the Holy Spirit acting through Jesus' disciples. The first miracle done by those disciples after the outpouring of the Holy Spirit is when Peter and James heal a man lame from birth. This qualifies as the first miracle in the way we normally think about miracles.

But I actually sometimes think the first miracle happened just prior to this when the disciples sold all they had and gave to those in need. If each of us did that, I would be every bit as impressed as if someone in a wheelchair got up and walked! But, admittedly, that's a different order of miracle.

We usually think of a miracle as something supernatural, where the norms of nature are set aside and something really good happens – water turns to wine, blind receive their sight, lepers are cleansed, and lame walk. Sometimes the miracles have to do with hearing. A man named John came to one church's prayer and healing service asking the pastor for help with his hearing. The pastor stuck both fingers in both ears and prayed a fervent prayer. Then he asked John how his hearing was. John replied, "I don't know. It is in the county criminal justice system court next Thursday."

Hmmm. Let's get back to things like deafness to hearing. Some people wonder if there really are such things as miracles. They think miracles are people's fancy and there are simply explanations within the laws of nature for what occurred. If you don't believe in God, then no miracles is a path you could, or even should, take. But if you believe there is a God, who is supernatural, then it would actually be unreasonable not to be open to miracles.

I wonder what it would be like if we all shared miracles we have experienced. Oh, the stories we would hear ... all the way from body parts healed to an alcoholic's money for booze turned into a recovered alcoholic's money for furniture. May you see some miracles in your life. ☺

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
Mon	08/02	Elder Law Services	Social Security Planning	All About Home Health Care
Tue	08/03	Selling Your Home Quickly	How Assisted Living Helps Thrive	What is Holistic Health
Wed	08/04	Health Issues from Unmet Needs	Hearing Loss Treatments	3 Reasons Reverse Mortgage
Thu	08/05	Avoiding Probate	Technology and Home Care	Comprehensive Evaluation
Fri	08/06	Helping Seniors Travel Club	Intro Vitas Healthcare	Durable Power of Attorney
Mon	08/09	Helping Seniors Directory	8 Ways to Ease in Home Health	Probate: What it Does
Tue	08/10	Pain Relief Through Supplements	Guardianship	Smorgasboard of Legal Matters
Wed	08/11	Senior Mental Health	Eye Clinic & Laser Institute	Retirement Planning
Thu	08/12	Too Many Teeth Extracted?	Selling Your Home Efficiently	Life Enrichment Assisted Living
Fri	08/13	How Reverse Mortgages Work	How Assisted Living Benefits	The Vial of Life
Mon	08/16	Power of Attorney/Super Powers	Finding Good Help at Home	Al Dia Today Newspaper
Tue	08/17	Printing & Direct Mail Ideas	How Medical Office Team Works	Getting Good Home Care
Wed	08/18	How to Cruise Successfully	Reverse Mortgage Funding	Put Your Kids on House Title?
Thu	08/19	Debt Relief for Seniors	Holistic Approach to Pain Relief	The Dirty "D" Word - Dementia
Fri	08/20	Retirement Planning - Annuities	When Assisted Living?	Good Solutions to Home Sales
Mon	08/23	Zon Assited Living	Value of Professional Printing	All About Hearing Advances
Tue	08/24	How to Have "The Talk"	Retirement Planning - Roth IRAs	In Home Care Giving
Wed	08/25	About Golden Providers	Things to Know about Elder Law	Reverse Mortgages
Thu	08/26	In Home v Skilled Care	Helping Seniors Travel Club	Helping Seniors Directory
Fri	08/27	Smile: Form and Function	Assisted Living/Memory Care	Benefits of Holistic Health
Mon	08/30	Reverse Mortgages	Avoiding Probate	Social Security Planning Ideas
Tue	08/31	Technology and Home Care	Assisted Living Options	Glaucoma



90.3 FM WEJF

Helping Seniors Radio on 90.3 FM WEJF Radio

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

Wed	08/04	Focus on Elder Law	Elder Law Attorney Bill Johnson	William A. Johnson P.A.
Wed	08/11	Focus on Your Smile	Dr. Lee N. Sheldon	Dr Lee Sheldon (Periodontist)
Wed	08/18	Focus on Reverse Mortgages	Barbara McIntyre	Reverse Mortgage Funding
Wed	08/25	Focus on Help at Home	Jennifer Helin	Seniors Helping Seniors

From the kitchen of **Good Housekeeping**

Chinese Five-Spice Grilled Chicken

Lots of flavor from just a few ingredients makes this a cinch for outdoor or indoor grilling.

- 1/4 cup dry sherry
- 1 tablespoon Asian sesame oil
- 1 teaspoon Chinese five-spice powder
- 1/4 teaspoon ground red pepper (cayenne)
- 1 cut-up (8 pieces) chicken (about 3 1/2 pounds), skin removed from all but wings if you like
- 1/3 cup hoisin sauce
- 1 tablespoon soy sauce
- 1 teaspoon sesame seeds



1. In large bowl, stir sherry, sesame oil, five-spice powder and ground red pepper.
2. Add chicken to spice mixture and toss until evenly coated. Cover bowl and let stand 15

minutes at room temperature, turning chicken occasionally.

3. Prepare charcoal fire or preheat gas grill for covered direct grilling over medium heat.
4. Place chicken on hot grill rack. Cover grill and cook chicken 20 to 25 minutes or until juices run clear when thickest part of chicken is pierced with tip of knife, turning pieces over once and removing pieces to platter as they are done.
5. In small bowl, mix hoisin sauce and soy sauce. Brush hoisin-sauce mixture all over chicken and return to grill. Cook 4 to 5 minutes longer or until glazed, turning once. Place chicken on same platter; sprinkle with sesame seeds. Makes 4 servings.

* Each serving: About 350 calories, 15g total fat (4g saturated), 121mg cholesterol, 595mg sodium, 10g carb., 0g fiber, 41g protein.

Asian Noodles

Peanut butter isn't just for kids' lunchboxes anymore! It adds protein and flavor to family meals from breakfast to dinner.

- 12 ounces fettuccine
- 1 package (10 ounces) shredded carrots
- 1 package (6 ounces) snow peas
- 1/2 cup peanut butter
- 1/2 cup low-fat ginger vinaigrette

1. In saucepot, cook fettuccine as label directs, adding carrots and snow peas during last 2 minutes of cooking. Reserve 1/2 cup cooking water; drain fettuccine mixture.
2. In same saucepot, blend peanut butter, vinaigrette and reserved cooking water. Add fettuccine mixture; toss well.

Serves 4.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.
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Brevard Responds: The Story of Helping One Military Family and Honoring the Greatest Generation on One Night

The US Military operates with many pledges, creeds and commitments. One of them is “No One Left Behind”. Another is that American Veterans Deserved to be remembered. These concepts came together last month at the USSSA’s Space Coast Stadium, but you may have missed it!!

In Brevard County last July 4th Weekend there were at least 11 major Independence Day Ceremonies, Parades and even more it seemed Fireworks displays over the four days of July 2-5. It was a wonderful celebration of our 245 year old country’s birthday, but also an extra strong rebound from the same time in 2020.



No One Left Behind: For several weeks leading up to a festive opening salvo of the Independence Day Weekend, veterans in Brevard County were also engaged in a somber task of finding ways to raise funds for a former Brevard resident and

Instructor at Florida Tech in their ROTC Program and at Viera High School JROTC during the early years of that program. CSM Mike Sonnenschien USA, Ret, and his wife Hope, had spent several years since his second retirement on a mission trip on the dangerous but needy Island of Haiti. Several weeks ago, after serving in three wars as an Army Ranger, he was shot by a criminal in Haiti and almost died. The family lost everything and had no insurance since Haiti is considered so dangerous. During three events the community raised over \$20,000 for the family including at the ball game on July 2. LTC Tim Thomas, USA Ret and Melbourne Vice Mayor and Brevard’s Veterans Council Chairman Donn Weaver led the fund raising efforts through the Good Deeds Foundation of the Cape Canaveral Chapter of the Military Officers Association of America.

History Remembered: WWII and Korean War Veterans were honored that night as well, thanks to Space Coast Stadium’s United States Specialty Sports Association and the USSSA Pride Women’s Fast Pitch Softball Team. Peter Diaz (WWII, Korea and Vietnam); George Rosenfield (WWII and Korea) and Ray Norman (Korea, Vietnam and Desert Storm) were recognized by the 2000 who attended the game as veterans from all services were recognized each

inching. American Patriotism was in great form and set the stage for a memorable Brevard Independence Day Weekend.

For active duty military members and veterans it is difficult to imagine a better and more supportive place to live than on the Space Coast, including when a crisis hits or when history needs to be remembered. ☺



Weekly SUDOKU

by Linda Thistle

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

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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Veterans Village

The older veterans stood in a semi-circle in the rear parking lot of the coffee shop, watching the activity and drinking coffee. What they were watching was the creation of the first two tiny homes that would eventually launch the Veterans Village.

Sarge had found construction drawings in the trash done by one of his homeless dormitory veterans, David, who had finally confessed that, yes, he used to be the owner of a construction company.

"But that was before," David said. Before his life took a nosedive. Before he'd ended up homeless.

"And this is now," said Sarge, spreading out the drawings.

After many discussions, after conferences with Sarge's attorney and banker, after breaking through David's fear-induced resistance, papers were signed. The plan was to sell several homes and generate enough cash to buy a small piece of land. On that spot Veterans Village would rise, tiny homes for homeless veterans, all built by David. The construction site in the back parking lot was a busy place during the day,

with experienced veteran carpenters doing the work.

The minute the roofs were shingled, a local man stepped up and asked how much the tiny houses were going to sell for. Sarge eased into the periphery of the conversation, staying silent but also staying nearby in case David faltered. But he didn't.

Instead, David smiled, confident and in charge, and said, "Now that's going to depend on the finishes you'd want, sir. If you step over here, I can show you the flooring choices, the exterior cladding, the appliances you can choose from ..."

One of the elderly veterans waved Sarge over and whispered a question:

"Does he know yet?"

Sarge shook his head.

No, David didn't know that the elderly veterans and their families had banded together, hunted for land and opened their wallets. David was closer to creating the Veterans Village than he ever imagined. © (C) 2021 KING FEATURES SYNDICATE, INC.

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Join us for coffee and light refreshments
and learn more about The Club!



Visit OneSeniorPlace.com for a complete listing of events at One Senior Place!



SENIOR SCENE MONTHLY TRAVEL TIPS

Traveling After Covid-19

Chris Morse Senior Travel Specialist



Betty & I had a unique opportunity to take the first Crystal Cruise out of Nassau on July 3. After many cruises we wanted to experience how Covid has affected the wonders of cruising. This gave us the ability to advise you firsthand on the protocols of cruising after Covid.

Our first cruise after 18 months of being land locked was a true pleasure. Everyone appeared to be so excited to see Cruise ships on the water again. The crew was all vaccinated & happy to be back at work. In Every dining area your temperature was taken & you were required to sanitize your hands. Every effort was made to keep us safe & healthy.

The information we give you applies to Florida cruise ports only. Each state has its own protocols.

Please contact us for information on cruising out of any worldwide port.

Vaccinated Cruisers

- As with your passport Senior Travel needs to have a copy on file of your vaccine card.
- Make sure you carry your vaccine card as you may have to present it at some point prior to boarding the ship.
- Our cruise line tested each passenger prior to boarding.
- Depending on the cruise line you may also have to take a Covid test prior to boarding, during your cruise or prior to entering the United States.

- Vaccinated cruisers are exempt in most areas from wearing a mask.
- Masks were required to board the ship & while inside the ports. All ports required masks.

Unvaccinated Cruisers

If you feel uncomfortable taking the vaccine or if you have had Covid & feel you do not need the vaccine & cannot show a vaccine card here are some of the requirements you may encounter

- You may have to wear a mask throughout the cruise except while in your cabin or while eating & drinking.
- You may have designated seating areas in public venues.
- You may be restricted in visiting ports.
- You may be required to buy specific Covid travel insurance policies
- May be required to take a Covid test 72 hours prior to arrival at the terminal. One at the pier prior to boarding & 2 during the cruise. At a potential cost of approximately \$180.00.

Conclusion

We never recommend anyone travel without adequate insurance. However if you are vaccinated you are not required to carry a specific amount of insurance. Unvaccinated cruisers may have to purchase specific Covid insurance offered by the

cruise lines. All cruisers may be required to take Covid tests periodically.

If you can prove you have had Covid by a doctor or hospital note some cruise lines will treat this as a vaccinated status.

All cruise line crew will be vaccinated & wear masks throughout the cruise. Hand sanitizers & masks are readily available throughout the ship.

Various venues such as restaurants, entertainment areas, SPA, gym & major common areas may be open only for vaccinated passengers. Unvaccinated passengers may have specific

TRAVELING AFTER COVID-19 cont'd on pg 50

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Osteoarthritis (Joint Inflammation)

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

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide, including over 30 million U. S. adults. It occurs when the protective cartilage on the ends of your bones wears down over time.

Stiffness and pain in the joints was for centuries seen as a mark of mortality, one of the natural shocks of old age: just look at Leonardo da Vinci or Thomas Rowlandson's caricatures of old people, with their crooked digits and knobby joints. Since the 16th century, anatomists have been familiar with the basic structure of joints – bones capped with cartilage, connected by ligaments, and lubricated by synovial fluid – and the name they gave to the principal disorder of these joints is a classic example of plain English put into learned Greek: arthritis, literally joint inflammation. This simple term reflects a fairly straightforward clinical history, but it also evokes one of the hardest questions in medicine: how to deal with the intractable, quotidian misery of chronic pain?

Well into the 19th century western medicine viewed joint pain as a symptom, not a distinct disease. Physicians were familiar with the fever, rashes, and arthritis associated with rheumatic fever, and also recognized that many infectious diseases could leave patients stiff and sore. In the second half of the century, new work on germ theory and the physiology of

inflammation offered a way of understanding why some joints became inflamed and others did not. As a result, physicians increasingly acknowledged a distinction between rheumatoid arthritis as a form of chronic inflammation and osteoarthritis as the consequence of physical wear.

Through the 20th century several factors challenged the established view of old age as necessarily a time of physical decline. A broad demographic shift forced industrial states and their health-care systems to confront the burden of chronic disease affecting older populations, while medicine itself took on a new role in monitoring and maintaining health from cradle to grave. As their speciality emerged in the 1930s, rheumatologists came to recognize what patients had known for centuries: that osteoarthritis was a major cause of chronic pain, associated with exhaustion, social isolation, depression, obesity, and many other serious conditions. One obvious strategy was to replace arthritic joints, particularly the hip, but could surgeons create an effective prosthesis that would survive a decade or more, and install it without causing more pain and damage than the original disease?

Surgeons has experimented with arthrodesis – fixing a damaged joint – before World War 2, although this limited a patient's mobility even further. In the 1940s French and U. S. researchers worked in hemi-arthroplasty, replacing either the ball or the socket of the hip, but their designs wore out quickly or put too much pressure on the remaining bones. In the early 1960s John Charnley, an orthopedic surgeon at the Wrightington Hospital near Wigan in the U. K., began to experiment with new polymers such as Teflon in an attempt to mimic the natural, self-lubricating hip joint. After a series of setbacks, his third version of the total hip replacement (THR), developed in 1962, used a stainless steel ball and a hard-wearing polymer socket.

Joint replacements on Charnley's lines, including prostheses for knees, elbows, and shoulders, have become the standard response to end-stage osteoarthritis. Patients who have not reached the point of surgery have typically been put on long courses of painkillers, although the efforts of big pharma since World War 2 to tap into the lucrative pain market have not always been satisfactory. In the O.S.A., oxycodone and oxycontin were widely prescribed for osteoarthritis but quickly linked to dependence and overdoses. More successful, and now more widely used, are non-steroidal anti-inflammatory drugs.

In the past 20 years it has become clear that osteoarthritis it not simply a matter of mechanical damage. Many more risk factors have been identified, and researchers have elucidated the chemical pathways associated with inflammation and wear. As with many chronic diseases, state health-care services have struggled with rising costs and long waiting lists, and lifestyle modification rather than medication seems to offer the most promising avenue for prevention. Across the developed world, though, THR has become a staple of mass surgery, safe, effective, and long lasting. Ⓢ

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Why You Should Consider Moving to a CCRC Earlier? Reasons to Move to a CCRC Earlier



Part 1 of 2 Parts

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Continuing Care Retirement Community (CCRC) homes offer a great deal of independence for Seniors. However, many adults age 50 and above still want to remain in their homes. There are many reasons that people give as to why they avoid community living. The most common reason is they are not ready yet. Other reasons cited include uncertainty about the effect on their finances, the need to hold on to current belongings, and confusion over the available options.

There are a lot of reasons that can make a person say they are not ready yet. Sometimes these people may not have adequate information regarding CCRCs. They may have a lot of questions and doubts about the age-restriction in these homes. Some may find it difficult to choose a senior living community that is ideal for them. There is also an age-gap issue where some seniors feel like it is still too early for them to join these communities.

Age Difference

The difference in age brings about a generation gap where some people joining the communities feel like they do not belong there. Those entering the community in their early 70s may not feel as they are in the same generation with someone in their late 80s. So, avoiding community living may be something baby boomers do due to generational fear differences. The generation gap can be real or just perceived, and this may cause the indifference.

The two generations that may cause conflict include the “Silent Generation” and the “Baby Boomer Generation.” Members of the silent era were born during the Second World War and the Great Depression between 1925 and 1946.[1] They are considered hard-working, respectful of authority, and have a strong sense of tradition. The events of the war and hardships of the depression may have had a life-changing impact on their formative years.

The baby boomers, on the other hand, were born during the post-war era and are often the children of the Silent Generation.[2] Born between 1946 and 1964, they are considered to have a strong sense of competitiveness,

independence, resourcefulness, and at times may question authority.

Responding to Not Wanting to Move to Senior CCRC

Baby boomers have a different viewpoint from the Silent Generation regarding old age. Old age has always been associated with certain characteristics such as wrinkles, loss of strength, illnesses, poor memory, and the general need for assistance. The baby boomer generation, however, has a youthful view of themselves where they describe themselves as being mentally and physically strong.

Baby boomers may lack the traditional characteristics of Seniors. They feel more energetic, participate in sports, they have healthier bodies, and they even look young without a lot of wrinkles. This ideological difference creates a rift between these two generations. But this does not necessarily mean that they cannot co-exist peacefully as friends and neighbors. So, their response is based on the fact they do not feel old enough to move to senior CCRCs.

Solving the Not Ready Yet Dilemma

Many people face the dilemma between the benefits of a CCRC and the challenges of getting stuck in a generation gap. If you join a CCRC earlier, you won't have this dilemma later on.

A CCRC is more than a place to live. It's a community where residents can form friendships and live full lives. There is a need for intergenerational living that includes all age groups and generations. More people may choose to join a CCRC where there is a blend of the two generations for mutual benefit.

Buena Vida Estates is a CCRC that offers an opportunity to enjoy an active and enriching lifestyle. Joining us ensures that you no longer have to worry about the rising cost of health care, financial security, insurance, property taxes, and home maintenance costs. Contact us today to schedule a visit.

Buena Vida Estates is the ONLY Continuing Care Retirement Community in Brevard County—for a TRUE Continuum of Care should you need it.

Part 2 next month. (S)

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

Furthermore, you generally do not want to name your trust as the beneficiary when you die because it can result in a required distribution of no more than five years. Most people want to delay distributions and the taxes thereon.

A spouse, as beneficiary, can roll it into his/her own IRA and name new beneficiaries to receive the IRA when the surviving spouse dies. An individual other than the spouse generally must take distributions over a ten-year period.

If you don't want it to be directly distributed to a beneficiary, you can create a sub-trust in your trust to receive

the IRA distributions. Sub-trusts can be structured to receive distributions over ten years. However, if the IRA distributions are not further distributed to the beneficiary of the trust they will be taxed at the higher rate for trusts. For example, the trust tax rate is 35% for income over \$9,450.

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)

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Micro Irrigation Keeps Plants Happy During Warm Summer

By Gary R. Bachman, *MSU Extension Service*



When summer temperatures soar, remember that irrigation is required for optimum plant growth and proper maintenance of gardens and landscapes.

Knowing when and how much to water plants is one skill all gardeners need to master. Too much water encourages root rot problems; too little water leaves plants wilted and lifeless. Without adequate water, plants are stunted and underperforming, and can even die. In vegetable gardens, you can dramatically reduce yields with improper watering.

Gardeners are commonly told to apply 1 to 1.5 inches of water per week during the summer using overhead sprinklers. This method keeps the root zones moist enough to encourage optimum growth. But overhead irrigation is inefficient and can encourage foliar diseases to develop.

In communities with watering restrictions, these limits conflict with our desires for lush and productive gardens. So, do conscientious gardeners have a way to keep lush gardens and still use water efficiently?

A great irrigation approach to supplement insufficient rainfall is to maintain soil moisture by slow and steady watering. Micro irrigation, also called drip or trickle irrigation, provides many benefits, and it can be used to water plants in the landscape, garden beds or containers.

Micro irrigation applies water directly to the root zones. Micro irrigation is measured in gallons per hour, while overhead sprinkler irrigation is measured in gallons per minute.

You reduce plant stress significantly when maintaining a moist but not excessively wet root zone. Micro irrigation also

can reduce water use by as much as 70% when compared to overhead sprinklers. This reduction can make a big difference in the monthly water bill for gardeners using municipal water sources.

Gardeners who want to implement a micro irrigation system can choose from several different application strategies: soaker hoses, adjustable emitters/sprinklers, drip tapes and pressure-compensated emitters.

Soaker hoses are good for vegetable garden rows or long flower beds, and this system keeps the beds moist and walkways dry. Soaker hoses apply targeted irrigation by “sweating” along their entire length.

Adjustable emitters allow the gardener to tailor the amount of water delivered based on plant needs. You water individual plants by placing emitters at each plant.

If you're interested in really controlling the amount of water you use in the garden, consider using drip tapes or pressure-compensated emitters.

Drip tapes are good for vegetable garden rows or long flower beds, and they offer another way to keep beds moist and walkways dry. Pressure-compensated emitters regulate the amount of water being applied regardless of water pressure.

Micro irrigation starter kits make it easy to install your first system. These kits contain tubing, emitters, timers and tools. Add-on components are available at home improvement stores and garden centers. Micro irrigation systems can be connected directly to an outside hose faucet, making for a very simple and straightforward installation. ☺

TERESE PAYNE FERGUSON *continued from pg 11*

attention to detail and color. An instructor once said, "Value tells the story but color gets the credit". Vivid colors are the first thing that attracts viewers to Therese's work. She works in watercolors because they can reflect the wonderful quality of light and transparency. She doesn't spend a lot of time thinking about interpretation or hidden meanings. Her work is representational and direct, she paints what she sees and what she feels at the moment. Even the photographs that she takes for reference display her ability to focus in on just the right subjects while looking for composition, color and values. Therese has become an accomplished photographer because of this desire to find exciting reference material. Gourds came into her life 15 years ago after visiting a gourd farm in Georgia, Therese began painting the gourds and then learning to use other techniques as basket weaving, wood burning and carving to create many unique one of a kind gourds. Therese has served as the program director for the Brevard Gourd

Patch for the past 6 years and in charge of judging at the state show for the past 6 years. Therese has exhibited in the south and has won numerous awards both for her watercolors and her gourds. Her work is part of private and corporate collections throughout the United States including Alaska and Hawaii, Canada and Hong Kong. She is also a popular watercolor instructor through the Adult Continuing Ed, teaching classes as well as workshops in watercolor painting and has judged several art competitions and shows over the years. Having participated in the Children's Home Society Turtle Project last year, her painted fiberglass turtle won first place and is on display at the Beachside Wal-Mart. She was commissioned to do the poster for the Fla. Antique Car Club's annual state and national meet held in Melbourne last year. The poster was of a red caddie with the Cocoa Beach Pier in the background. ☺

Space Coast Honor Flights Resume

On Saturday, September 11th, Space Coast Honor Flight (a 501.c3 non-profit organization) resumes its flights to Washington, taking our Veterans on an all-expense-paid trip of a lifetime. This will be our 61st trip and once completed, we will have taken 1500 Veterans from local counties to visit their memorials in DC. Additional trips will occur in October and November. Each flight honors 25 Veterans, and each Veteran has a Guardian Escort. We also have a Doctor, Videographer, and four staff members on each trip. In addition, Space Coast Honor Flight hosts four luncheons a month at various locations between Titusville and Sebastian. Turnout for the 'pay as you go' lunch events is between 450 and 500 persons a month.



The following is a link to our website with the additional information: <http://www.spacecoasthonorflight.org> 



WWII, KOREAN & VIETNAM WAR VETS!

For an all expenses paid trip to Washington, D.C.
A day to remember, because we will never forget

Attend our Pay-as-You-Go monthly luncheons
1st Tuesday - Smokey Bones in Melbourne
1st Thursday - Red Lobster in Merritt Island
3rd Tuesday - Capt Hiram's in Sebastian
3rd Thursday - Dixie Crossroads in Titusville

Space Coast Honor Flight

888.750.2522 www.spacecoasthonorflight.org

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of the great joys of my life.”

Raised in Gary, Indiana, Karl Malden came from immigrant parents, his Serb father barely speaking English. “His father was very involved in the church which was the social hub of the Gary Serbian community and he organized all the plays that were integral to the community. So my grandfather was always enlisting my dad as a kid to be in the plays and that’s how he got the acting bug.”

Away from the screen, Malden says her dad was a fabulous father and husband, married to his wife, Mona, for 70 years. “He was also an amazing

grandfather and even had a few years of being a great grandfather.” She says her father was very down to earth, would often work in his garden for hours, and never craved the adulation that often follows entertainers.

“After he died, I got reams of letters from people for whom he had done major acts of kindness in all kinds of ways that I never knew about,” says Carla. “I miss him every single day of my life, ferociously.”

Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written numerous features, columns, and interviews for magazines and newspapers. See www.getnickt.org §

permission to send notifications’.

While you’re there, click on the ‘Pop-up Windows’ menu just below to make sure you don’t have any unwanted websites with the ability to generate pop-ups.

Wanted Notifications

Keep in mind, you may want notifications to be sent from sites like web-based email or your favorite news site, which you can manually add to your browser’s notification settings. §

living. As with other market-based annuities, the owner must die to get such protection. For 2021 the projected sales of FIAs are expected to be higher than 2020 due to the pandemic of 2020.

As with any investment, the devil is in the details. FIAs are issued only by insurance companies, and they all have particular contract provisions and surrender fees. With over 300 different designs, no two FIAs are alike, so the nitty-gritty needs to be understood before any purchase is made. If you like the idea of a safety net underneath your nest egg and you want better returns than the bank or other low-rate products, this may be an option for you.

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. §

times to visit these areas.

In all dining areas food will be distributed by crew only. Specialty restaurants may have specific hours for vaccinated & unvaccinated passengers.

Cruise lines will try to operate with limited capacity & 95% vaccinated with 5 % unvaccinated or immune.

Governor DeSantis' rules for showing vaccine cards have been struck down by the courts. So we all must be careful when traveling on any type of public transportation.

As ships depart from various ports, navigating the individual state rules will be a challenge that Senior Travel will continue to monitor. Florida rules will vary the most from other state ports. To be sure you are up to date on all requirements contact Chris Morse at 818-430-1480 or travelcenterusa@gmail.com §

SeniorTravel
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a division of The Travel Center
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Contact Chris Morse or Betty Powers @ 321-978-5211,
travelcenterusa@gmail.com or travelwithpowers@gmail.com

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AUGUST 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

Art Consignment & Gallery, Melbourne, 321-610-7374, dowgialloclare.wixsite.com/artconsignment

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 Arts 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, Florida-SurfMuseum.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

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

AUGUST EVENTS

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

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

Aug 6: Opening Reception - Lost & Found: An Invitational Exhibit, Fifth Avenue Art Gallery, Eau Gallie Arts District, 321-259-8261, FifthAvenueArtGallery.com

Aug 6: Opening Reception: Photography by Toni Wooldridge, Eau Gallery, Eau Gallie Arts District, 321-253-5553, EauGallery.com

Aug 6 - Sept 12: Barefoot in the Park, Melbourne Civic Theatre, Downtown Melbourne, 321-723-6935, myMCT.org

Aug 7: Summon the Heroes Concert, Space Coast Symphony, Scott Center Auditorium at Holy Trinity, Suntree, 855-252-7276, SpaceCoastSymphony.org

Aug 13 & 14: Frozen Jr., Surfside Players, Cocoa Beach, 321-783-3127,

SurfsidePlayers.com

Aug 14: Fly in / Drive in Breakfast, Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, 321-268-1941, VACWarbirds.org

Aug 14: Space Collectibles Show & Sale, Sands Space History Center, Cape Canaveral, 321-777-5907, afspacemuseum.org

Aug 14: Brevard Symphony Orchestra: Summer Evenings Series, Suntree United Methodist Church, 321-345-5052, BrevardSymphony.org

Aug 14: Time to Shine: Jacob Velazquez & Ashley Marina, Space Coast Symphony, Scott Center Auditorium at Holy Trinity, Suntree, 855-252-7276, SpaceCoastSymphony.org

Aug 14: Classic Albums Live - Led Zeppelin: IV, King Center, Melbourne, 321-242-2219, KingCenter.com

Aug 20: Maks & Val Tour: Stripped Down, King Center, Melbourne, 321-242-2219, KingCenter.com

Aug 20 - Sept 5: Newsies, Henegar Center, Downtown Melbourne, 321-723-8698, HenegarCenter.com

Aug 21, Saturday, National Honey Bee Day Festival, 9:00 am - 2:00 pm, presented by Brevard Backyard Beekeepers, located at the University of Florida/IFAS Brevard Extension Center, 3695 Lake Drive, Cocoa. Free, public education, community festival, lectures, games, food, music and demonstrations

Website Of Host Organization: <https://www.brevardbackyardbeekeepers.org/>
Facebook Of Host Organization: <https://www.facebook.com/BrevardBeekeepers>
Eventbrite: <https://www.eventbrite.com/e/2021-national-honey-bee-day-tickets-148837441795>

Contact Information: Email: brevard.backyard.bees@gmail.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.

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 - 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.

Sep 11 - Space Coast Honor Flight returns to operations with 2021

Honor Flights. Check their website: SpaceCoastHonorFlight.org for updated information. Luncheons for SCHF have resumed at several county restaurants.

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

Sep 11 - TWENTIETH ANNIVERSARY TRIBUTE TO SACRIFICE: 9/11 and Aftermath. Patriots Day and 9/11 Commemoration at the VMC.

Sponsored by Club 1013 Ret NYPD and the VMC. This event marks the 20th anniversary of the attacks on America and almost two decades since America took the fight to enemies in Afghanistan and

around the world. It will be a special Patriots Day Remembrance (1100-1530 - 1730-1900) and Tribute Ceremony (1600-1730). Food trucks, vendors and special events in Veterans Memorial Park; Ceremony in the Center and Memorial Plaza area.

Sep 18 - Space Coast Honor Flight Fund raising event at The American Muscle Car Museum 3500 Sarno Road, Melbourne 1830-2100. Tickets required at \$100 for General Admission and \$200 for VIP entry and private tour. Order online at www.spacecoasthonorflight.org.

Sep 23 - 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.

Oct 02 - Jack's Back New Show, Songs and Look 1800-2200 at Space Coast Convention Center in Cocoa (520 and I-95). A Fund Raiser for the Medal of Honor Memorial at the Veterans Memorial Center and Park. Salute to music from the 60's

to the 80's and more. Dinner and Show (1900) included for \$48 each. Reservations through Karen at 321-604-1344. A great, one of a kind evening, for a great cause.

Oct 16 - NVHS Sponsored 2021 6th Annual Dinner Fundraiser 1730-2100 at the Radisson Resort at Cape Canaveral. The National Veterans Homeless Support non-profit event includes Sheriff Ivey and many Brevard officials who strongly support veterans in need. Table and other level of sponsorships are available. Register on line at Kasey@nvhs.org or call Kasey Corson 321-208-7562 for more info.

Oct 16 - MIAP-FL: Fourth Missing in America Project - FL Call to Honor Ceremony (CTH) in Brevard at CCNC 0900-1100. In Brevard we continue to research dozens of abandoned veteran cremains in our area. The October MIAP FL Ceremony at the Cape Canaveral National Cemetery will include Brevard County Veterans for the first time. Another MIAP FL CTH at CCNC is planned late 2021.

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

Body Connect Yoga

Wednesdays in August from 2-3pm

Gentle stretching and breathing following your own body's rhythm. Relaxation and reconnection between your body and your breath to bring peace to your mind. Please bring a yoga mat. \$5/class.

Taught by Maëla, a singer, singing teacher, and wellness coach from France. She created a method to expand the development of self-ex-

pression with the body, the breath, and the voice.

Intro to Stamping and Card Making, Thursday, August 5 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, August 5 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.

Friends of the Cape Canaveral Library Summer Clearance Book Sale Friday, August 27 9am-5pm &

Saturday, August 28 10am-2pm
CDs, DVDs, fiction, non-fiction, 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

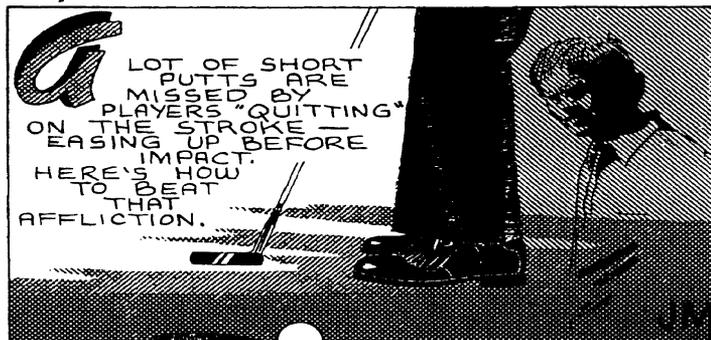
Joseph N. Davis Community Center 2547 GRANT ST, MELBOURNE 321-608-7460

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

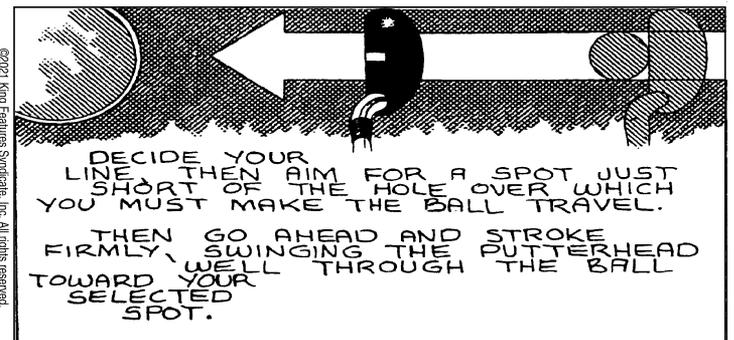
Wickham Park Community Center 2815 LEISURE WAY, MELBOURNE 321-608-7490

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

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A LOT OF SHORT PUTTS ARE MISSED BY PLAYERS "QUITTING" ON THE STROKE — EASING UP BEFORE IMPACT. HERE'S HOW TO BEAT THAT AFFLICTION.



DECIDE YOUR LINE, THEN AIM FOR A SPOT JUST SHORT OF THE HOLE OVER WHICH YOU MUST MAKE THE BALL TRAVEL. THEN GO AHEAD AND STROKE FIRMLY, SWINGING THE PUTTERHEAD TOWARD YOUR SELECTED SPOT.

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AUGUST 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
 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
 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 martinanderseniorcenter.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 gpbpc.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

AUGUST 2021 ONE SENIOR PLACE EVENTS

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

Issues in Parkinson's and Dementia, Parkinson's Support Group, Monday August 2nd,, from 10-11am. Meet Marie Gyant, M.A., CCC-SLP- Speech – Language Pathologist with Nurse on Call as she discusses Dysphagia, Aspiration, and Speech Changes and many more issues. She will talk about swallowing treatments and how to make your voice stronger. Seating is limited, must RSVP to 321-751-6771.

FREE Memory Testing, Tuesdays August 3rd and 17th, from 11 – 3pm. Merritt Island Medical Research will be offering free memory screenings the FIRST and THIRD Tuesdays of each month at One Senior Place. Please call 321-305-5015 to schedule an appointment.

Considering Cremation? Lunch & Learn Seminar, by National Cremation, Thursday August 5th at 11 - 1pm, REPEATS Thursday August 26th at 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.

Advanced Care Planning & End-of-Life Decisions, Ask the Doctor Lunch & Learn Seminar, Tuesday August 10th, 11:30 - 1pm. Join Dr. Peterson Medical Director VITAS Healthcare, as he talks about what you need to know before you are faced with these difficult decisions. Lunch for those in attendance, must RSVP to 321-751-6771.

Growing Old without Going Broke, Thursday August 12th 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. We will discuss how to pay for long-term care (home health care, assisted living facility, or nursing home) privately, through VA assistance or Medicaid so that you can make intelligent, informed choices. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday August 12th at 2pm. Hosted by Rhodes Law, P.A. Get out of the heat and come and watch "The Bucket List", and enjoy classic movie treats! MUST RSVP to 321-751-6771.

Navigating the Medicaid Maze Seminar, Friday August 13th, 10 - 11:30am. Presented by Elder Law Attorney Joannie Rodriguez with Family First Firm. Discover the unique strategies that are available to you and the legal documents you need. Limited seating must RSVP to 321-751-6771.

Memories in the Making, Art Class, every Monday beginning August 16 through September 20th, from 1:30 - 2:30pm. This 5-part class is a FREE signature art program by the Alzheimer's Association that provides people living with early stage Alzheimer's and Dementia with a forum to express themselves through water-color painting and drawing. Sponsored by VITAS Healthcare. No art experience is needed to attend but space is limited, RSVP to our helpline number 800-272-3900.

Medicaid Planning Seminar, Tuesday August 17th 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 August 18th 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. RSVP to 321-751-6771.

Alternative Techniques for Pain, Thursday August 19th 12 - 1pm. Presented by Aquatic Health & Rehab. Various ways to treat pain: Aquatics / Laser / MPS / Graston Technique / Strain – Counterstrain / Massage / Manual Therapy. For more information and to RSVP, call 321-253-6324.

Hearing Loss [= Brain Stress], Lunch and Learn Seminar, Friday August 20th 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 ways that hearing aids and assistive listening devices can enhance your lifestyle. Boxed lunch provided, must RSVP to 321-751-6771.

Elder Law Concepts: What You Need to Know During the Second Half of Life, Tuesday August 24th 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will cover the documents that will give you assurance that you are prepared and your family knows your desires. RSVP to 321-751-6771.

BINGO! with Vascular Vein Centers, Tuesday August 24th, 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.

How to Find the Right Memory Care for Your Loved One, Wednesday August 25th from 11 - 12pm. Join guest speakers Julie Fernandez, Dir. of Team Development & Training with Sonata Senior Living, and Barbara Fradkin, Ex. Dir. of One Senior Place. Opening in 2021 at Sonata East, Serenades Memory Care combines innovative design features with award-winning programming to emphasize the importance of quality of life in those with dementia. RSVP to 321-751-6771.

Headaches, Wednesday August 25th 1 - 2pm. Presented by Dr. Caroline Mahar, PT, DPT

with Aquatic Health & Rehab. Learn the difference between Migraines and Headaches. Various treatments and techniques implemented to alleviate the pain. For more information and to RSVP, call 321-253-6324.

Estate Planning Seminar, Thursday August 26th 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 August 12th and 26th, from 10-12pm. While the feelings and emotions associated with grief and loss are unique and individual to each person, one often can find comfort from the experiences of others. Limited seating must RSVP to 321-751-6771. Facilitated by VITAS Healthcare.

Pulmonary Fibrosis Support Group, Tuesday August 17th, from 1 - 3pm. Support group for pulmonary fibrosis patients and caregivers. This group meets every 3rd Tuesday for talks, special topics, snacks and friendship. For more information, contact Bonnie Halenkamp at 954-931-0459.

Alzheimer's & Dementia Support Group, Wednesday August 18th, 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), Monday August 2nd, 2:00 - 3pm. The Brevard Users Group (The BUG Club) is a personal computer support group meeting the first Monday of each month with the exception of holidays and special events. This group will offer the basics of learning Windows based computers. For info send email to president@bugclub.org.

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,
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