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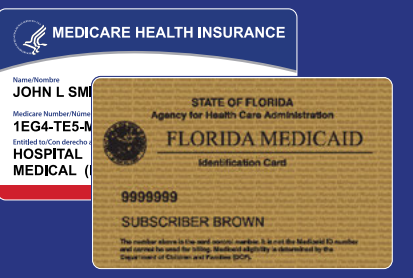

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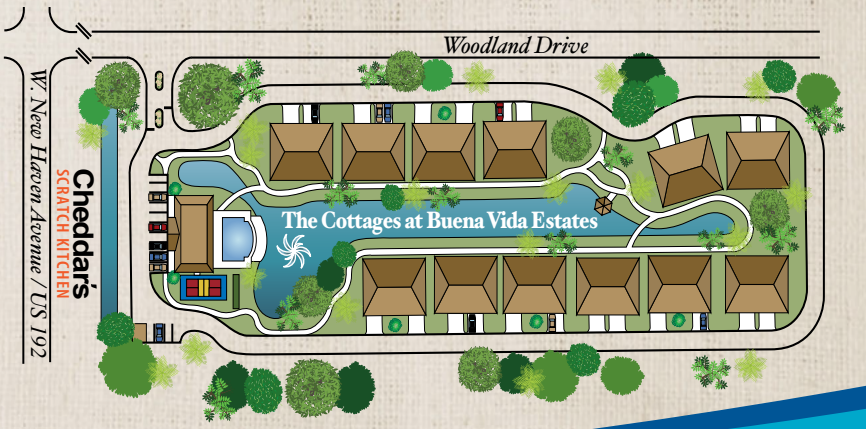

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Letter from the Publisher

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

Have you had a chance to buy raffle tickets from our partner Helping Seniors of Brevard's car raffle? The winner gets to select from several exciting NEW autos. Plus your purchase gets you into the American Muscle Car Museum for the winner drawing event. Sure to be fun. This nonprofit civic organization is key to assisting the seniors in need here in Brevard. You can learn more by going to www.helpingseniorsofbrevard.org.

We would like to invite you to view our website, www.seniorscenemag.com. You will find a comprehensive presentation of our current and past issues, along with featured articles. You can also see our latest news as published on our facebook page. It's easy to navigate and user-friendly. Enjoy!

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

Take care and please be safe.

See you next month.

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Florida Home Sweet Home 1880

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

Water stands or oozes through marshes, prairies and mangroves most of the year defying drainage of any sort. Dark clouds of female mosquitoes pulse from the coastal islands and cross the Indian River in search of a vital blood meal. The joy of the day is to catch a bit of the morning sea breeze or the coolness of an afternoon shower. I find any means possible to keep dry and safe.

Mosquito bar, made of sheets of sheer muslin, hang around the bed to arrest the onslaught of the bugs humming about the bedroom all night. One hardy mosquito always seems to get through while its friends chorus for hours. Outside the front door hangs a long brush made of palmetto fronds. When visitors are expected, a smoldering fire is set in the front yard so guests can run through the smoke then brush off the most tenacious mosquitoes before entering the house. The county was named Mosquito at one time, perhaps a warning.

Certainly, Florida was warm and comfortable in the winter, some cold snaps, but with no ice or long freezes. Summer is another story. Heat and humidity prevail. The fashionable thirty pounds of corsets, stays and multiple petticoats of the north are stored away, replaced by cotton and linen shirtwaists, hats and sun bonnets. For some men, their black suits are only worn twice in a life time; once for their wedding, then their funeral.

The national rule for homesteaders to be resident year round is amended to allow a three month absence from the Florida heat. While houses are built to models common to temperate climates, there were modifications. Orientation favored wind direction with broad porches shading open windows. The out house and the wash shed serve the house daily and for the weekly task of home laundering.

Population of towns varied when winter tourists shuttled north and neighbors sailed on to perhaps a better setting for their lives. Friendships spanned these moves and visits of weeks or more comfort the loneliness of isolated life.

For children, shoes are not usually a necessity except for church. Hook worm infections of the shoeless drain the vigor of some. School, if one was present, met only for four or five months. If the community builds a school, the county will engage a teacher. That's a priority, but our children have responsibilities working along side Mama and Papa, feeding animals, planting, harvesting and doing household chores.

I so look forward to seeing people at get-togethers. When some talented musician fellows come, we dance. Holidays bring boats from up and down the river, Washington's Birthday, May Day, July 41 and the Cocoa sailboat races.

FLORIDA HOME SWEET HOME 1880 continued on pg 12

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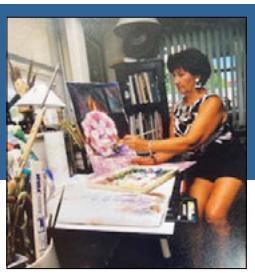
COVER STORY – 'ENCHANCEMENT' OF HOME DECOR

Dorothy A. Rhines



Dorothy A. Rhines was born and raised in Illinois and moved to Florida 25 years ago. Now a Florida based artist Rhines pursues her careers in interior design and art. She earned her degree from the Chicago School of Interior Design in Chicago, IL. She also studied at the American Academy of Art in Chicago, Il, under Ted Smuskiewicz, Robert Hoffman and Charles Vickery, to name a few. She has won a number of prestigious awards for her watercolors and oil paintings. She is a member of the Brevard Watercolor Society, Brevard Cultural Alliance, and the Florida Watercolor Society. In 1998 Rhines won the Student Award at Brevard Community College. She also studied life drawing at ICC College in Illinois, architect rendering, advanced photography and color and design. While working and raising a family Rhines acquired a library of art books which she read and studied.

This month's cover art is the magnificent Queen of the Night flower. Watching the 10 inch flower burst into blooms is a sight to enjoy, blooming in June and July. The plant grows and climbs from clusters of aerial roots which grow in clusters along its shoots.

In 2007 she produced an instructional DVD featuring her work and technique with watercolor, where it was promoted on the NASA Station. Her technique is using masking fluid on her drawing on 300 lb. Arches watercolor paper, hitting where the light would be on the objects and letting it dry. Then she begins to pour two colors, yellow and red on the paper letting it do its thing. Rhines lets it dry a second time before starting to paint the positive and negative spaces looking for different size shapes and designs. More than a treat for the eye, her paintings can be a multi-sensory experience. Through her work the artist acts as a virtual tour guide, introducing viewers to the unique wonders of everyday life in Florida. The artist masterful play of light and shadow draws you into the painting.

In 2007 Rhines' painting of seagrapes was on the cover of a cookbook for the Satellite Beach United Methodist Church, with an additional eight paintings on the index pages. The book was a success and was put into a time capsule for the City of Satellite Beach, FL. including two of her prints of the "Seagrapes" and "Bridges of Desoto Parkway".

Rhines' impressionistic style of transparent watercolor and oils captures the play of sunlight against timeless settings

DOROTHY A. RHINES continued on pg 46

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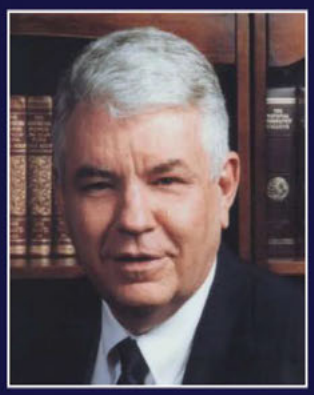

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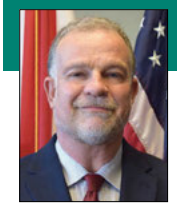

FROM TALLAHASSEE TO YOU

Florida Department of Elder Affairs

We Will Meet You at Home Campaign

By Attorney Truman Scarborough

The Florida Department of Elder Affairs (DOEA) recently launched a campaign, entitled We Will Meet You at Home, to ensure every older adult who wants a shot receives a shot. While many of Florida's older residents have already received a COVID-19 vaccination, not every senior is able to leave their home. In these cases, DOEA and the state's 11 Area Agencies on Aging (AAA) are offering seniors access to transportation to go to receive a vaccine. Elders also have the option of having a health care worker bring the vaccine to their home.

DOEA's statewide initiative is distributing over 175,000 informational flyers to older homebound adults requesting more information about vaccines or vaccine access. Our regional agencies made tens of thousands of outbound wellness calls over a two-month period to identify people requesting more resources. In addition to print, the We Will Meet You at Home campaign employs radio and television spots in English, Spanish, and Haitian Creole. You may listen and see all the spots on our website at elderaffairs.org and go to the newsroom to locate the campaign.

The AAAs connect seniors with community providers to get a ride to a doctor's office, a pharmacy, a grocery store, or another vaccination site. The local agencies may also assist in arranging a health care professional to come to the individual's house to give a vaccination.

If you or someone you know would like assistance with COVID-19 vaccination access, then the Department's AAAs are here to help. Call 1-800- 96-ELDER or email homeboundvaccine@ em.myflorida.com.

FLORIDA HOME SWEET HOME 1880 continued from pg 10

Fish frys with fried mullet, hushpuppies and swamp cabbage feed everybody. Truly, this is a place where you knew a family by the "cut of their sails". Before a boat hits your dock, I knew the name of not only the family but the name of the boat.

2021

The challenges of the 1880s have largely been met. Large scale drainage systems have opened former marshes to new homes. Mosquitoes, still a nuisance, have been largely eradicated by flooding breeding grounds and the use of insecticides. We barely notice the 100 degree temperatures outside as we cocoon in our air conditioned homes and businesses. We are facing new challenges due to land and water use inconceivable by the 1880 Floridians.

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What Happens if a Beneficiary Dies?

By Attorney Truman Scarborough

All of our beneficiaries (those who inherit our estates) will someday die. Not planning for what will happen if a beneficiary dies can have unexpected and costly consequences. In this article we will examine some of the problems that may be encountered when a beneficiary dies 1] before the person who is making the gift dies, 2] after the person making the gift dies but before receiving the gift, and 3] after receiving the gift.

1. If the beneficiary dies before the person making the gift:

The law prohibits us from leaving property to a deceased person. A will or trust can anticipate the demise of a beneficiary by naming an alternative. However, when there are no surviving beneficiaries the gift will lapse (go away) unless protected under Florida's anti-lapse statutes (discussed below). When a specific gift (e.g. $10,000) lapses it becomes part of the residual estate (what is left after distributing specific bequests). If the lapsed gift is part of the residual estate, it goes back into the pot to be divided among the remaining residual beneficiaries. If all the residual beneficiaries named in the will or trust have died, the estate goes to those persons who would inherit under Florida Statutes when there is no will called intestate succession.

Florida's Probate and Trust Codes have anti-lapse provisions. These provide that a gift will not lapse if the deceased beneficiary is a descendant of a grandparent of the person who created the will or trust. The inheritance will go to the deceased beneficiary's lineal descendants (children, then grandchildren). If there are no direct lineal descendants, the inheritance goes to the grandparent or if deceased to the grandparents' lineal descendants (aunts/uncles, then nieces/nephews). However, rather than relying on Florida's Anti-Lapse Statutes, it is best to specify who will receive a gift if the primary beneficiary dies.

If all the named beneficiaries on an IRA, retirement account, transfer on death (TOD) account, payment on death (POD) account or life insurance policy have died, the funds are part of the owner's estate, requiring probate. If a beneficiary dies it is important to name new beneficiaries.

2. If the beneficiary dies after the person making the gift but before distribution: If the beneficiary survives the person creating the will or trust but dies before receiving the gift:

The gift is distributed to the deceased beneficiary's probate

WHAT HAPPENS IF A BENEFICIARY DIES? cont'd on pg 47

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TINSELTOWN TALKS By Nick Thomas

Claudia Wells Went 'Back to the Future'

When the Los Angeles Hollywood Museum reopened in August, having closed its doors to the public during much of the pandemic, Claudia Wells was one of many guests invited to celebrate the event that included a "Back to the Future" exhibit (www.thehollywoodmuseum.com).

Wells appeared in the original 1985 movie as Jennifer Parker, girlfriend to Marty McFly played by Michael J. Fox who starred in the beloved movie trilogy. Diagnosed with Parkinson's disease in 1991 at age 29, Fox later established the Michael J. Fox Foundation for Parkinson's Research (www.michaeljfox.org) which was also presented with a $5,000.00 donation during the event.

"I'm a big cheerleader for the Back to the Future trilogy," said Wells from Los Angeles (see www.claudiawells.com). "So, anything I can do to promote the movies and help support Michael I'm there with bells on."

"Back to the Future" was Wells' first movie role. Her scenes were brief but memorable, as was her first day on the set.

"It was the last scene of the movie with me, Michael, and Christopher Lloyd in the car," she recalled. "I remember when he (Lloyd) got out of the car and raised up those metal glasses on his face, it ripped the old-age make-up on his forehead and we had to wait for hours for him to get the make-up redone to shoot again."

She also recalls meeting Fox for the first time. "They were filming the Enchantment Under the Sea dance scene at a church and I was sent around to meet Michael. He came outside, gave me a hug, and told me he was looking forward to working with me. He was very positive, upbeat, kind, funny, natural, and great fun to work with."

CLAUDIA WELLS WENT 'BACK TO THE FUTURE' cont'd on pg 49

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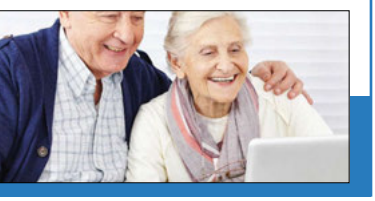

VNA Answer Nurse

VISITING NURSE ASSOCIATION

A monthly column to help answer your home healthcare questions

Every year I hear about the flu shot, but I sometimes forget to get one. Do I really need to get my flu shot each year?

Q. I was vaccinated for COVID-19, do I still need to get my flu shot?

A. Absolutely! What's more, being ill with the flu may make you more vulnerable to contracting COVID-19 or the Delta variant. In addition, getting a flu vaccine lessens the burden of flu illnesses, hospitalizations and deaths on the health care system, conserving scarce medical resources for the care of people with Covid-19 or the Delta variant, according to the Centers for Disease Control and Prevention (CDC).

Q. When should I get a flu vaccine?

A: As soon as they're available in your area. Flu season can start as early as October, but the peak of flu season is in the winter. Take into account that it takes about two weeks for immunity from the vaccine to take effect. As the adage goes, it's better to be safe than sorry!

Q. Is there more than one flu shot?

A. There are a few different types of flu shot, and you should research what is best for you. For seniors aged 65 years or older, the high dose flu vaccine is the best option for the flu shot as it has four times the amount of antigens in it.

Q. I'm pregnant. Is it safe for me to get a flu vaccine?

A. Yes! According to a 2018 study by the CDC, a flu shot reduced a pregnant woman's risk of being hospitalized with influenza (the flu) by an average of 40 percent. Please note that pregnant women should get a flu shot and not the nasal spray flu vaccine. Studies have also shown that a flu vaccine given during pregnancy helps protect the baby from the flu for several months after birth, when the baby is not old enough to be vaccinated.

Q. How dangerous is the flu, really?

A. According to the CDC, since 2010 the flu has caused between nine million – 45 million illnesses, between 140,000-810,000 hospitalizations and between 12,000 – 61,000 deaths annually. The flu can be dangerous for our senior population who is at an increased risk of getting sick.

Q. Is it necessary - or safe - for my child to get a flu vaccine?

A. Yes, and yes. A 2017 study by the CDC showed that flu vaccination can significantly minimize a child's risk of dying from the flu. You can get a vaccine for your child as young as six months old.

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5G Service at Home

By Bill Ford, *Data Doctors*

One of the more interesting things we heard when 5G service was initially launched was that in time, a 'fixed wireless' service might someday become an alternative to traditional cable or phone company Internet offerings.

There were limited tests of this type of service from the beginning but now both Verizon and T-Mobile are widely marketing their fixed wireless service around the country. This may come as a welcome option for those that live in areas where there's only one provider available.

Fixed Wireless vs. Wired Internet Service

Traditional Internet service relied on having physical infrastructure like phone or cable lines buried in the ground with access to your home, which is why some areas only have one provider.

Spending the money to install infrastructure doesn't make financial sense when there aren't enough homes and especially if another provider is already there. This is why many homes have no choice when it comes to their Internet provider.

Fixed Wireless eliminates the need to bury lines in the ground because it uses the same cellular network that already exists for our smartphones. As with our smartphones, where you live will determine how strong the signal will be for either carrier.

Another advantage of fixed wireless is that it doesn't require a technician to set up the connection but you will have to experiment with various locations in your home for the best results.

Verizon vs. T-Mobile

While both companies say they offer 5G home services, the technology they're using is quite different. Verizon is using high-band frequencies (millimeter wave), which delivers the fastest 5G speeds, but is challenged by physical obstructions such as buildings and trees. T-Mobile uses a combination of low and mid-band frequencies, which can penetrate obstructions better, but at a lower speed.

In general, if you can get the Verizon service to work in your home, you can expect much faster speeds than T-Mobile. If you have a house full of video streamers and gamers, the faster speeds will be important, but not so much for those that just surf the web and check email.

Fixed Wireless Disadvantages

Anyone that's ever used a cell phone knows that cell service isn't always reliable, which can become annoying when you're trying to watch a movie or a live sports event. Fixed wireless users will also take a back seat to mobile users during high network congestion periods,

5G SERVICE AT HOME continued on pg 46

Social Security Viability

By Max ValaVanis

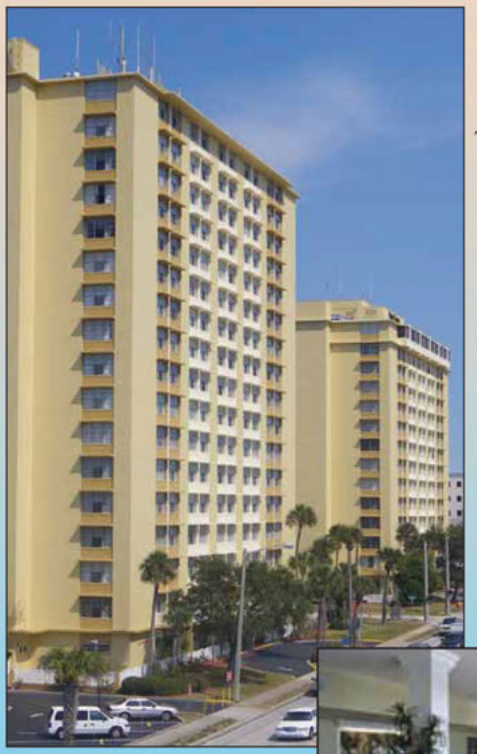
When Social Security was implemented in 1935, the whole idea was novel but sustainable,since the average lifespan was a mere 59 for men and 61 for women. Back then, there were about 12 workers for every recipient of Social Security funds. Today, it seems impossible to sustain the program, since the average lifespan for men is 78 and for women it is 82. Even more alarming, there are only 2.9 workers for every recipient. Unless you have alternate sources of income going forward, it is highly likely your livelihood will be in jeopardy if Social Security imlodes as predicted in 2034. Have you ever heard that history repeats itself?

Three decades before Christ was born around 27 B.C, Emperor Gaius Julius Caesar Augustus (known as the illustrious one) established a pension fund for retiring Legionnaires known as the ``Aerarium Militaire'', which was managed by a team of financiers. Not surprisingly, subsequent emperors raided this pension fund to support their pet projects and repulsive lifestyles, only to watch it go bust a century later. The program was replaced with a similar fund financed from riches stolen from ongoing conquests, insane taxes, and of course - minting.

After 11 years of war with France in 1348, King Edward III of England was faced with a moral dilemma. Thousands of Knights that returned home suffered humiliating poverty and illness from the impact of war. Most who were captured by the French were held for ransom, tortured, and forced into poverty to buy their own freedom. King Edward designed a pension relief fund similar to our VA disability system we have in the USA. This was the first medieval form of Social Security that has led to the systems the world has today. Not surprisingly, King Edward's relief program was also grossly mismanaged. There were too many applicants and too much bureaucracy burdening the program. It eventually went bankrupt and had to be completely restructured 162 years later by King Henry VIII.

History repeats itself because memories are short and the learned are dead. The World Bank and the International Monetary Fund estimates that government social programs and the myriad of underfunded pension funds have a shortfall that exceeds $100 trillion, worldwide. The USA's share of this shortfall is staggering. These figures are not even controversial. Every budget office and politician (on both sides) agree we are in dire trouble. It is estimated that the underfunded portion of Social Security alone is $60 trillion (pre COVID-19). To illustrate, the UN says the cost of COVID-19 worldwide is $24 trillion and the cost of climate change adaptation worldwide is about $30 trillion, for a total of $54 trillion. Where is the mon-

SOCIAL SECURITY VIABILITY continued on pg 49



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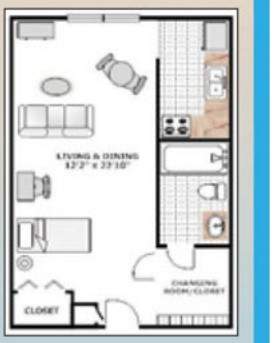

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Social Security Benefits You

Securing today and tomorrow

By Kimberly Laporta,
Social Security District Manager
Melbourne, FL

We take pride in having provided vital benefits and services to this great nation for 86 years. America has a diverse population with a variety of needs. To meet those diverse needs, we've created web pages that speak directly to groups of people who may need information about our programs and services. These pages are easy to share with friends and family on social media. Here are just a few resources that might help you or someone you love:

- We proudly serve wounded warriors and veterans, who made sacrifices to preserve the freedoms Americans treasure. Many veterans do not know they might be eligible for disability benefits from Social Security. Please share this page with them to make sure they get the benefits they deserve: www.ssa.gov/people/veterans
- Social Security plays an important role in providing economic security for women. Nearly 55 percent of the people receiving Social Security benefits are women. A woman who is 65 years old today can expect to live, on average, until about 87. A 65-year-old man can expect to live, on average, until about 84. With longer life expectancies than men, women tend to live more years in retirement and have a greater risk of exhausting their sources of income.

  Women often have lower lifetime earnings than men, which usually means lower benefits. Women need to plan early and wisely for retirement. We're here to help with valuable information. Please share this page with someone who needs this information and may need help planning for their golden years: www.ssa.gov/people/women
- Do you know someone who is just starting their career? Now is the best time for them to start preparing for retirement. Social Security benefit payments provide only a portion of retirement income. Those starting their careers should begin saving early to have adequate income in retirement. Please share this page with a young worker you know: www.ssa.gov/people/earlycareers

These are just a few of the web pages tailored to specific groups' needs. You can check out our People Like Me home page at www.ssa.gov/people to see all of them.

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Growing Old Is A Challenge

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

My 80-year-old brother said to me in a recent phone call, "Brother, you are old". I thought about that and then replied, "Yes, I am". Since I can't change the fact that I am old, the real challenge is how I handle it. In my last Navy assignment I worked with 550 retired military personnel, only one of whom was younger than me. I learned a lot from them that influenced my ability to age well, then picked up additional skills in the ensuing 33 years. Now I want to pass along my knowledge in the hopes of helping others in their own aging processes.

One part of the aging equation that is often missing is knowledge of the care necessary for seniors to live safely and receive care when dementia or other disabilities set in. When a person can no longer manage activities of daily living, case managers can help locate the type of help they need, whether it is inside or outside the home. In the main, these resources can all be managed by professionals who know the system and can assemble the necessary care team.

But what about the person who needs care but, regardless of the difficulties, wants to remain where he or she is most comfortable? We often assume that those who need care are ready to receive it. There are many seniors not yet ready to give up the fight. With a little assistance, they may still be able to live as they choose. This foregoing thought is very important in helping the person changing their lifestyle to understand.

Try to avoid pushing or forcing a person to be placed. Letting such a person say, "I am ready, or, I think I may need more help" enables him or her to accept the use of a case manager to access the care required. A respectful and empathetic approach can really affect how the change in life style is received. Too often I have encountered situations where family members did not understand the need for the older person to accept their living transition; they were just told, "You are old." It happens.

It would be a wonderful world if we did not have to talk about getting old. We do, but how we address such fact is an indication of our individual beliefs, the desire to help others, and our knowledge of the aging process and the tools we have to address that process.

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

ask ONE SENIOR PLACE

Barbara Fradkin

Living with Diabetes

Q: If I have prediabetes, does that mean I will eventually get diabetes?

A: Most of the food we eat breaks down into sugar, or glucose. In a healthy person, the pancreas releases insulin when your blood sugar goes up. Insulin is the gatekeeper, letting blood sugar into your body's cells for energy. People with diabetes don't make enough insulin, or can't use it as well. That means too much sugar stays in their bloodstream, which can lead to serious health problems over time.

The Centers for Disease Control and Prevention (CDC) estimates 34.2 million Americans are living with Type 1 or Type 2 diabetes. Type 1 is most often developed in childhood. There is no known prevention. Type 2 diabetes is a different story, accounting for 95% of all diabetes cases. Type 2 comes on slowly over time, and obesity is the leading risk factor. The last 20 years have witnessed a diabetes surge in adults, teens-- and even children.

In Florida, 2.4 million people have diabetes and another 5.8 million have prediabetes, which is a blood sugar level that's higher than it should be. Nearly everyone with Type 2 diabetes has prediabetes first. Right now, more than one in three adults in America have prediabetes --and 84% of them have no idea.

If you're one of those people walking around with undiagnosed prediabetes, Nurse Lisa Conway at One Senior Place wants you to know the warning signs.

"Symptoms can include increased urination, excessive thirst, unexplained weight loss, blurred vision, numbness or tingling in hands or feet, fatigue, dry mouth or itchy skin, slow healing sores and increased infections."

Conway, an Aging Life Care Professional, is quick to add the good news:

"You can prevent or delay Type 2 diabetes with simple, proven lifestyle changes such as losing weight, eating healthier and getting regular physical activity."

Don't wait. For information on diabetes resources, call One Senior Place at 321-751-6771.

One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Questions for this column are answered by professionals in nursing, social work, care management and in-home care. Send questions to AskOSP@OneSeniorPlace.com or call 321-751-6771. Barbara Fradkin is a Social Worker, Certified Care Manager and the Director of One Senior Place, Viera.

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Helping Seniors Of Brevard

www.HelpingSeniorsof Brevard.org Issue

Special Pull-Out Newsletter

Helping SENIORS of Brevard

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

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HelpingSeniorsofBrevard.org

President's Message

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

Greetings,

We are closing in on our Car Raffle Grand Drawing on October 9. This is an important fundraiser for us, as we do not receive regular government funding or membership dues. Since we do not charge for our help, we are dependent on your support to help us meet our expenses. In return, you get a chance to win something!

Our objective is to provide a senior hotline to assist callers, a weekly radio show, TV shows that are shown daily on Space Coast TV, articles in Hometown News, and an eight- page newsletter to 14,000 people in Senior Scene magazine, all for an annual budget of about $200,000. That is a bargain and all directed to the care of seniors.

I was recently at a car show selling tickets for our car raffle and was approached by a man I knew in the late 90's when I was Director at the Brevard Alzheimer's Foundation. He told me that I had helped him find an assisted living facility for his mother and how much she loved it. He went on to say that it became necessary to move her to a nursing home where she died shortly thereafter. This contact came for the first time after 20 some years and, to me, shows the importance of helping seniors.

Hopefully you have enjoyed a good summer. It is our intention to start a new lecture series soon, but we will wait until this COVID bug is gone. If you want to learn more about Helping Seniors, go to Helpingseniorsofbrevard.org. To donate online, visit Helpingseniorscarraffle.com. Years ago I told a woman she could put her raffle tickets on her credit card. She did and she won the car – true story. Also talked a man into a $25 ticket on a 1957 two-door Chevrolet with ghost flames in its red paint job, and he won. The moral of the story is that someone will win a car, but all donors will win by helping us help people in need. Many thanks.

Joe Steckler
Elder Advocate

(321) 473-7770
Brevard Senior Information Helpline

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The 2021 Helping Seniors Car Raffle Fundraiser

Almost that time again! Someone - might as well be you! - is getting keys to a brand-new 2021 automobile at the 5th Annual Helping Seniors Car Raffle Grand Drawing at the American Muscle Car Museum on the evening of October 9th!

Do you choose 1 of the 2 great muscle cars? A pick between the Chevrolet Camaro or Dodge Challenger? Or will you go the sporty route and choose the Mazda Miata or are you after the stylish Kia Sportage?

Big Decisions to make! Last Fall, our winner was all in for the 2020 Camaro, while a year earlier, that winner had her sights set on the 2019 Red Dodge Challenger!

One thing is for sure: **You Have to Be In it to Win It!** Get your ticket today - 1 ticket for $25 and 5 tickets for $100 donation to support the work of Helping Seniors of Brevard.

Car Raffle tickets are available at any of the Boniface Hiers Car Dealerships, by phone at **(321) 473-7770** or buy them securely online at **HelpingSeniorsCarRaffle.com**.

Your 2021 Helping Seniors Car Raffle tickets, in addition to supporting the Helping Seniors organization, now in our 10th year of service in Brevard County, via our Senior Information Helpline, offers 2 great bonuses this year!

Your ticket is "Admit One" to the greatest automotive evening in our area - the Grand Drawing at Mark Pieloch's American Muscle Car Museum. Saturday night, 6pm-9pm Oct 9th, Mark opens the doors and welcomes you to a night of automotive amazement.

Mark's collection encompasses 325+ cars with more than 50 Indianapolis 500 Pace Cars & Trucks and 100+ cars with less than 100 original miles. The Museum is literally a "Who's Who" of American Muscle Cars!

The Museum is not open to the public, but Mark has generously opened his doors to our Helping Seniors Car Raffle each year from his opening day and it is always a night filled with the best cars, great refreshments and such amazing fun.

Bonus Day at the Museum

2021's Helping Seniors Car Raffle gets even better - not only is your Car Raffle ticket an opportunity to be part of the festivities at the Grand Drawing on the evening of October 9th, 2021, your ticket also admits to you to a very special event - **Sunday Afternoon at the Museum** - 1pm-4pm on September 12th.

While the 2020 Helping Seniors Car Raffle most certainly did produce a winner last October - Troy Darling of Indialantic, who chose a special 2020 Chevrolet Camaro to ride home in - Covid kept us outside of the Museum and so everyting ended up as a Facebook Live Broadcast event only.

To make up for that missed opportunity to tour this amazing car collection, owner Mark Pieloch generously offered up Sunday, Sept 12th 2021, as our "makegood" date, and has invited all Helping Seniors ticket holders from 2020 to come out and enjoy the museum on that afternoon.

In fact, we'll honor ANY Helping Seniors Car Raffle ticket you have as an entrance ticket on that day - 2020 or earlier. And, better still, even your fresh, new 2021 Car Raffle ticket is good for admittance on this special Helping Seniors event Sunday as well!

Be In it to Win It

As a Florida non-profit organization, Helping Seniors is only able to serve because of your generosity and kind financial support. For 10 years now, your help has made a difference here in Brevard County for close to 4,000 families that we have been fortunate to be able to successfully assist.

When you get your Car Raffle ticket today, you are not only ensuring a great time at the American Muscle Car Museum and, possibly, choosing your next brand new car (you do not have to be present to win), you are also ensuring a better future for Seniors and their families who you help and support through your giving.

Call (321) 473-7770 to get your tickets or visit online **HelpingSeniorsCarRaffle.com** today. We also want to to gratefully appreciate our Key Business Sponsor for this event, the 5-Star Rate CarePlus Health Plans of Florida, as well as Hibiscus Court Assisted Living and Seniors Helping Seniors of Brevard. Thank you!

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Why All the Controversy About Fluoride?

Lee Sheldon, DMD
Solid Bite

Fluoridation has been a part of water supplies for well over a generation. The reason for the use of fluoride is to make tooth enamel more impervious to foods and bacteria that cause tooth decay. What's the problem?

Fluoride introduced into most water supplies is a waste product of the phosphate fertilizer industry. Such fluoride is in the form of a compound, hydrofluorosilicic acid. Only 23% of the material used is hydrofluorosilicic acid. The remaining 77% includes other elements including aluminum. The explanation from the CDC is that fluoride is in such a small concentration (0.7 parts per million) that it can benefit teeth and cause no other harm to the human body.

Recent research has demonstrated otherwise, however. Pregnant mothers who used fluoridated water showed a decrease in IQ in their offspring in NIH-funded studies. This confirms the same observation in over sixty other studies. For seniors, a recent Swedish study showed an increased hip fracture rate of 50%. And there are indications that fluoride assists aluminum in the fluoridation compound in crossing the blood/brain barrier. Aluminum has been implicated in Alzheimer's Disease.

If you don't want fluoride in your water, you have a few options. One is to buy reverse osmosis equipment for your drinking water. Another is to buy purified water or some spring waters. You can check the website of each brand to find out the amount of fluoride in that brand of water.

If you are prone to tooth decay, the fluoride in toothpaste is pharmaceutical grade, meaning that at least 99% is pure. You can spit that out. However, the real culprit in tooth decay is sugar. Stop eating sugar and sugar-containing foods and you are much less likely to get cavities.

Link Between Hearing Loss and Alzheimer's Disease

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

Seniors often forget to make hearing well a part of their aging plan. Many studies have shown that there is a link between untreated hearing loss and cognitive decline. This is just one major reason people should seriously consider treating a hearing loss early on.

Many seniors suffer this decline and are immediately sent by their primary care doctor to have a mental health assessment. This could be a mistake and results may not be accurate if this person has a hearing loss. I like to say "*How can you remember what you can't hear*?"

The symptoms for hearing loss can actually mimic the symptoms for Alzheimer's. A person with Alzheimer's/Dementia may experience depression, anxiety, and/or disorientation. A person with untreated hearing loss may experience depression, anxiety, and/or social isolation.

A person with Alzheimer's may experience reduced language comprehension. A person with untreated hearing loss may experience poor speech discrimination.

People with both Alzheimer's and untreated hearing loss have suffered from identical symptoms such as denial, defensiveness, and/or negativity.

These are just a few of the similarities in the "symptom list" for both diseases. A good friend and colleague said it best, "*No mental health assessment of an older adult is valid until a person's hearing loss has been corrected*" Dr. Max Stanley Chartrand PhD.

Make hearing well an important part of your aging plan. Untreated hearing loss has proven to be detrimental to a person's health in some cases.

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- A 5-line Business Directory listing each month, for 12 months, in the online edition of the Helping Seniors Newsletter – published atHelpingSeniorsofBrevard.org.
- An online Business Directory listing every day, for 12 months, in the HelpingSeniorsDirectory.com online directory – receiving thousands of visits monthly – and in categories that seniors are actively searching for.
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(Based on annual commitment)

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Helping Seniors of Brevard is the #1 organization that helps seniors throughout the entire Brevard area. Our organization receives calls every day from seniors with various needs not medically related. We know without your help & support we cannot continue our mission.

Our Helping Seniors of Brevard Travel Club is one way that we can support the work of Helping Seniors. This travel club is open to all, and the Club works with travel vendors that will donate back part of their profits to the Helping Seniors organization. The Club guarantees lowest rates - including any internet rate that is available.

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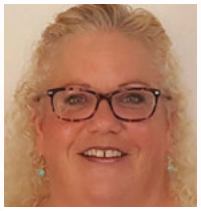
When you and your friends and family join us on this amazing cruise, you will continue to help and support our work. MSC will donate a portion of their proceeds to the Helping Seniors of Brevard organization.

After our 18 month isolation, we could not think of a better way to get back out safely and enjoyably with folks from Brevard County and sailing from our own "Home Port."

Chris Morse & Betty Powers are ready to book your October 17th Helping Seniors Travel Club Cruise. Call Chris or Betty at 321-978-5211

Thank you again for your help and support. Working together in the Brevard community we WILL make a difference.

Helping Seniors Of Brevard



Elder Abuse: Recognizing the Hidden Signs

Traci Graf, RN
AVID Home Care

The National Center on Elder Abuse lists seven kinds of elder abuse: physical, sexual, emotional, financial, neglect, abandonment, and self neglect. Abuse can occur in the home or long term care setting. Let's look at each kind and examples of them that are not easily seen.

Physical abuse can be obvious (bruises or broken bones), but many times nurses and doctors have to identify telltale signs, such as repeat hospitalizations for similar injuries, delayed medical care for an injury, trips to different emergency rooms, or poor explanations for how an injury occurred.

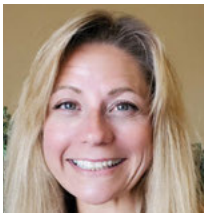
Sexual abuse includes any sexual contact with a patient who has dementia, as they are unable to consent to contact. Look for blood stained underwear, pelvic pain, social withdrawal, or inappropriate sexual behavior.

Financial abuse costs seniors more than $2.9 billion annually. Examples include misuse of banking information or credit cards by a trusted individual or taking items of value from the person. Unfortunately the worst cases of this I have ever seen as a nurse were all done by family members.

Emotional abuse can be obstructing access to resources or treatment, humiliation, name calling, and intimidation. Signs in an elderly person can be lack of eye contact, isolation, different eating/sleeping habits, or trying to hurt someone.

The most common type of abuse is neglect, which can also be self inflicted. Neglect is common in understaffed nursing homes, manifesting as poor hygiene, lack of nutrition, unclean or unsafe living arrangements, unpaid bills, wounds, dehydration, and weight loss.

Sadly there are always people who have no one to notice they are being abused. Elder abuse in Florida is a felony. If you suspect elder abuse, report it anonymously at 800-962-2873 or at www.reportabuse.dcf.state.fl.us/.



Alzheimer's Awareness

Riki Montgomery, Office Manager
Seniors Helping Seniors

September is Alzheimer's Awareness Month. Alzheimer's can be a scary word, especially for those of us who have had some experience with the disease. While there is currently no cure for Alzheimer's, there are treatments that can help slow the progression and ease symptoms. The first step is getting a diagnosis.

Getting a diagnosis of Alzheimer's can sometimes lead to feelings of sadness, anger, and fear, but early detection can be helpful in many ways. Early diagnosis can help you and your family plan for future care and treatment. It gives you time to get finances and legal matters in order while you are still able to make those important decisions. Early detection also gives you and your family an opportunity to receive advice, information, and guidance through new challenges.

Some of the symptoms to keep an eye out for are, forgetting recent events, trouble with problem solving or finishing complex tasks, feeling overwhelmed with balancing a check book or similar responsibilities, changes in personality, disorganized thoughts, difficulty expressing thoughts (word searching), getting lost or misplacing belongings.

Keep in mind that these symptoms are not exclusive to Alzheimer's dementia, but could be from a different, more treatable condition. That is why going to see your doctor is so important. If you or a loved one are experiencing some of these symptoms, we urge you to go see your physician. If you are caring for a loved one with Alzheimer's and need a little relief, Seniors Helping Seniors is here to help.

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Helping Seniors Of Brevard

Long Covid – A Continuing Major Problem

Part 2 of a series

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

In the U.S., close to 34 million people have been diagnosed with COVID-19, and an estimated 30% of those still have symptoms lasting months or now over a year since the pandemic started. They are suffering what is now called Long Covid. Please read Part 1. Call 321-549-0711 for a copy.

<u>THEORIES</u> on causes of Long Covid

1. **Over stimulated immune system.** Patients may still have remnants of the virus in their body that keep stimulating the immune system. The body doesn't know how to shut the immune system off or the virus may cause the immune system to malfunction, so antibodies that typically attack foreign entities—such as viruses—start attacking the body instead.
2. **The gut microbiome imbalance.** The gut is the largest immunological organ in the body, and its resident microbes are known to influence immune responses. Even though the virus is primarily a respiratory illness, the evidence suggests the virus may kill off beneficial microorganisms in the gut microbiome, causing an imbalance and contributing to the long-term symptoms.
3. **The body is simply suffering a long-term injury.** The virus may scar the lungs or damage the heart, and those injuries could lead to long-lasting symptoms. For hospital ICU patients, their lingering symptoms might be related to long stays in a hospital bed or side effects of treatments. People discharged from the ICU often experience long-running brain fog, fatigue, and muscle weakness.

There are effective holistic therapies for Long Covid with the use of supplements, changes in lifestyle, and diet. Make an appointment today!

Dr. Kevin Kilday, PhD, D.Psc, Holistic Health Center, 321-549-0711, Solutions for Cancer, Long Covid, Chronic Conditions, Supplements, Tests

Not My Family! Real Life Issues - Episode 3

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

As we continue to explore real life situations, we hope you will see the importance of being proactive and prepared. To recap, in last month's episode, Don is in rehab and wants to come home, but Anne is unable to care for him. She hopes that Don's Designation of Health Care Surrogate ("HCS") will be sufficient for her to make the decisions needed for his care.

Currently Don is combative, demanding to go home (though it is unsafe for him to do so) and refusing to cooperate with Anne as his HCS. Due to Don's refusal to cooperate, Anne has no option but to have Don declared incapacitated and for a guardian to be appointed over him. Guardianship is expensive, but in this case it is necessary for Don's safety and wellbeing.

Don and Anne's children are concerned for both of their parents. This situation has been stressful for the entire family, but especially for Anne. Daughter Laura comes to town to help Anne and to attend a consultation with an Elder Law Attorney to discuss the steps needed to protect and care for Don. At the consultation, Anne and the family agree that Laura should be the Guardian to alleviate Anne's stress, and the Elder Law Attorney begins preparing the documents to start the Guardianship process.

Thereafter, just when Anne thought things were settling down, she received a call from the billing office at the nursing home. Don is running out of his Medicare days, and will need to private pay unless he can become eligible for Medicaid. How is Anne going to have enough money to pay the household bills ***and*** take care of Don? The Elder Law Attorney will need to assist Anne with Medicaid Planning ASAP because Anne cannot afford a private pay bill of $12,000 per month!

Stay tuned next month for more real-life scenarios of "Not My Family! Real Life Issues." Today is the day for you to be proactive and get prepared. **Call Rhodes Law, P.A. at (321) 610-4542 to schedule your *FREE* consultation now**.

Helping Seniors Of Brevard

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Mom & Me

by Audrey & Kimberley

Dear Mom and Me,

I was always looking forward to being a grandmother but it is not turning out the way I had planned.

Our twenty-five year old son fathered a child. He has no intention of marrying the "one night stand" and feels no responsibility whatsoever to the girl or his child. He insists that it was "her fault" and she can take the consequences. As a result of DNA testing there is no doubt that he is the father.

We would like to help our grandchild financially and emotionally. What do you suggest we do?

– CONFUSED IN CANTON

Dear Confused,

It certainly is positive for someone to step up to the plate and accept responsibility for the child. You deserve a pat on the back.

If the mother will allow you to contribute and participate in the life of your grandchild it would be very good. It will give the child a sense of family. There are some questions you need to ask yourself, i.e. does the mother want you to be involved? Will there be consequences for your relationship with your son? Will your involvement in some way interfere with the mother establishing a relationship with a potential step-father, for your grandchild? Most importantly, if you do not agree with the child's upbringing, or think that the child is at risk, what are your rights as the grandparent? If after answering these questions you find benefits for all, call the mother of your grandchild and talk it over with her. Let her know you would like to be involved with your grandchild. See if you can both establish some ground rules and the beginning of a long term relationship.

– KIMBERLEY

Dear Confused,

Some people look forward to being a grandparent, it is unfortunate that our expectations are not always realized.

Your son's lack of moral responsibility is an example of "if it feels good do it" regardless of the consequences. He may at some time find that he will be forced by the court to support this child. This little child needs all the support it can get. If the mother agrees maybe you could be part of your grandchild's life.

Grandparents are in the forefront, States vary in their opinion. Try to be as cooperative as you can with your grandchild's mother, and , please, please try to avoid having a lawsuit. You may win the battle but loose the war.

In the mean time you could contact Grandparents Rights Organization, 555 S. Woodward Ave., Suite 600, Birmingham, Michigan 48009. Please send self addressed, stamped, business style envelope.

– AUDREY

SENIOR NEWS LINE

By Matilda Charles

More and More Scams Aimed at Seniors

Most scams keep repeating year after year. After all, the scammers are making big money doing those Nigerian grandson/auto-warranty scams, so why would they drop them?

However, new ones keep popping up. If you shop online, beware of accidentally typing in the wrong name. Scammers have created websites with actual information from real store websites, but with a slightly different name. If you shop at a fake store and put in your credit card, the scammers will have immediate access to it.

If you learned how to do Zoom or other online conferences to talk to your family, beware any emails or messages you get about your Zoom. Scammers have set up thousands of Zoom-related internet links for the sole purpose of getting you to click on one they send you. The instant you do, malware (malicious software) is loaded into your computer. From that point all your personal data is at risk. Ignore those emails or messages. If there's a problem with your Zoom, go straight to the Zoom site and check it from there.

In a sign of the times, there are fake COVID contact tracers that ask for personal information and Social Security numbers. Hang up if they call you.

A big problem is that often we don't report the scams. We're embarrassed, or we're afraid the scammers will retaliate, or we just don't know where to report it. If nothing else, you can call the police. If the scam happened on the Internet, contact the FBI's Internet Crime Complaint Center (www.ic3.gov). The center has logged over 6 million complaint calls -- a big portion from those over age 60.

Scammers are everywhere, and it's up to us to stop them in their tracks by being wary of phone calls, emails and the internet. Ⓢ (C) 2021 KING FEATURES SYNDICATE, INC.

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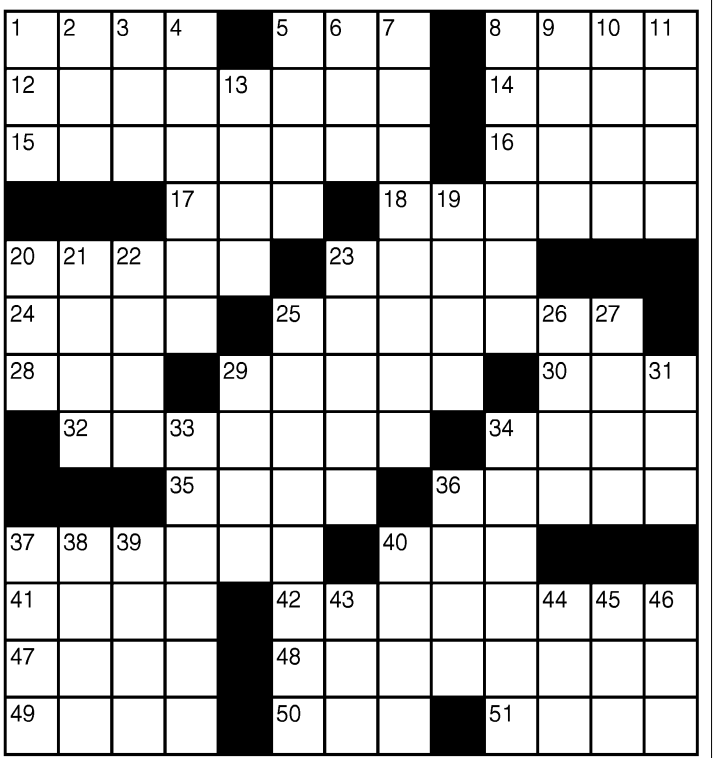
King Crossword

ACROSS

1 Mattress option
5 NASCAR advertiser
8 Wild guess
12 Supervisor
14 "Yes —?"
15 Accidentally
16 Late July babies
17 Since Jan. 1
18 12-year-olds, e.g.
20 Bjorn Borg, for one
23 Salon request
24 Actress Elisabeth
25 Act of contrition
28 Knight's address
29 Persnickety
30 Fez, e.g.
32 Woo
34 City district
35 BMW rival
36 Follows
37 Mississippi city
40 Venus, to Serena
41 Mine, in Montreal
42 Astaire specialty
47 Scepters
48 Valuable volume
49 Make a sweater
50 "Rah!"
51 Not busy

DOWN

1 Watch chain
2 Wall climber
3 Fun and games
4 Dr. Jekyll's alter ego
5 Fax
6 Sleuth
7 Sham
8 Grave
9 Genealogy chart
10 Soon, poetically
11 Employer
13 Fill fully
19 Fay of "King Kong"
20 Snake's warning
21 Spinning sound
22 Modern money
23 Joe of "GoodFellas"
25 Talking heads' opinions
26 Spiced tea
27 British noble
29 Ersatz
31 Pro Bowl stats
33 Zedong follower
34 Sushi condiment
36 Ocean motion
37 Fir coat
38 "— a roll!"
39 California city
40 Agile
43 Motorist's org.
44 Silent assent
45 Army rank (Abbr.)
46 Scrape (out)



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PAW'S CORNER

By Sam Mazzotta

Grieving Cats Unite After Losing Brothers

DEAR PAW'S CORNER: I wanted to share a tale of two cats. One is "Bean," a chocolate Burmese. Bean had a brother, "Coco." I purchased the two of them when they were kittens. Sadly, Coco passed away at age 3 from cancer. Bean grieved for a very long time.

A few months ago, I met someone in an online group who also had two Burmese cats, and one of them passed away. The surviving cat, "Storm," was inconsolable. Like Bean, she roamed her house day and night, meowing for her brother to reappear.

Storm's owner had health issues and was looking to place her in a new home. I had a feeling that together we could help both of these grieving cats. But cats, especially adult cats, often do not get along -- especially when one is introduced into the other's home. However, both cats were fixed, which helps reduce territorialism and aggression, among other problems. We both agreed to a two-week trial; if the cats were too stressed out or fought, then it was a no-go.

Fortunately, after a cautious sniffing-out period during their introduction, Bean and Storm snuggled right up together. They have been buddies ever since. Neither of them goes meowing around at night. Bean and Storm are a new family, and they couldn't be happier. Thought I would share! *– Dana A., via email*

DEAR DANA: Thank you for a heartwarming story! You did the right thing by setting up a trial period, because cats that don't like each other may escalate aggression with each encounter, and the trauma is bad for both. But it sounds like Bean and Storm have settled in nicely. Congratulations!

Send your questions, comments or tips to ask@pawscorner.com.

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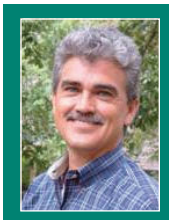

Judas Kiss and Use

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

In some cultures, people greet each other with a kiss. That kiss-greeting must have been somewhat customary in Palestine two thousand years ago. I say that because Judas kissed Jesus in greeting and with that, betrayed him.

That kiss did two things, both contributors to the betrayal. One, on a dark night dimly lit with torches, it identified Jesus to the guards. Which of these bearded men in the garden's shadows is really Jesus. Judas, who knew them all, answers, "The one I kiss."

The second thing is perhaps less apparent to most of us. What we do not realize readily is that in a community with rabbis, in a community with hierarchies, in that community of Jesus and Judas, greetings had a protocol to them. Specifically, a student never initiated the greeting with the rabbi. He would greet the other students in the presence of the rabbi and then wait to be greeted by the rabbi. It was a "save the best to last" sort of thing. But here Judas initiates the greeting. And in so doing makes himself equal to Jesus.

Judas essentially said, "Jesus, you handle things and I handle things." "Jesus, you have plans and I have plans." "Jesus, you have wants and I have wants." "I'm pressing ahead, thank you very much." There it is – my way over your way, my wisdom over your wisdom, my wants over your wants.

There's an oft-told story of a captain at sea who sees a light ahead and radios commands for that vessel to get out of the way. The reply is that the captain and his vessel must turn out of the way. Indignant, the captain bellows his rank into the radio with orders to turn out of the way. The reply comes, "I don't care what your rank is, this is a lighthouse and you better turn out of the way."

In the beginning, most all of us humans, assert our wants and wisdom, period. But then there is God and the question of whether we will have his way for our own or our way for our own. Ours may, most likely, ending up crashing.

Stay aware of your consciousness of God. When you sense tension with your way over his, take it as wisdom not to go the way of Judas.

CALENDAR HIGHLIGHTS

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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
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Thu	09/02	Durable Power of Attorney	3 Reasons for Reverse Mortgage	Avoiding Probate
Fri	09/03	Technology & Home Care	Importance of Evaluation	Life Enrich at Assisted Living
Mon	09/06	"The Talk" - Assisted Living	Probate - What it is/How it Works	Helping Seniors Directory
Tue	09/07	Too Many Teeth Being Extracted?	When Assisted Living?	How Reverse Mortgages Work
Wed	09/08	Good Solutions for Home Sales	Smorgassboard of Legal Matters	Senior Mental Health
Thu	09/09	Finding Good Help at Home	A Beautiful Smile	How Medical Office Team Helps
Fri	09/10	How to Cruise Successfully	Put Kids on the Bank Account?	What is Holistic Health
Mon	09/13	Holistic Approach to Pain Relief	Guardianship	Power of Attorney
Tue	09/14	All About Hearing Advances	Helping Seniors Travel Club	When to Call Adult Abuse
Wed	09/15	Smile - Form & Function	The Dirty "D" Word - Dementia	Debt Relief for Seniors
Thu	09/16	About Golden Providers	Role of Senior Care Advisor	Printing & Direct Mail
Fri	09/17	Finding the Right Place for Mom	Mobile Lab Services	Assisted Living Helps Thrive
Mon	09/20	Helping Seniors Directory	Hearing Loss Treatments	How to Cruise Successfully
Tue	09/21	Things to Know Elder Law	All About Home Health Care	Selling Your Home Efficiently
Wed	09/22	Value of Professional Printing	"The Talk" - Assisted Living	3 Reasons to Reverse Mortgage
Thu	09/23	Life Enrich at Assisted Living	Avoiding Probate	Technology & Home Care
Fri	09/24	Elder Law Services	Value of a Second Opinion	Benefits of Holistic Health
Mon	09/27	How Reverse Mortgages Work	Durable Power of Attorney	The Dirty "D" Word - Dementia
Tue	09/28	Too Many Teeth Being Extracted?	What is Holistic Health	Smorgassboard of Legal Matters
Wed	09/29	Assisted Living Helps Thrive	Importance of Evaluation	Finding Good Help at Home
Thu	09/30	Senior Mental Health	Helping Seniors Directory	The Vial of Life

Helping Seniors Radio on 90.3 FM WEJF Radio

Broadcast Schedule: Wednesdays 12nn-1pm

Wed	09/01	Focus on Elder Law	Elder Law Attorney Bill Johnson	William A. Johnson P.A.
Wed	09/08	Focus on Your Smile	Dr. Lee N. Sheldon	Dr Lee Sheldon (Periodontist)
Wed	09/15	Focus on Reverse Mortgages	Barbara McIntyre	Reverse Mortgage Funding
Wed	09/22	Focus on Help at Home	Jennifer Helin	Seniors Helping Seniors
Wed	09/29	Focus on Your Health & Wellness	Dr. Kevin Kilday	Holistic Health Center

From the kitchen of Good Housekeeping

Pork Tenderloin With Peach Glaze

Pork tenderloin is as lean as skinless chicken breast, with only 3 grams of fat and 120 calories per 3-ounce serving. Grill with fresh peaches to add health-boosting fiber, carbs and vitamins A and C.

1 lime

1/2 cup peach preserves

1 (1 1/4 pounds) pork tenderloin

2 bunches green onions

1 teaspoon olive oil

4 medium peaches, each cut in half and pitted

1. Prepare outdoor grill for cooking over medium heat. From lime, grate 1 teaspoon zest and squeeze 1 tablespoon juice.

2. Make Peach Glaze: In medium bowl, stir preserves, lime peel and juice, 1/2 teaspoon salt and 1/4 teaspoon ground black pepper until blended. Spoon 1/4 cup glaze into small bowl.

3. Cut pork tenderloin crosswise in half, then cut each piece lengthwise in half. Place pork on hot grill rack; cover and cook 5 minutes. Turn pork over; brush with glaze from medium bowl. Cover and cook 5 to 6 minutes longer or until pork is browned on the outside and still slightly pink on the inside, brushing several times with remaining glaze. Transfer pork to cutting board.

4. Meanwhile, toss green onions with oil, 1/4 teaspoon salt, and 1/8 teaspoon ground black pepper. Place green onions and peaches, cut-sides down, on same grill rack; cook 3 minutes, turning green onions over once. Transfer onions to platter. Turn peaches over and brush with glaze from small bowl; cook 3 minutes longer or until browned and tender. Transfer to platter with green onions.

5. Slice pork and serve with peaches and green onions. Serves 4.

* Each serving: About 330 calories, 5g total fat (2g saturated), 78mg cholesterol, 515mg sodium, 43g total carbohydrate, 4g dietary fiber, 32g protein.

Sweet Potato Fries With 2 Sauces

2 large sweet potatoes, cut lengthwise into fat chips

1/2 cup olive oil

1/4 cup chopped fresh parsley

4 clove garlic

Sea salt Clove freshly ground pepper

Creamy Scallion Dip:

1/2 cup mayonnaise

3 tablespoons sliced scallions

2 teaspoon Dijon mustard

1 teaspoon Worcestershire sauce

Ginger-Peach Ketchup:

1 peach

1/2 cup ketchup

1/4 cup lemon juice

2 teaspoon grated ginger

1 teaspoon soy sauce

1. In a large bowl, toss sweet potatoes with olive oil, parsley, garlic, 1 teaspoon salt and 1 1/2 teaspoons pepper until evenly coated. Cover with plastic wrap and marinate for 2 hours.

2. Heat grill to medium. Grill sweet potatoes until tender, turning once, 7 to 8 minutes per side. Serve hot or at room temperature, with dipping sauces if desired. Serves 8.

3. To make Creamy Scallion Dip: Combine ingredients in bowl and serve.

4. To make Ginger-Peach Ketchup: Simmer peach, ketchup, lemon juice, ginger and soy sauce for about 10 minutes. Serve.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

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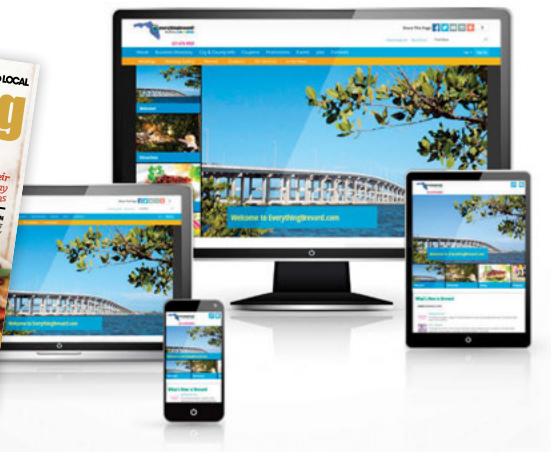

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Local Sports Stadium and Organization Provides Special Support to Veterans

In early May this year, a few veterans approached Bob Grey, Strategic Partner and Manager of the United States Specialty Sports of America (USSSA) at Space Coast Stadium in Viera and his great team with a request.

Only days earlier a well-known former Brevard County ROTC and JROTC Instructor and retired US Army Ranger, MSG Mike Sonnenschien, had been nearly fatally shot while serving on a religious mission to Haiti, a country in major turmoil through this time. Ranger Mike needed financial assistance to help with air evacuation and recovery since he had given up most everything to pursue his mission through a local Viera Church. LTC Tim Thomas, USA Ret and Vice Mayor of Melbourne as well as Viera HS JROTC Army Instructor led the Ranger Mike Fund effort while Brevard Veterans Council Chairman Donn Weaver worked with the Veterans Memorial Center and other groups in support.

Listening carefully, Grey suggested there was a date on May 22 where a fundraiser could be held at Space Coast Stadium. Over the next week he worked with the veterans to add additional fundraising opportunities at the July 2 USSSA Pride Fast Pitch Softball Game Military and Veteran Appreciation Night. Finally he decided that proceeds from a month long on line auction of sports jerseys provided by local sports personalities could also be added to the effort.

Together these events added over 90 per cent of the $22,000 raised to provide to Ranger Mike and his family. In addition, the July 2 game, attended by nearly 2000, recognized three WWII and Korean War Vets as well as all military and veterans in attendance, which was a great and patriotic way to kick off one of the best Fourth of July weekends in the history of Brevard County.

During the summer the Bob Grey and his team also included at no cost a full page ad in their program for 2021 about the partnership now established with the Veterans Memorial Center (VMC). The Good Deeds Foundation of the Cape Canaveral Chapter of the Military Officers Association of America (MOAACC) worked with USSSA and the VMC to create and advertise the Ranger Mike Fund which enabled all donations to be tax deductible.

The jersey auction netted over $6000 which was, on August 13, equally divided between the Ranger Mike Fund and the VMC which is a non-profit organization and facility on Merritt Island behind the Merritt Square Mall. The VMC supports many veterans, teaches Americans about what veterans have

LOCAL SPORTS STADIUM... continued on pg 48

Weekly SUDOKU

by Linda Thistle

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

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 POST

by Freddy Groves

OIG Holds the VA Accountable

The Office of Inspector General for the Department of Veterans Affairs has been busy. Despite COVID, the OIG managed to keep working, and it has checked in with its congressionally required six-month report. The eye automatically zips to the bottom line: The dollar impact from its efforts during the past six months amounts to $1,923,417,054.

You don't need to count the commas; that's 1.9 billion dollars it identified in one way or another. For every dollar in the OIG budget, it got back $21 in return.

During the six months, the OIG made 109 arrests, issued 652 administrative sanctions, put out 124 publications, talked to 14,129 hotline contacts and made 389 recommendations to the VA. The biggest category in that $1.9 billion is "Fines, Penalties, Forfeitures, Restitution and Civil Judgments," which brought in a cool $755 million.

The OIG put out some excellent reports during that time as well. Here are two:

1 The VBA (Veterans Benefits Admin) didn't test the skills of claims processors from 2016 to 2019, even though it's a congressionally mandated requirement. Not only did the VBA not provide additional training to many of those who failed the tests, it didn't even bother to give skills tests to 4,700 of the 10,800 people who are processing claims.

2 VA health care had no way to track patients who had received various medical implants, such as cornea or dental. That means if there was a problem or a recall, there was no system in place to find those veterans. Of 10,000 purchases of implant material, 2,900 purchases were either miscategorized or not even put in the system, making them impossible to track. For 18 months, 45% weren't tracked and $1.1 million in material (714 items) could not be located. Nearly 300 unrecorded items were found in storage.

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K	N	I	T	■	Y	A	Y	■	I	D	L	E

SUDOKU Answers

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

What Not to Forget On a Cruise: 15 Things to Remember to Pack

Part 1 of 2 Parts

Chris Morse *Senior Travel Specialist*

We all know that we overthink what items we should bring on a cruise. Pack or not to pack. We do not what you to get a bad feeling when you're on a cruise and discover that you've forgotten something at home. Let's not to put a dent in an otherwise great vacation. Here is a list of a few critical things not to forget the next time you cruise.

1. Adapter

If you're traveling outside of the North American and Caribbean region and will be spending any time at a hotel, you'll need to bring a power adapter with you. It's an easy item to forget as most cruise ships these days offer both North American and European plug sockets (limited availability), but hotels do not. We recommend getting an all-in-one world adapter that you just leave in your suitcase all the time; that way you'll always have it when you need it. I always bring a small extension cord to make use of an additional outlet.)

2. Band-Aids

No matter what type of cruise you are on you will probably be doing a lot more walking than you expect. Even your most broken-in shoes might start to feel a little rough in destinations like Alaska and Europe where glacier hikes or walking tours are standard fare. Be prepared for the inevitable blister or two with Band-Aids at hand, in whatever bag you carry with you off the ship. Also used for those scrapes and falls that may happen!

3. Chargers

If you're bringing anything that needs to be charged, make sure to double-check you've got the charger for it. There are lots of cruise destinations where getting a replacement charger could be near to impossible. You do not want to be stuck in a picture-perfect setting with no way to take a picture! Keep cords organized with an electronics gear bag. I normally carry two-three chargers as backups. Please do not keep the in the same location.

4. Emergency Contact List

Most of us have our contact numbers stored in our cell phones but what if someone else needs to make a call on your behalf (ships doctor or supervisor) and your phone requires a PIN or thumbprint? Or what if the phone is missing or the battery is dead? Having a hard copy of all your emergency contacts in your wallet or stored in your in-cabin safe could turn out to be a lifesaver. This is especially true on post-pandemic cruises. You will want to keep your family updated should your itinerary change due to any COVID-19 cases aboard your ship or if you yourself become ill.

The reason people turn off their phone is that if you get a call or get a text, you will be charged. And they are right, and the cost is very expensive. I suggest that you get a phone plan from your cell phone carrier and do not worry about your cell phone while on the cruise.

5. Hand Sanitizer, Masks, and Wipes

As part of their COVID-19-related health and safety protocols, cruise lines have added more hand washing and sanitizer stations around the ship to prevent the spread of germs (they are all over the ship). However, you will want your own little handy sanitizer bottle and we also suggest you bring

WHAT NOT TO FORGET ON A CRUISE... cont'd on pg 47

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Mortality Among Adults With Diabetes

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

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar. Hyperglycemia, or raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels.

Large reductions in diabetes complications have altered diabetes-related morbidity in the U.S. It is unclear whether similar trends have occurred in causes of death.

The Global Burden of Disease 2016 study reported diabetes to be the twelfth leading cause of disability globally and attributed nearly 1.5 million deaths to diabetes worldwide. Other studies estimate that the number of people living with diabetes today range from 415 million to 425 million, with a projection of as many as 700 million people living with the disease by 2025. Aging populations, increasing urbanization, and widening social inequalities are all contributing factors to the rapid rise in diabetes prevalence seen over the past 40 years. It seems according to the United Nations (UN), reducing premature mortality from non-communicable diseases, including diabetes, has become a global priority.

For people with either type 1 or type 2 diabetes, advances in clinical care, such as development of better glucose-lowering drugs and structural education programs, have led to considerable increases in life expectancy. Effectively, more people are living with diabetes for longer. Understanding the disease course, onset of complications, and comorbid conditions is critical to improving specialized care for people with diabetes.

In the American Diabetes Association meeting in June 2019, Dr. Gregg had mentioned on trends in cause-specific mortality among adults with and without diagnosed diabetes in the U.S. Using National Vital Statistics data, it showed a staggering five times of diagnosed cases of diabetes in U.S. from 6.2 million cases in the late 1980s to 34.2 million cases in December 2020 (or just one in ten have diabetes).

Deaths attributable to cardiovascular disease for both men and women with and without diabetes declined significantly over the periods mentioned earlier. Although still numerically higher, the rate of cardiovascular-associated deaths in people with diabetes declined far more rapidly than for those without diabetes. Modest by comparison, but encouraging nonetheless,

MORTALITY AMONG ADULTS WITH DIABETES cont'd on pg 49

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DOROTHY A. RHINES continued from pg 11

and natural foliage. Her seascapes, landscapes, native birds and wildlife of Florida reflect the color and life around her.

Her career as an Interior Designer and buyer for a high end furniture store helped her get started in doing paintings to incorporate into her client's décor. Rhines and her husband lived in the small town of Washington, IL, where they built their dream home on 10 acres next to a pond, which was visited often by the local wildlife.

Rhines found an old bank building in downtown Washington, IL, which is a lot like downtown Melbourne, FL. She bought it and started her business "Art and Design Masterpieces", where she display artwork by area artists, antiques, jewelry, clothes, accessories and so much more. They started Faux finishing and the business took off like a wildfire, keeping them both very busy.

She has donated some of her paintings to the Alzheimer's Foundation and participated in the "Paint Around" for the Brevard Watercolor Society "Splash" show where five artists painted each other's paintings. Lots of Fun!

She has been affiliated with the Upfront Gallery and the Art and Antique Studio/Gallery. You can contact Dorothy at dot.rhines@gmail.com. She currently has her studio at home where she paints and teaches.

For more information about Dorothy Rhines and view her artwork visit the websites:

www.art-exchange.com
www.artsbrevard.org
www.brevardwatercolors.org (Brevard Watercolor Society)

5G SERVICE AT HOME continued from pg 16

so if you live in a densely populated area, this may happen more often. Latency on a fixed wireless connection will also be higher, so it's not a great option for hard-core gamers.

Pricing and Availability

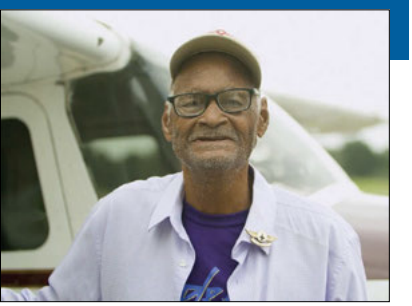
The service from Verizon currently starts at $80 per month with discounts for existing customers while T-Mobile is $60 - neither requires you to sign up for a long-term contract or has a data cap.

To see if Verizon offers service to your home, go to https://verizon.com/5g/home and for T-Mobile, go to https://t-mobile.com/isp

If your Internet needs aren't 'mission critical', the current offerings may work well for you, but I wouldn't it call it an obvious replacement to existing services just yet.

VITAS Team Makes a Hospice Patient's Bucket-list Wish Come True

By Kathleen Kashow, VITAS® Healthcare



From the front porch where Chaplain Rich sits and chats with hospice patient John, the background noise for their friendly conversations is often the hum of small airplanes taking off from a nearby airport.

Never in his 81 years did John think that he would one day be sitting in the cockpit of a Cessna 172, sharing the controls with a pilot he'd just met.

Thanks to the committed efforts of his VITAS Healthcare hospice care team and several local volunteers, John finally found the answer to a question his daughter said he asked frequently as he watched planes take off: "I wonder what it's like up there?"

A Chaplain's Chat Seeds the Idea

Rich says the seeds for the flight were planted when John mentioned that in all his years of living next to an airport, he'd never been up in the air. The chaplain turned to his patient and said, "Let me think about that, John. We might be able to make this happen."

In less than a week, all the pieces fell in place, thanks to coordination by VITAS team members and local volunteers. The pilot, whose mother is also in VITAS' care, volunteered his time, expertise, the plane, and fuel to make the flight happen.

Into the Wild Blue Yonder...

And so it was that on a slightly overcast day, John climbed into the co-pilot's seat next to the pilot and was soon looking down in awe as the plane circled the lakes, fields, and landmarks of the landscape.

At one point, the pilot radioed the tower at the nearby airfield and received permission to circle his passenger's house and surrounding neighborhood.

"It was so good to see John come out of that plane with his thumbs up," says Rich. "He was so happy after that flight, and it was all he talked about." It was a journey made possible thanks to the VITAS Difference.

On a follow-up home visit weeks later, Rich found an even more energetic, appreciative patient.

"(John) literally came alive after that flight," he says. "He told me, 'Chaplain, I feel so good. I want to love my wife more. I want to live my life more. I just thank you, because you created this happiness for me.'" Ⓢ

Kathleen Kashow is general manager for VITAS Healthcare in Brevard County. Learn more about end-of-life care options, find meaningful volunteer opportunities, or apply for a fulfilling career with the nation's leading hospice provider at VITAS.com or call 321.339.2893.

WHAT HAPPENS IF A BENEFICIARY DIES? cont'd from pg 13

estate. This will delay closing the primary estate until a probate estate is opened for the deceased beneficiary to receive the distribution. Therefore, it is important to close an estate as soon as possible.

3. If the beneficiary dies after receiving distribution:

Once a beneficiary has received the inheritance, it is the beneficiary's. When the beneficiary dies, it will be part of his/her estate. But what if you do not want it to be a part of a child's estate? Perhaps you prefer not to have it go to the child's spouse. A way to prevent this is to hold the child's inheritance in trust for him/her and specify who will receive the balance upon the child's demise. A sequence of trustees should be named who could reasonably be expected to survive the child, first to make distributions over the child's lifetime and then at the child's demise, make distribution of the remaining funds to the final beneficiaries.

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. Ⓢ

WHAT NOT TO FORGET ON A CRUISE... cont'd from pg 44

extra masks! Wipes are useful for cleaning down everything from your airplane seat to the deck chair at the pool. Touch something, wash your hands!

6. ID

Sadly, we've read horror stories of people showing up to cruise ports without their passports, birth certificates or required visas and getting turned away. If it's the last thing you do before you walk out your door, always check to make sure you've got all the identification and paperwork that is required for every step of your trip. Covid card, passport good for 6 months after you return from trip and any visas you may need.

7. Masks

The latest cruise ship cabin amenity is disposable masks, but you may want to bring you most comfortable masks from home. You will also need to wear a mask at the airport and on the planes if you are flying to your embarkation city. And everyone needs to wear a mask in the cruise terminal during embarkation and disembarkation.

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Sun Coleus Offers Colorful Foliage All Summer Long

By Gary R. Bachman, *MSU Extension Service*

All the gardeners I know try really hard to keep their landscapes colorful even when the summer temperatures and humidity are keeping them inside. Smart gardeners use a secret weapon for color in the heat of the summer: colorful foliage.

Plants with colorful foliage hold their color better than many of the warm-season flowering annuals. There are several great, colorful foliage plants, but my favorite is the coleus. This foolproof landscape plants provides vibrant color all season long, from planting in the spring to frost in the fall.

Sun coleuses have rich and diverse colors, many of which are highly variegated. They offer a kaleidoscope of colors and combinations, but I lean towards planting the red or predominately red selections.

Here are some coleus varieties that have been great performers in my home landscape.

Coleosaurus has brightly colored foliage that generates lots of attention. Its foliage is vibrant dark red and lime green, creating a bold contrast of colors.

A good selection from the Main Street coleus series is Oxford Street. This plant has an upright and spreading growth habit. It displays serrated, pointy leaves that remain cherry red with distinctive lime-green edges.

Marquee Box Office Bronze has unique foliage that is both elongated and serrated. This selection grows up to 24 inches tall with stunning bright-red to maroon foliage.

Redhead is an older favorite that brings landscape drama. The muted red leaves have small serrations on the edges, and they keep their terrific, bright red color when grown in shady conditions, unlike other coleus varieties.

While not a truly red coleus selection, I want to include Rustic Orange. This plant brings a bright, vibrant orange punch to any landscape. The edges of the foliage are yellow with serrations, adding landscape texture.

But what if you have a shady corner or patio and would like to include coleus? These sun-loving coleus selections will look great in these conditions, but the color development can be muted.

Coleuses are easy-to-grow, low-maintenance plants that are almost foolproof when grown in well-drained landscape beds or containers and consistently watered through droughty periods. They are also excellent in baskets as filler plants, especially when grown in combination with a vining or cascading plant.

Since we grow coleus for its boldly colored foliage, there is no point in letting it use energy to develop flowers. Pinch these off to help develop a bushy plant. Newer varieties have been bred to resist flowering until late in the season, if at all.

LOCAL SPORTS STADIUM... continued from pg 40

done for our country and has many other missions together with the county. VMC charges nothing for its museum and other facilities for regular visits.

Success breeds new ideas. The USSSA is now working with the VMC and MOAACC to organize another special night for veterans and active duty military during a late September national softball tournament. Although the date is pending, teams of men's slow pitch softball from active duty military units all over the world will descend on Space Coast Stadium for their annual tournament. Bob Grey and the veterans are back to work seeing what program might work in that environment to help and to bring awareness to the veterans and their missions in Brevard County. From the 72,000 veterans resident in Brevard, thanks to Bob Grey and his team for such special efforts and their demonstration of patriotism as the new partnership begins.

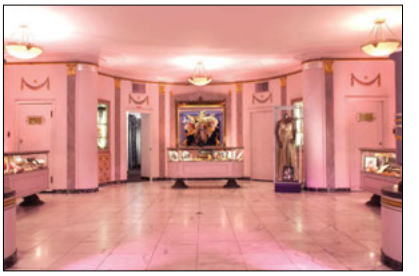
CLAUDIA WELLS WENT 'BACK TO THE FUTURE' continued from pg 14

But when time came to reprise her role 4 years later in "Back to the Future Part II," Wells was unavailable due to a family illness and was replaced by Elizabeth Shue in Parts II and III.

"I've met fans who remember watching Part II when it came out and didn't even notice a different actress was playing Jennifer," Wells said. "But others told me they were screaming at the screen wondering why there was a different Jennifer."

Despite bumping into other cast members of the trilogy while traveling the film convention circuit over the years, 'the two Jennifers' have never met (who knows what that might do to the space-time continuum!). "I'd love to meet Elizabeth because I think she's just a brilliant actress and I was actually quite flattered when they cast her in the role."

After an acting gap of about 20 years, Wells returned to film and television. She also opened and still runs Armani Wells (www.armaniwells.com), a menswear store in Studio City. "The store will be 30 years old in December. I am so fortunate to have found two different careers that are completely fulfilling."



Wells says she was thrilled to be included in the reopening of the Hollywood Museum, especially with its 'Back to the Future" exhibit and its support of the Michael J. Fox Foundation.

"Michael was able to hide the disease for a number of years and I was absolutely flabbergasted when I first heard he was diagnosed," she said. "He was so good at physical comedy and so healthy. But he has not only been an inspiration to others who have Parkinson's but has encouraged research that will hopefully lead to a cure one day."

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

SOCIAL SECURITY VIABILITY cont'd from pg 17

ey going to come from? The answer is two-fold; taxation and printing. Both will cause unprecedented inflation. It's inevitable. Are you prepared?

Runaway spending appears to be the elephant in the room. I believe all the pundits are aware of this but have no clue how to solve the problem. With the new reports of runaway inflation, millions of COVID-19 unemployed not contributing to the system, and the absurd birth rate in the USA of 1.6, are we doomed?

Before my father died in 2017, he would say to me that he was never worried about his retirement, but rather he was worried about mine (he was a union president). He admitted that benefits for the depression era babies have been overly generous and probably overdone. He would outline that there exists so many pension-related programs for every walk of life that he is surprised the system hasn't already pancaked. This scared me and helped motivate me to become a financial advisor back in 1990, 31 years ago.

What can you do? You must take matters into your own hands. Get proactive and meet with a CFP. There exists over 1 million financial advisors in America practicing investments, insurance and banking, but only 7% are CFPs. You can find them here: CFP.net. Get prepared! Remember, history repeats itself every time.

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.

MORTALITY AMONG ADULTS WITH DIABETES cont'd from pg 45

overall cancer-related mortality was also reduced, largely due to declines in deaths from breast and colorectal cancers, but deaths from pancreatic and liver cancers have increased. In people with diabetes, deaths from other causes, such as unintentional injuries, lower respiratory tract disease, hypertension, infections, and renal disease, were all increased.

These studies clearly demonstrate the complexity of the story underlying mortality in people with diabetes. And the picture presented in the U.S. will most likely be reflected in other regions as the global epidemic marches on. The diversity in causes of death signals and important call for clinical management and public health reform to better care for patients with diabetes. Undoubtedly, reducing risk of cardiovascular disease is important, but increases in liver and renal disease and in deaths from sepsis and other infections cannot be ignored. More research focused on the mechanisms driving the increase in unintentional injuries is urgently needed.

Understanding the genetic underpinning of diabetes pathogenesis and risk of developing complications has the potential to help shape clinical management at an individual patient level. New technologies and data from large-scale genome projects have equipped researchers with powerful tools to better understand diabetes.

People with diabetes are leading longer lives. As mortality from cardiovascular complications continues to decline, attention must be turned to identifying, preventing, and treating other diabetes complications. There is no scope for complacence in diabetes care. Understanding and managing complications associated with the disease must become clinical and public health priority.

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SEPTEMBER
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, FloridaSurfMuseum.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, nbbd.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, upsidegallerymelbourne@gmail.com

Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, 321-268-1941, VACWarbirds.org

SEPTEMBER EVENTS

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

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

Sept 3: Opening Reception: Leap of Faith Exhibition, Fifth Avenue Art Gallery, Eau Gallie Arts District, 321-259-8261, FifthAvenueArtGallery.com

Sept 3: Opening Reception: Life on Our Lagoon Exhibit, Eau Gallery, Eau Gallie Arts District, 321-253-5553, EauGallery.com

Sept 3: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at Nolan's Irish Pub, 204 W. Cocoa Beach Causeway, Cocoa Beach on Friday, September 3 at 12:00 noon. All are welcome to join the group. For other information, please call (502) 299-8949.

Sept 3-26: The Who's TOMMY, Titusville Playhouse, 321-268-1125, TitusvillePlayhouse.com

Sept 8 & 9: It's Showtime! Concert, Melbourne Community Orchestra, Melbourne Auditorium, 321-285-6724

Sept 10-26: Deathtrap, Surfside Players, Cocoa Beach, 321-783-3127, SurfsidePlayers.com

Sept 11: Fly in / Drive in Breakfast, Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, 321-268-1941, VACWarbirds.org

Sept 10-26: The Great American Trailer Park Musical, Titusville Playhouse Shuler Stage, 321-268-1125, TitusvillePlayhouse.com

Sept 11: Patriot Day Remembrance, American Police Hall of Fame, Titusville, 321-264-0911, APHF.org

Sept 12: Remembering the Past / Anticipating the Future Concert, Community Band of Brevard, Merritt Island High School, 321-338-6210, CommunityBandofBrevard.com

Sept 18: Brevard's Got Talent – A Virtual Event, 321-473-9500, SCCABO.org

Sept 18: Classic Albums Live – CCR Chronicle, King Center, Melbourne, 321-242-2219, KingCenter.com

Sept 22 & 23: We're Back! Concert, Melbourne Municipal Band, Melbourne Auditorium, 321-724-0555, MMBand.org

Sept 23: Ultimate 70's: An Evening with Firefall, Orleans, Pure Prairie League, King Center, Melbourne, 321-242-2219, KingCenter.com

Sept 24: Fall Kick-Off Dance, Melbourne Municipal Band, Melbourne Auditorium, 321-724-0555, MMBand.org

Sept 24: John Crist: Fresh Cuts Tour, King Center, Melbourne, 321-242-2219, KingCenter.com

Sept 28: Rick Springfield, King Center, Melbourne, 321-242-2219, KingCenter.com

Sept 29: Lindsey Buckingham, King Center, Melbourne, 321-242-2219, KingCenter.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.

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 – 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 15– Shrimp Feast at the Port sponsored by the Propeller Club of Port Canaveral 1800-2200. Held outdoors at the Exploration Tower. Tickets and sponsorships, baskets available through the web site: ShrimpFeast2021.com. This is a fundraiser and wonderful community event with years of history broken by COVID in 2020.

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 TBD – 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 September 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-expression with the body, the breath, and the voice.

Easy* Yoga with Emily Hain
Fridays beginning September 10 from 2-3pm
This fun, non-competitive class is appropriate for beginners and those experienced with a gentle, mindful practice. Students must bring a yoga mat and be able to get up and down from the floor. $5/session. * Easy is up to you. One can always modify a position, change the pace and/or rest.

Intro to Stamping and Card Making
Thursday, September 2 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, September 2 from 2-4pm
Have fun learning to create beautiful greeting cards! This class is suitable for beginners, and more experienced card-makers may learn something new. $10/class, which includes materials. Each student will take home 3 cards and envelopes. Please pre-register at Artseamom@hotmail.com in order to ensure sufficient supplies.

Book Club
Friday, September 24 from 10:30-11:30am
Come join the Cape Canaveral Library Book Club! September's selection is "Into Thin Air" by Jon Krakauer. Copies are available for checkout at the Circulation Desk.

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

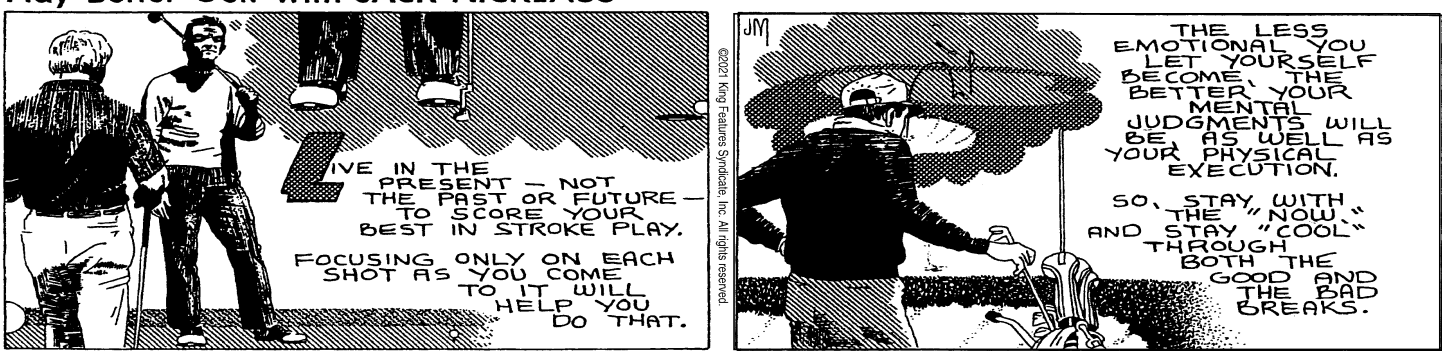
Joseph N. Davis Community Center 2547 GRANT ST, MELBOURNE 321-608-7460

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

Play Better Golf with JACK NICKLAUS



SEPTEMBER SENIOR CALENDAR

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

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

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

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

Grand Reopening Freedom 7 Senior Community Center located inside the Cocoa Beach Country Club
Sept 13th-16th 9am-2pm Enter to win a Gift Basket! More info at 321-783-9505 or visit www.freedom7seniors.org.
Aging in Place and Alternative Options: Thursday Sept 16th at 11am RSVP welcomed, drop ins okay. 321-783-9505.
Monday:
11am-Starting Soon-Mahjong-Players needed, please contact me ASAP! 321-783-9505-Judy
9:30 am: Zumba Gold: Class designed for the over 50 crowd. Cost $5 for F7 Members/$7 for Non-Members -1st Class FREE come try it out!
Tuesday:
9:30am-10:30am Strength and Balance! Get Fit, Improve Balance, Build Muscle. All levels of fitness welcome, chair assist okay. Drop In! **$2
10:45am one hour NEW TIME Chair Yoga-Breathe, Stretch, Repeat-Drop in $2
Wednesday:
9:30 am: Zumba Gold- Class designed for the over 50+ crowd. Cost $5 for F7 Members/$10 for non-Member.
Thursday:
9:30am-10:30am - Strength and Balance! Get Fit, Improve Balance, Build Muscle. All levels of fitness welcome, chair assist okay. Drop In! **$2
10:45-11:15am-Mat Yoga, we provide cushy mats, beginner level $1-$2

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

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

MONDAY-FRIDAY
Billiards, 9AM-4PM, $2/$3, NBSC, (321) 268-2333
MONDAY
No. Brevard Line Dance, 10AM-12:30PM, $3/$4, Yvette (321) 225-4872
Senior Fitness, 10AM-11AM, $3/$4, Linda (321) 383-0735
Beginner Bridge Lessons, By Appt. Only, $12 (4-week course), Mary H. (321) 607-2200
Tap & Jazz, 11:15AM-12:45PM, $3/$4, Linda, (321) 383-0735
Mexican Train Dominoes (hiatus til Mar.), 1PM-3PM, $2/$3, Joanne (321) 267-5923
Spanish Class (next session TBA), 2PM– 4PM, $25 (5-week course), NBSC (321) 268-2333
Karaoke (on hiatus), 6PM– 8PM, $2/$3
Poker, 6PM-9PM, $2/$3, Bill F. (321) 544-1430
Bunco (2nd Mon), 6:30PM-9PM, $4/$5, Sharon (321) 383-7927
TUESDAY
Pinochle, 10AM-2PM, $2/$3, Rachel (321) 537-5322
Muscle Memory, Strength, Balance, 10:30AM-11:30AM, $2/$3, Natine (321) 609-0999
Connie's Card Making (2nd Tues), 11:30AM-12:30PM, $4/$5, Connie (410) 598-3755
Mahjongg (hiatus til Mar.), 12:30PM-3:30PM, $2/$3, Andie (321) 385-3595
Party Bridge, 12:30PM-3:30PM, $2/$3, Larry B. (321) 631- 8061
Darling Damsels Bridge, 1PM-3:30PM, $2/$3, Eleanor (321) 267-8340
Tai Chi, 1PM-2:30PM, $3/$5, Ada (321) 848-4689
Dinner & Movie (2nd Tues), 5PM, $TBA, Debra (321) 268-2333
Computer/Phone Classes, By Appt. Only, $3/$4, Anne (321) 544-9469
WEDNESDAY
Hooks & Needles Knitting (1st Wed), 10AM-11:30PM, $2/$3, Anne (321) 917-1108
Hurricane Rug Hooking (2nd&4th Wed.), 10AM-2PM, $2/$3, Fonda (321) 298-2796
Senior Fitness, 10AM-11AM, $3/$4, Linda (321) 383-0735
ACBL Duplicate Bridge, 12PM-3PM, $2/$3, Sue R. (321) 501-8965
Line Dance Class - Beginners, 4:30PM-5:30PM, $3/$4, Ferrell (321) 267-0195
Line Dance Class, 5:30PM-6:30PM, $3/$4, Ferrell (321) 267-0195
Line Dancing Class, 6:30PM-8:30PM, $3/$4, Barbara (321) 452-1944
THURSDAY
Bingo (Play begins at 10AM), 9AM-2:30PM, Varies (#of cards played), Cat (321) 231-1135
Singles Club Planning Mtg (1st Thurs), 4PM, Call Jean for location, Jean (321) 362-2359
FRIDAY
Shuffleboard, 10AM-12PM, $2/$3, Bill F. (321) 544-1430
Tap & Jazz, 10AM-11AM, $2/$3, Marsha (321) 264-2776
Muscle Memory, Strength, Balance, 10:30AM-11:30AM, $2/$3, Natine (321) 609-0999
Drama for Seniors, 1:30PM-3:30PM, $4/$5, Janina (321) 567-5210
Line Dance Social (4th Fri), 6PM-9PM, $5, Yvette (321) 225-4872
SUNDAY
Intermed./Adv'd. Line Dance Class), 2PM-4PM, $3/$4, Ferrell (321) 267-0195

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

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

MONDAY PROGRAMS
Billiards- 8:30 am-4:30 pm
Jazzercise Lo – 8:30–9:30 am
Hand & Foot – 9:00 am–12:00 noon
Friendly Poker – 1:00-4:00 pm
Shuffleboard League - 6:30 pm (April 12 to May 31)
TUESDAY PROGRAMS
Billiards- 8:30 am-4:30 pm
Zumba Gold - 8:30-9:15 am
Social Scrabble - 9:30-12:00 noon
Bingo - 11:15 am - 2:00 pm – Doors open at 10:00 am
Dealers Choice Poker– 1:00- 4:00 pm
Line Dancing for Fun & Exercise - 4:15–5:30 pm
WEDNESDAY PROGRAMS
Billiards- 8:30 am-4:30 pm
Jazzercise Lo – 8:30–9:30 am
Tai Chi–8:30-9:15 am
Mah Jongg - Chinese - 1:00-4:00 pm
Mexican Train Domino's- 1:00-4:00 pm
THURSDAY PROGRAMS
Billiards - 8:30 am-4:30 pm
American Mah Jongg- 9:00 - 12:00 noon
Strength & Flexibility – 9:30-10:30 am
Silver Sneakers – 11:00 am-12:00 noon
Bunco –12:30 - 4:00 pm - 1st & 3rd Thursday
Rubber Bridge – 1:00-4:00 pm
Shuffleboard Open Practice - 6:30 pm
FRIDAY PROGRAMS
Billiards - 8:30 am-4:30 pm
Jazzercise Lo – 8:30–9:30 am
Tai Chi- Wednesday - 8:30-9:30 am
Hand & Foot – 9:00 am–12:00 noon
Bingo - 11:15 am - 2:00 pm – Doors open at 10:00 am
Pinochle – 12:30- 4:00 pm
Dealers Choice Poker– 1:00- 4:00 pm
SATURDAY PROGRAMS
WPSC Building Closed - No Programs inside the Building
Shuffleboard Open Practice – 9:00 am - 12:00 noon

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

SEPTEMBER 2021
ONE SENIOR PLACE EVENTS

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

The Club for Active Seniors, OPEN HOUSE, Wednesday September 1st, from 9 – 10am. Join us for coffee and light refreshment, meet our Resident Businesses and learn more about the club. Sign up for weekly: Card games, Mahjong, Hand & Foot, Poker, and Pokeno. Seating is limited, must RSVP to 321-751-6771.

Memories in the Making, Art Class, every Monday ending 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 watercolor 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.

Considering Cremation? Lunch & Learn Seminar, by National Cremation, Tuesday September 7th, from 11 - 1pm, REPEATS Friday September 24th, from 2 - 4pm. Learn why making cremation arrangements in advance will help your family by reducing the financial & emotional burden. Join National Cremation Society to learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. A FREE lunch at Carrabba's Italian Grill immediately following. Seating limited MUST RSVP to 321-751-6771.

FREE Memory Testing, Tuesdays September 7th, and 21st, 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.

What's New in Parkinson's Disease Research, Parkinson's Support Group, Wednesday September 8th, from 10-11:30am. Join Dr. Anwar Ahmed, AdventHealth Medical Director of Neurology for his presentation about new changes, medications, and research related to Parkinson's disease. Seating is limited, must RSVP to 321-751-6771.

How to Bullet Proof Your Estate Plan from a Contest or Challenge, Thursday September 9th, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. The goal of this seminar is to help you eliminate surprises, avoid mental anguish, and minimize expenses for your family. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday September 9th at 2pm. Hosted by Rhodes Law, P.A. and sponsored by Viera Insurance Professionals. Get out of the heat and come and watch "Dirty Dancing", and enjoy classic movie treats! MUST RSVP to 321-751-6771.

Be Healthy, Be Happy Health Fair, Friday September 10th, 10 – 1pm. Join One Senior Place and learn more from a variety of specialists about how to be healthy and happy! VENDORS – SCREENINGS – FLU SHOTS – RESOURCES – DOOR PRIZES. MASKS are required. For more information, call 321-751-6771.

Ask the Doctor Lunch & Learn Seminar, Tuesday September 14th, 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.

Parkinson's Discussion Group, Wednesday September 15th, 10 – 11am. Come and share ideas, make new friends in this NEW Parkinson's Discussion Group. Bring your questions and let us discuss our experiences and feelings as we deal with Parkinson's disease. RSVP to 321-751-6771. This does NOT replace the support group that is held the 1st Monday of the month.

Ice Cream & Conversation with Elder Law Attorney Ruth C. Rhodes, Wednesday September 15th 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.

Top 10 Tips for Aging Well Seminar, Thursday September 16th 12 – 1pm. Presented by Aquatic Health & Rehab. 10 tips that could change your life for the better! For more information and to RSVP, call 321-253-6324.

Tinnitus [and Hearing Loss], Lunch and Learn Seminar, Friday September 17th, from 11 – 1pm. This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AUD from Widex will center on the causes of Tinnitus, Ringing in your ears, and how to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

Medicaid Planning Seminar, Tuesday September 21st, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

MAC User Group Meeting, Tuesday September 21st, from 5:30 - 7pm. If you have questions about your iPad, iPhone, MacBook or Apple Watch, or you want to know how some apps work, this meeting is for you. RSVP to 321-751-6771. Presented by Whittaker-Cooper Financial Group and MAC Mad.

Medicare with Confidence, Wednesday September 22nd, from 10 - 12pm. Medicare coverage can be confusing and it is important to make the best decision for you and your health. Get a trained professional to help you by answering all of your questions. Hosted by Viera Insurance Professionals. This event is for educational purposes only. No plan or benefit information will be shared. For accommodation of persons with special needs at meeting, call 321-253-6323 TTY: 711

Wreath Workshop with Cape Canaveral Pen Women, Thursday September 23rd, from 10 – 12pm. Join Marion Coste as she helps us create a ribbon wreath that will last for years to come. This is a FREE event. Space is limited, masks are required. MUST RSVP, call 321-751-6771 to reserve your seat.

Elder Law Matters – what every senior needs to know, Thursday September 23rd, from 4 – 5pm. This is the first of our 8-week elder law series. How Estate Plans Protect You & Prevent Exploitation, presented by Elder Law Attorney Joannie Rodriguez with Family First Firm. Elder abuse may be difficult to detect, but detecting it may save the life of an older adult. We encourage you to join us and learn more about issues facing the elderly in our great State of Florida and across the nation. Limited seating must RSVP to 321-751-6771.

Guardianship – Start to Finish, Tuesday September 28th, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will cover requirements for when someone appointed guardian and when to choose a professional vs family or friends. RSVP to 321-751-6771.

BINGO! with Vascular Vein Centers, Tuesday September 28th, 1:30 – 3:30pm. Brought to you by Vascular Vein Centers. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

Elder Law Matters – what every senior needs to know, Thursday September 30th, from 4 – 5pm. This is the second of our 8-week elder law series. Shifting Dynamics, Changing Roles, presented by Robin Petersen, Esquire with Elder Planning and Elder Law Center of Brevard. As parents age they transition to empty nesters, and then from parents to grandparents, and then maybe from spouse to widow/widower, and then maybe needing care from their own children. We will explore the legal ramifications of these shifting dynamics. Limited seating must RSVP to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursday's September 9th and 23rd, 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.

Alzheimer's & Dementia Support Group, Wednesday September 15th, 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.

Pulmonary Fibrosis Support Group, Tuesday September 21st, from 1 – 3pm. Support group for pulmonary fibrosis patients and caregivers. This group meets every 3rd Tuesday for talks, special topics, snacks and friendship. For more information, contact Bonnie Halenkamp at 954-931-0459.

RECURRING EVENTS

Questions About Your Hearing? Personal Hearing Solutions, Every Monday from 9:30-3pm. Sandra Wagner will be on hand to share information & answer your questions about hearing loss and solutions to it for a safe and healthy lifestyle. For more information, stop by or call 321-253-6310.

Brevard Users Group (BUG Club), Tuesday September 7th, 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.

THE CLUB ACTIVITIES – Membership $1 weekly – New members are welcome!

The Club each Wednesday 9-1pm This active senior club meets weekly for board & card games, speakers, monthly birthday celebrations, and much more. Join the fun!

Contact information:

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

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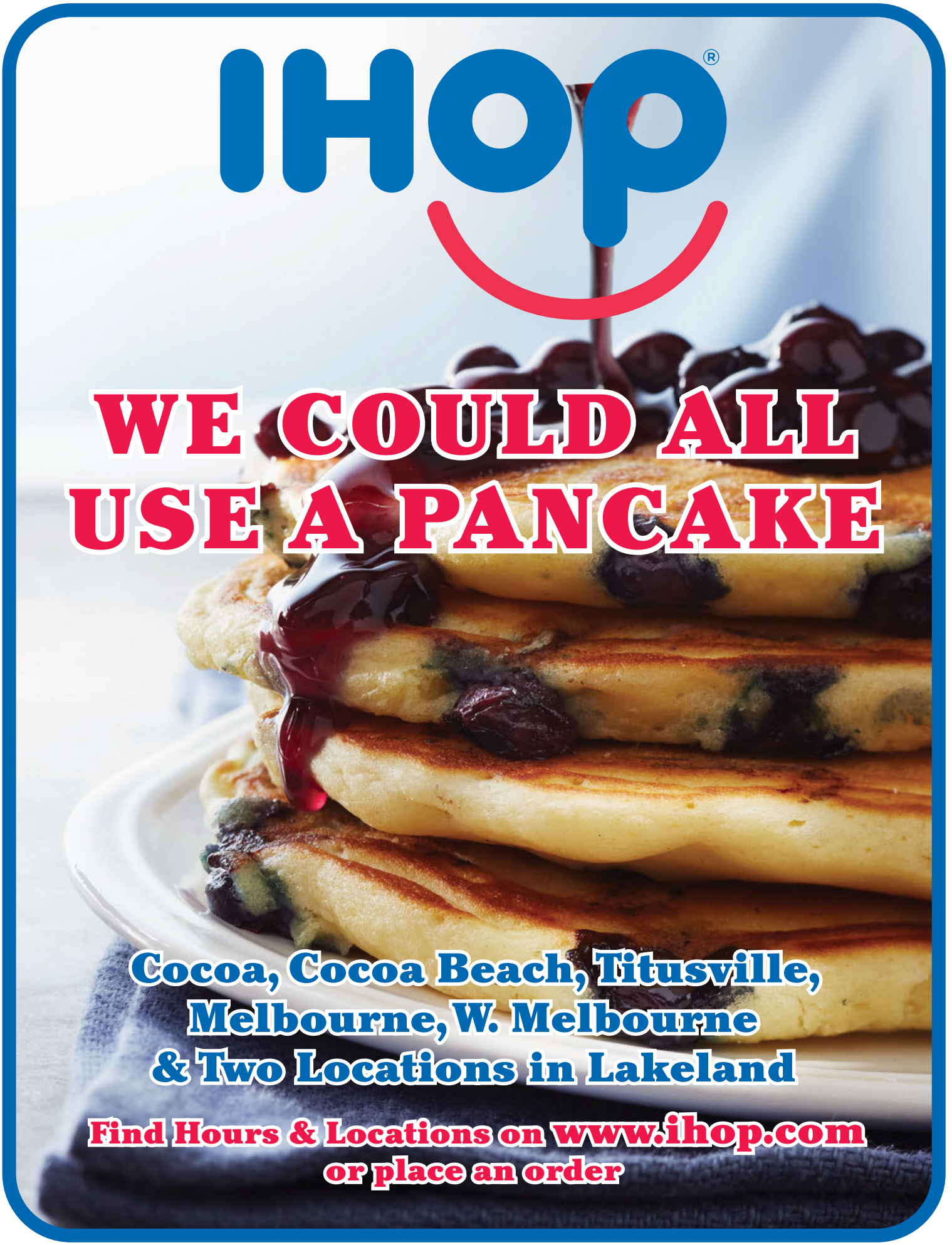
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