



Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

May 2022

Celebrate Older Americans Month with Us!

May is Older Americans Month

Helping Seniors: Helping You Get Your Ducks in a Row.

Information Inside to help you develop your own Aging Plan.



Age my way!



OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

HelpingSeniorsofBrevard.org



acl.gov/oam

Let's Get Your
Ducks in a Row!



In each 55-minute session, you hear from knowledgeable people with experience and information to help you **"Get Your Ducks in a Row"** when it comes to planning out your successful senior years!

This series is **free** - as are the **coffee & snacks** provided by our friends at Zon Beachside Assisted Living!

We do need your RSVP so we can save your place!
Call (321) 473-7770 or RSVP Online
HelpingSeniorsofBrevard.org/SRCB



Helping You
Get Your Ducks
in a Row!

Senior Resource Center of Brevard
presented by Helping Seniors of Brevard



Community Education Series

10:30am-11:30am - Last Monday of the Month
Nautilus Ballroom Zon Beachside - 1894 S Patrick Dr - Satellite Beach
55 minute Program begins 10:30am - Snacks & Refreshments



President's Message

A Word from Joe Steckler,
Our President & Founder



I hope that my previous messages have been on a positive rather than a negative note. We are often so attuned to what we read, watch on television, or manage in some manner to call an informed news source that we fail to recognize what the author is intending for us to gain from that we are reading. Of course, there are so many writers out there who believe that they are an informed news source. Of course, there are many writers who in fact are the authors of what we call fake news, but that is a different story and one I prefer not to address.

I recently read a long column on Medicare five times before I realized there was nothing to be gained from reading the column – the writer simply did not know the facts. I believe we will always have some type of supported medical assistance program, that it might be called several names over a period of time, but we will have it and we will help pay for it.

The same goes for Social Security. It will be there and, just as Medicare, we will pay part of the cost. Regardless of what we call Social Security and Medicare, let's do not confuse their purpose. To do so only causes some type of stress. We may not have access to the type of medical program or doctor that we desire, but more often than not the help we will need to age as best as we can will be there.

Helping Seniors, just as most non profits, needs the help of the private sector to exist. Local government does help, but the overall needs of almost any non profit program are measured by the success story of its programs and the ability to tell its successes to the public. We are now in our 11th year of providing assistance to seniors and those who care for seniors, and I believe we have done our job. The fact remains that it will never be easy to grow old and age with dignity, but failure to attempt to do so would be a regrettable mistake. So think positive and help us help seniors.





Celebrating Older Americans

*Kerry Fink
Executive Director
Helping Seniors of Brevard*

When Older Americans Month was established in 1963, the Administration for Community Living (ACL) explains that then only 17 million living Americans had reached the age of 65! A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month" - now "Older Americans Month."

Living in Brevard County, where literally 1 in 4 of us is 65+ (and fully 50% of us reach AARP's definition of a Senior as 50+), we can see how far things have grown since then!

We thought we would follow the ACL's guidance in leading the nation's observance this year - and there focus on how older adults can stay in their homes and live independently in their communities for as long as possible.

At Helping Seniors, you are probably familiar with our "Get Your Ducks in a Row" theme for 2022 - or as our President/Founder Joe Steckler would say "Helping You Develop Your Own Aging Plan" - and we want to be part of putting the spotlight on Helping Seniors in getting their own good Aging Plan developed so they can be as well prepared as possible for contingencies and challenges of Aging, while make the best possible and most enjoyable path through Senior years.



SENIOR RESOURCE
CENTER OF BREVARD

Community Education Series

May 30 • 10:30 AM

"Let's Talk Senior Travel"

Zon Assisted Living Beachside

1894 S. Patrick Dr., IHB

FREE

RSVP at 321-473-7770



Have You Thought About This?

*Nancy Deardorff
Operations Director
Helping Seniors of Brevard*

Florida continues as one of the top three states people choose to retire to. In many cases this means seniors are moving away from family and friends.

As we age, many people find they need help and support from time to time, during holidays, a health crisis, or death of a spouse. Many seniors who have retired to Florida find themselves hundreds of miles away from their support system.

Studies have shown that people with close family and friends around live longer than their lonesome counterparts and have linked having healthy social networks to positive changes in heart, brain, hormonal and immune function and overall health and lifespan.

So, what do you do if you are far away from family? As my uncle used to say, "the party does not come to you, you have to go to the party." This means making a conscious effort to connect with people.

Develop your social circle. Consider attending a senior center, a religious or spiritual service, a support group, a social club, or an organization for a cause. Volunteer or consider a part time job opportunity for seniors and make a little pocket money while you're at it. Get to know your neighbors.

Having a healthy social circle is so important, especially as we age. Retiring from your job should not mean retiring from life. It turns out, people who need people are not just the luckiest people, they're healthier and live longer too.

To donate or for information and resources call us: **Helping Seniors** is here to serve you, call us anytime at **321-473-7770** or go to our website at www.HelpingSeniorsofBrevard.org



Five Star Plans

Victoria L. Moore
The Integrity Group Insurance

As April Showers herald in May flowers here on the sunny Space Coast, those of you who have Medicare Advantage plans may be reaching for the stars, 5 stars to be exact.

The Center for Medicare and Medicaid Services, or CMS, regulates when people with Medicare Advantage plans, also known as Part C and prescription drug plans, also known as pdp plans or Part D are allowed to enroll into a different plan.

The Annual Enrollment period, or AEP, runs from October 15-December 7 each year. For those unfamiliar with the enrollment period, you probably do not have Medicare yet. Even if you do not have Medicare, it can be difficult to miss as television ads, mail, celebrity endorsements, and phone calls are frequent from solicitors hoping to sway you to try the “latest, greatest plan”.

For anyone that decides to change plans during AEP, the new policy goes into effect for you on January 1st of the new year. You can change plans during AEP as many times as you would like, but the last decision you make by December 7th is the policy that will stick.

The Medicare Advantage open-enrollment period or OEP, runs from Jan 1 to March 31. This window allows Medicare enrollees to pick a different Advantage plan or switch to Original Medicare. Just one plan change is allowed during this window. It allows people who made a switch they are unhappy with (no matter the reason) during the annual enrollment period the option to switch back or even go to a different plan altogether.

I like to think of it as a safety net. A big difference during this time of year is that carriers and agents are not allowed to advertise or solicit this window as they do in the fall.

Even with AEP and OEP there may be times when people need another opportunity to make a plan change. Special Enrollment periods or SEP’s can help.

There are many of these periods, a couple of examples would be a move to a new plan area or receiving Medicaid or losing Medicaid can trigger a special enrollment period.

There is also the five-star enrollment period (December 8-November 30). It is beneficial for people who live in an area with a five-star Medicare Part D or Medicare Advantage plan. They can switch to that plan if they choose to do so once in that period.

We are fortunate to have two 5-star health plans in our service area. CarePlus Health Plans and Cigna Medicare Advantage HMO plans in Florida have both achieved the highest possible quality rating for the 5th time overall and for the last 4 years in a row. Both plans have several plan options to choose.

If you find yourself in a Medicare Advantage plan that is not working for you for some reason then know that you do have options even this time of year. If you have an agent that you know and trust and regularly work with, it would be wise to reach out to them to get more detailed information about the plan options and whether they will fit your health needs.

If you do not have an agent, I recommend that you find one in your area. It is wise to work with a local agent that knows your service area and the plans and providers in it. Don’t be afraid to reach for the stars!!

Vicki Moore lives in Melbourne, Florida and is an Independent Sales Representative. *“Not affiliated with the U.S. government or federal Medicare program.”*





Helping Seniors Of Brevard



Don't Miss This!
Helping Seniors Car Raffle

Ashleigh Caswell
Hibiscus Court Assisted Living



Helping Seniors Car Raffle at the American Muscle Car Museum

Do you remember the last time you took your kids, friends, family, or favorite person to the American Muscle Car Museum?

If the answer is yes, here is the place to buy this year's raffle tickets so you can take them again this year.

If your answer is "gosh, haven't been yet.. been meaning to go there and see what all the buzz is about.." here is the place to buy this year's raffle tickets and entry to a wonderful night at the American Muscle Car Museum.



I have been working with the team at Helping Seniors of Brevard for a few years now on this project, and I can't tell you how many people have told me that they would love to go to the AMCM, but just haven't yet. Let me tell you something- this is not an everyday thing. It is worth making time for!

Mark Pieloch and the fabulous crew have built a wonderland of cool, iconic time capsules. In no way, shape or form am I a "car person", but this museum is clearly something special.

Come see a blast from the past on classics row. There is a Ford Fairlane that brings me right back to riding around in my Great Grandpa's backyard in central Georgia learning to drive before my feet could touch the pedals.

With a collection as extensive as this, there's surely something warm and fuzzy from the good old days for you to discover.

Come see modern marvels that stop people in their tracks to gawk. Come see all of the collections.



Come see someone win a brand new car from the AJ Hiers family of dealerships. Maybe win a car yourself, and pick between a Camaro, Dodge Challenger, Mazda Miata, or Kia Sportage!

This event benefits Helping Seniors of Brevard, the only Senior Resource hotline in Brevard county. Your raffle tickets fund Helping Seniors efforts and Joe Steckler's tireless mission to advocate for and to make our community more senior friendly.



American Muscle Car Museum Owner Mark Pieloch calls out the Helping Seniors Car Raffle Winning Ticket!

Mark 6pm-9pm Saturday evening, October 29th 2022, on your calendar and get your Helping Seniors Car Raffle ticket(s) today at (321) 473-7770 or at HelpingSeniorsCarRaffle.com. Each ticket is "Admit One" to the greatest automotive evening anywhere - and you might ride home in a new car too!

Mark Pieloch, the American Muscle Car Museum, and especially AJ Hiers make this event possible each year. Thank you to all of them, and to all of the raffle ticket holders for making Helping Seniors great year after year.



Helping Seniors Of Brevard



Housing Foundation of America, Inc.

The Housing Foundation of America was established in 2005 in southern Florida and is a leading 501(c)(3) HUD Intermediary (who assist HUD in developing nonprofits in areas of the greatest need) as well as a mission driven organization working on the front line to help families struggling with housing issues. We have five branches in southern Florida, one in Brevard County, and one in Greensboro, North Carolina.

All housing counselors for the Housing Foundation of America are certified and trained by HUD and must score at least an 80 percent to satisfy a rigorous national certification examination. Some of the HUD approved services now being offered to Brevard County residents are:

1. Financial/rental assistance counseling
2. Resolving and preventing mortgage foreclosure and delinquencies by negotiating with lenders various "workout" plans
3. Credit analysis and budget analysis one-on-one counseling and workshops
4. Credit worthiness preparation for a variety of affordable mortgages
5. Homeownership preparation including workshops and one-on-one counseling
6. Housing and apartment searching
7. And more....

If you are having problems paying your rent or mortgage or finding affordable rental units, if credit issues are keeping you from buying or renting, or if you have been told you do not qualify to buy a home due to the 30% rule, you need to give me a call.

Vinnie Richardson, your HUD approved housing advocate for Brevard County at 321-208-8445 or call Housing Foundation of America 1-800-579-4119 to also attend our Monthly Homebuyer Workshop.



Embrace Change

*Rosemary Barton
Seniors Helping Seniors*

As we grow older, we think about how our lives will change in our senior years. Some embrace it and plan for the upcoming changes. Many put off planning, sometimes living in a house they can no longer care for or afford, often far away from family.

Three years ago, my husband and I began having health issues. We were living beachside with a minimum thirty-minute ride to the closest hospital. It got us thinking. Maybe we should be closer to medical assistance and shopping. Our house didn't have the safety features included with senior housing and the worry of dealing with hurricanes led us to consider changes.

The thought of leaving the beach wasn't easy. The work it would take to move out of a home we had occupied for 20 years was daunting. We decided to look and see what was out there. We noticed a 55+ gated community and decided to stop in. It turned out to be a beautiful spot, a peaceful oasis that was right in the middle of everything. Medical facilities, shopping, and entertainment were nearby. The homes included all the senior safety features, the community had a beautiful clubhouse and pool, and they even do the yard work.

After much deliberation, we made the decision to build a new home. We have been here almost three years and have never been sorry we made the move. Not only did we end up with a lovely new home, but with the best neighbors we could ever ask for. Best of all, we are close to both our daughters.

The moral of our story is, don't be afraid to embrace change. If your family lives far away, consider moving closer to them. Having family to call on is so much easier than trying to do everything yourself. If you don't have children, move into senior living where you'll have people near you and activities. Our senior years don't need to be lonely and boring, go for it!



Helping Seniors Of Brevard



Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how we choose to age – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible. While Age My Way will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Helping Seniors of Brevard, now in our second decade of service, is excited to celebrate OAM with our partners in the aging community. For more info, follow our radio and TV programs and visit us at HelpingSeniorsofBrevard.org. Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. Please join us at Helping Seniors in strengthening our community.

World Elder Abuse Awareness Day (WEAAD)

Brevard County and Florida Senior Resource Organizations will be hosting a World Elder Abuse Awareness Day – WEAAD - event to support efforts to raise awareness about elder abuse and neglect in our communities!

Join us on Wednesday, June 15, 2022, from 9 a.m. until 12 p.m. at Wickham Park Senior Center (2785 Leisure Way, Melbourne) to learn what we are doing to prevent elder abuse and neglect. We will educate you on warning signs, what to watch for, and how to report.

In addition to community information, the event will feature a Stroll Down Memory Lane with scenes from the 1940s, 50s, 60s, and 70s. Test your memory and win prizes! Dr. Visa will speak on the main stage at 9:30am and Detective Hamilton at 11:00am. Admission and parking are free.

WEAAD serves as a call-to-action for our communities to raise awareness about abuse, neglect, and exploitation of elders, and reaffirm our country’s commitment to the principle of justice for all.

Elder abuse is widespread. Every year an estimated 1 in 10 older Americans are victims of elder abuse, neglect, or exploitation. Experts believe that elder abuse is significantly under-reported. Research suggests that as few as 1 in 14 cases of elder abuse come to the attention of authorities.

When we come together, we can prevent elder abuse from happening. We can put support services in place and direct community resources toward addressing elder abuse. We can prevent and address the issue of elder abuse. There are many ways to strengthen our social supports through policies, services, and programs that keep us integrated in our communities as we age.

For more information: WorldElderAbuseDay.com, WorldElderAbuseAwareness.com



Which Vaccines Are Right for Me?

*Traci Graf, RN
AVID Home Care*

For adults over 65, the CDC recommends vaccinations for flu, pneumonia, shingles, tetanus/diphtheria/pertussis, and Covid-19.

Seasonal flu vaccines protect against the influenza viruses that research indicates will be most common during the upcoming season. New vaccines are developed twice a year, as the virus is always mutating. Adults over 65 should be vaccinated annually in July/August.

Vaccines developed for pneumonia fight against the bacteria *Streptococcus pneumoniae* and can prevent some cases of pneumonia, meningitis, and sepsis. Some pneumonia vaccines such as Prevnar23 protect against “invasive” bacteria that will invade the organs or bloodstream. Invasive disease can be very serious and even life threatening.

The CDC recommends adults over 50 receive two doses of the shingles vaccine 2 to 6 months apart for protection from the virus and a complication called post herpetic neuralgia, which is extremely painful and can last for years. You can get shingles even if you never had chickenpox.

In 2005, they developed a booster for adults for tetanus/diphtheria/pertussis called Tdap. Tetanus is caused by bacteria found in dirt and manure and can impair the nervous system. Diphtheria attaches to the lining of the lungs and can get into the bloodstream, damaging the heart, kidneys, and nerves. Pertussis causes coughing fits and difficulty breathing. The Tdap vaccine is recommended if you have not received a tetanus shot in the last ten years.

Many vaccines have some mild side effects like soreness at injection site or body aches. Taking Motrin or Tylenol a couple hours before the injection or afterwards using ice on the injection site may be helpful. Discuss which vaccines are best for you with your primary care physician.



The Formula to Dental Success

*Lee Sheldon, DMD
Sheldon and Furtado, PLLC*

How can people reduce their dental expenses? What are the keys to dental success? What are the common things that people do to ruin their teeth? Here are the items that I find most commonly:

1. Sugar– People are consuming way too much. From candy to bottled drinks and every snack food in between, sugar has gone from a treat to a commonplace accompaniment to every meal. Stop it, and I’ll have less to do.
2. Medications–Yes, most medications cause dry mouth. Dry mouth is acidic. Acids dissolve tooth enamel. If your lifestyle is causing you to need medications, change the lifestyle and show your doctor the improvement. The doctor will gladly take you off the medication. Don’t withdraw from prescribed medication though without medical supervision.
3. Illegal drugs–If you see your teeth dissolving as a result of something that you shouldn’t do, you are about to get into dentures.
4. Bad oral hygiene– It’s just a matter of cleaning your teeth thoroughly once a day. Get an electric toothbrush. It’s better than a manual one for most. And use something between the teeth. Besides floss, you can find other aids that go between the teeth. Interproximal brushes, irrigators, enhanced floss are all good options.
5. Avoiding dental care–Okay, you had a bad experience as a kid. I hear it a lot, unfortunately. It’s not that way anymore. Make the appointment and see how dentistry had improved.

If you fall into one of the above five categories, what are you doing about it? If you need help, dentists, hygienists, dental assistants, and nutritionists are there to help. If you want to read more on the subject, email us at office@solidbite.com for a pdf of our book, *The Ultimate Mouth Manual*, at no charge.



Helping Seniors Of Brevard

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