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Don Murray**

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Letter from the Publisher

The month of May has special meaning for many of us. During this month we celebrate our Moms on May 8. Whether she is still here with us or not, it can be a time to share some wonderful memories. The other special day in the month of May is Memorial Day Holiday, May 30. We all know someone who has served in our military. Please remember to thank them, either in person or at one of the many celebrations around the Space Coast.

One of these events this year is the Annual All Veterans Reunion at Wickham Park May 5-8. It is a educational and emotional experience that is well worth a visit.

We want to give a special thanks to Tina Powers for her meaningful art as a fitting tribute for Memorial Day. Too many have of us have had the knowledge of such sacrifice.

Our staff and I have had the opportunity to meet many of our loyal readers at the many health fairs and expos over the last few months. We always love hearing how much you enjoy reading our magazine cover-to-cover and enjoy all the informative articles. Have you had a chance to visit us on facebook yet? It's a great way to keep up with any special news items we have for you.

On a lighter note, for those of us who saw Star Wars in May 1977 in the theater, let's join in celebrating May 4. May the 4th be with you.

So with another busy month behind us, another is on the way. See you next month.



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A Great Big Canary

By Diane D. Barile, *South Brevard Historical Society*

Miners kept a canary in the coal mine. A dead canary meant “This is no place for man or beast”.

Our canary in the Indian River Lagoon is neither small or yellow, but grey and huge. The message of the coal mine and the Indian River Lagoon are similar. The economic gold mine of our estuary has a canary in the West Indian Manatee, the sea cow.

Manatee, cousin to the African elephant, found optimum habitat in South Florida, seldom seen north of the St. Lucie River in Martin County. Waters of the Atlantic, bays, marshes and fresh water streams sustained a stable population of sea cows. Revered by ancient peoples, manatee numbers matched the abundant food of sea grass and water filtered through sloughs, dunes and sandy soils.

After the American Revolution (1783) Florida was abandoned by the British. The original native tribes of over 10,000 had succumbed to European disease. Manatee domain was Biscayne Bay and the mangrove and sea grass meadows.

The east Florida Atlantic coasts became the focus of American settlers and investors exploring values of strange lands with endless opportunities. Waterways were the

highways for migration. Travel was improved by dredging canals and filling wetlands. Marshes and sea grass beds were scooped up for making new property from the sand lagoon bottom. The rapid development of South Florida eliminated acres of manatee habitat. Manatee then grazed north to greener pastures.

The Indian River Lagoon from West Palm Beach to Volusia County was bordered by sunlight meadows of various under water grasses swaying to the rhythm of wind, tide and season. Food was plentiful but with an additional problem. Sea cows, real cows and people get cold at temperatures below 50 degrees. Even with plenty of food available, manatee seldom came north of Vero Beach in the winter. That was before humans inadvertently supplied heaters. For instance an unsuccessful oil well dug in Palm Bay left a free flowing warm 70 degree discharge into Turkey Creek, a manatee sauna in the cold. Other wild wells and canals became warm gatherings.

In the hard time of the Great Depression, slaughtered manatee provided protein for families and could be ordered as sea beef from restaurant menus. Discharge of warm water

A GREAT BIG CANARY continued on pg 49



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Tina Powers



Artistic development was nurtured by my parents before 10 years. My first portraits of Beatles (Ringo Star and George Harrison) were created during my early teen years. Soon after, a portrait depicting a Native American Indian was sold to a guest at my parent’s home, one of the Brothers Four musical group. My young mind was wondering why a well-known musician would pay \$25 for art painted on the back of a beer poster.

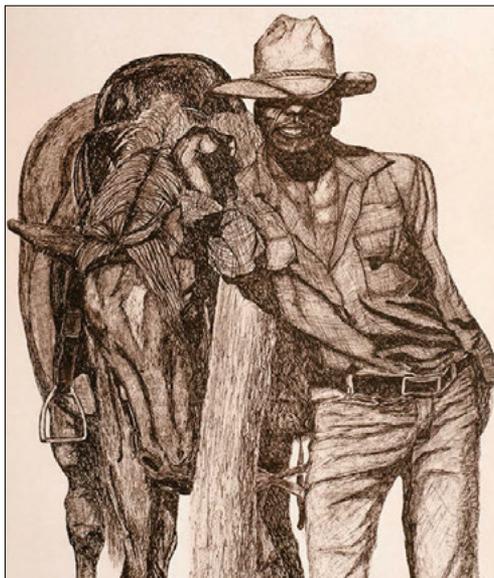
My Mom bought me books of vintage art and asked me to replicate some of the paintings during my high school years. My favorite artists were Leonardo da Vinci, Michelangelo, Rembrandt, Vincent Van Gogh and Frederic Remington.

The late 1960’s began my fascination with painting on textured backgrounds. My batik painting depicting a face of a Native American Indian won Best in Show (Juniors) at the Cocoa Beach Art Show in 1969. A contemporary oil painting of a city’s skylights won a 2nd Place award.

My college years produced a Bachelor of Science degree in Visual Arts Interior Design from Florida State University, Tallahassee, Florida, in 1976. Though fine art was not the degree pursued, many years were spent creating and exhibiting my passion.

Other Impacts Throughout the Years -

Interests in horses began about 1960 with visits to my extended family’s ranch in Florida and Clydesdale horse promotions related to my Dad’s beer business. Paintings of cowboys riding horses began to appear. The late 1970’s began paintings of race horses which were encouraged by my husband, a native of Louisville, Kentucky and annual



visitor of the Kentucky Derby. I enjoy capturing the motion of horses galloping off the canvas.

Since the late 1980’s, most of my artwork was created with acrylics on multiple textured backgrounds. This technique gave depth and a dimensional look to the canvas.

She exhibits in several locations in Brevard County through the Brevard Cultural Alliance Exhibit Program.

To view more of her artwork, go to www.tpowersfineart.com. 

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Alzheimer's Disease, Dementia and Tooth Loss



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

Diseases related to aging in Western countries are becoming increasingly prevalent with a more significant socioeconomic impact due to the increase in the average lifespan. One such condition, Alzheimer's disease (AD), is characterized by the slow and progressive loss of one or more functions of the nervous system. A recurring sign of this pathology is dementia, defined as "a significant decrease or total loss of intellectual functions, which gradually and progressively takes place, due to different causes in previously healthy subjects. The elderly need to be able to face senility under improved conditions through a reduction in the most disabling manifestations of neurodegenerative diseases, such as dementia associated with Alzheimer's disease.

Alzheimer's disease is responsible for about 50 to 70 percent of all cases of dementia. Dementia is the term applied to a group of symptoms that negatively impact memory, but Alzheimer's disease is a progressive disease of the brain that slowly causes impairment in memory and cognitive functions.

One of the main causes of tooth loss is periodontal disease. Periodontitis is an oral pathology that affects the dental support apparatus, leading to the destruction of the soft tissues and to the resorption of the alveolar bone up to the loss of the dental elements. Periodontitis is a pathology with a bacterial etiology that affects 50% of the world's population and presents risk factors such as poor oral hygiene, smoking and alcohol consumption.

Dementia is a general term for the decline in mental ability severe enough to interfere with daily life. Alzheimer's disease is the most common cause of the dementia. Alzheimer's disease is a specific disease. Dementia is not.

In 2019, scientists had found the key bacteria that caused gum disease – *Porphyromonas gingivalis* – in the brains of people with Alzheimer's disease. Now a current study has found that tooth loss is linked to higher odds of dementia. This report has found people who keep the most teeth over the age of 60 are least likely to develop dementia. However, the chance of having dementia seems to increase along with the number of teeth lost after this age.

Problems with oral health, such as poor oral hygiene,

ALZHEIMER'S DISEASE, DEMENTIA... continued on pg 45



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What Is Probate?

By Attorney Truman Scarborough

This is the fifth in a series of articles on probate. When someone dies, assets titled just in the decedent's name without beneficiaries are frozen. No one can sign the deceased person's name on checks, deeds, etc. A Power of Attorney does not help, since it is effective only while the creator is living. It is similar to an employer – employee relationship. If an employer goes out of business there are no employees. An order from the Probate Court is needed to access assets in the decedent's name.

In earlier articles we discussed the difference between Formal and Summary Probate Administration. In Formal Administration the court creates a legal entity (like a corporation) called the Probate Estate and appoints a Personal Representative (executor) to manage the estate. There is a series of court filings with the Probate Court which oversees the administration. From the time pleadings are first filed with the court, it takes approximately six months to complete formal probate if everything runs smoothly. With Summary Administration there is one court order directing distribution of assets to the beneficiaries. This short procedure can be used when 1] the estate is \$75,000 or less

and not indebted, or 2] the decedent died more than two years ago.

In addition to the Formal and Summary Administration, probate is also classified as either Testate or Intestate. If the decedent had a Will it is called "Testate Probate". When there is no Will, it is "Intestate Probate".

A Will designates who will inherit the probate property. When there is no Will, Florida Statutes govern who will receive the decedent's property. A surviving spouse receives the entire estate if there are no children or if all children are from the marriage of the decedent to the surviving spouse. If either the decedent or the surviving spouse has children who are not from the marriage, the surviving spouse gets one-half of the probate estate. The other one-half goes to the decedent's heirs, first to children. A deceased child's share goes down to his/her descendants (children or grandchildren). If the decedent has no surviving children, grandchildren, or great grandchildren, it is distributed to the decedent's parents. If both parents are deceased, it passes to

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Western Script Enticed Don Murray Back To The Big Screen

Joe Cornet never initially considered now 92-year-old Don Murray for a role in his 2021 western film “Promise.”

“I wanted an iconic actor for one of the roles and approached two other veteran western stars, but for one reason or another neither worked out,” said Cornet, from Los Angeles, who wrote, directed, and co-produced the almost 2-hour-long western drama.

Already acquainted with Murray’s son, Cornet explained his dilemma to the younger Murray who proposed a simple solution: “Why don’t you get dad?”



“So, I sent Don the script but wasn’t really expecting to hear from him – I just didn’t think he would do it,” explained Cornet. “However, he called the following day to say he loved the story, calling it a classic, and asked when the shooting started!”

Murray’s previous big-screen appearances had been a pair of 2001 films two decades earlier, but he required little convincing to dude-up in cowboy gear for Cornet’s film which depicts a desperate search for lost gold and lost love, both linked to the Civil War.

“It has elements of the classic western but it’s also not cliché-bound,” said Murray from his home in Santa Barbara. “It was just a great concept, very imaginative with good writing.”

Murray, on set for a week to shoot his scenes at a Southern Californian ranch, “was a gem” according to Cornet. “He has three large, important scenes, two with me. He added a lot of quirks and nuances to create an interesting character.” Currently available on

Amazon Prime, “Promise” was entered in Tucson’s Wild Bunch Film Festival last October, receiving 11 awards including Best Picture.

Don Murray is no stranger to award ceremonies, having been nominated for a Best Supporting Actor Oscar for his first film role in 1956’s “Bus Stop,” co-starring Marilyn Monroe.

WESTERN SCRIPT ENTICED DON MURRAY... continued on pg 39

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Coping with Stress

Q. I recently got a promotion and my day consists of putting out fires all day long - super stressful. Any suggestions?

A. Yes. One simple daily practice that you can do right at your desk to minimize your stress, involves inhaling and exhaling. Most people breathe from the chest, aka shallow breathing, the kind of breathing your body associates with fight-and-flight. Breathing from the diaphragm (aka belly breathing) is better as this relays a message of relaxation to the body. And it only takes a few minutes of correct breathing to calm your nervous system. Below is a quick exercise from Web MD to help you with this:

- Sit with your shoulders, head and neck supported against the back of your chair (or if possible, lie on your back with a pillow under your head and knees).
- Breathe in through your nose, let your belly fill with air.
- Breathe out through your nose.
- Place one hand on your belly. Place the other hand on your chest.

■ As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest.

■ Take three more full, deep breaths.

■ Repeat.

Q. My primary care physician said stress can be good sometimes. Is she right, and what does that even mean?

A. She is correct, "good stress" does exist. It usually refers to a life affirming event that's also a radical change in one's life, which often activates stress hormones. Good examples of this are getting married, having a baby, starting a new job, getting a promotion or moving to a foreign country – all positive happenings, but also radical changes.

Q. My youngest child, a teenager, has a very difficult time dealing with stress, much more so than her older siblings. What should I do?

ANSWER NURSE continued on pg 49



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Printer Updates

By Bill Ford, *Data Doctors*

The first line of defense against much of the malicious activity being perpetrated online is by making sure your devices and software are protected by installing the latest updates - that includes many of today's printers. While updates aren't always for security purposes (they can also improve functionality or even add new features) often,

they are fixing recently discovered vulnerabilities.

When you don't install these updates, you become a valuable target for those looking to exploit unprotected users through malicious websites or phishing scams. When you visit any website, there is an exchange of information that goes on in the background which can include a silent probe of your device to see if it is vulnerable.

Malicious files that can appear to be official documents in an email are another approach used by hackers to silently probe your devices for unpatched vulnerabilities.

Firmware Updates

Hardware devices often use small embedded software programs installed during the manufacturing process - called firmware - that provide a set of instructions for how the device is to operate.

Because this code is embedded in one of the hardware components, it's not the same as traditional software or an operating system but the process of updating it generally works the same way.

You would go to the support section of the manufacturer's website to find your specific model and look for updates for that device. Once downloaded, getting the update to your hardware device usually requires it to be connected to your computer.

The specific instructions for installing the firmware update for each device is usually provided along with the update on the website.

A variety of common hardware devices such as printers, scanners, cameras, routers, smart home devices, streaming media players and smart TVs offer firmware updates. If it connects to the Internet in any way, it's very important to keep up with any of the security updates that are published.

In some cases, the updates can be automatically downloaded and installed, or you can go to the Settings menu of the device to see if an update is available (e.g. Apple TV).

Many smart home devices have an associated app that can be used to check for and install updates over Wi-Fi.

Critical HP Printer Advisory

Hewlett Packard recently published a critical security advisory for a large number of their printing and digital sending products because of a potential remote code execution vulnerability: <https://bit.ly/3LuMK1E> This type of vulnerability is considered very serious

PRINTER UPDATES cont'd on pg 46

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Why Buy Life Insurance

By Max ValaVanis, CFP®

Unfortunately, the American people are under-insured concerning life insurance. The facts are glaringly obvious. As per the Population Reference Bureau, roughly 2.8 million people die every year in the United States, translating to roughly 852 poor souls per 100,000 in population. Interestingly, 90% of consumers agree that everyone needs life insurance; however, as of 2020, only 54% of American adults own life insurance... Would you believe that in 1960, 75% of US adults owned individual life insurance! Why the massive decline?

For years, misinformation regarding the life insurance industry led to this decline. For example, when it comes to the cost of life insurance, LIMRA ran a study comparing the perceived value of a policy compared to the actual price. Their results reveal that the average American guessed the cost to be twice as much as the actual price! Moreover, one of the most common excuses I hear when inquiring about life insurance is that the client is “healthy.” Without a crystal ball, no one knows what their health will be ten years from now. In these cases, it doesn’t hurt to inquire about life insurance. You can always back out of the policy before it begins!

I have witnessed firsthand families going into turmoil after the death of a breadwinner. These scenarios are not exclusive to the employment/working phase of life. When a pensioner passes away, their loved ones may also be at risk. It

usually results in complete financial ruin when the survivors are left with significantly less cash flow. This is entirely avoidable. Most of the time, purchasing a suitable life insurance policy only requires a knowledgeable advisor willing to design a plan that fits your budget and needs.

Many married couples and singles age 55 or older will stare at stagnant cash in the bank – or lagging investments – and wonder what to do with the funds. Using unproductive money for life insurance can leverage its buying power and provide a hefty tax-free death benefit for the insured’s loved ones. With the proceeds, a nice legacy can be built and ensure their well-being for years to come!

Most need life insurance for one or more of these three reasons: replacing lost income, paying off burdensome debts, or creating a legacy for your loved ones. It all boils down to a straightforward question, are you willing to part with some monthly cash now to benefit your family when you pass on? Of course, you love your family – or most of them. So, give me a call. I’ll interview you and see what plan best fits your scenario. You – and they – will be glad you did.

Max ValaVanis, CFP® is a co-owner of ValaVanis Financial in downtown Melbourne and in Rockledge. Max specializes in lifetime income planning for Retirees while protecting principal. Max can be reached at 321-956-7072. ☎

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You And Your Family May Be Eligible For Increased Benefits



Securing today and tomorrow

By Kimberly Laporta,
Social Security District Manager
Melbourne, FL

We know your circumstances may change after you apply — or become eligible — for benefits. If you, or a family member, receive Social Security or Supplemental Security Income (SSI), certain life changes could increase your benefit amount.

As part of our Potential Entitlement initiative, we want to help you identify where you might qualify for a higher benefit. For example, you may be entitled to higher benefits based on your own earnings record or someone else's record. Some of the life changes that could possibly increase your benefits include the following scenarios:

- If your spouse or ex-spouse dies, you may be eligible for a higher survivor benefit based on their earnings record. The death of an ex-spouse may entitle you to a higher survivor benefit even if you are already receiving a survivor benefit on another spouse's record. We encourage you to read our publication, Survivors Benefits, for additional information at www.ssa.gov/pubs/EN-05-10084.pdf.
- If you are receiving Social Security benefits based on your spouse's work and you worked and earned credits, you may be eligible for a higher retirement benefit based on your own work. You can view our Retirement page at www.ssa.gov/retirement.
- If your deceased adult child provided at least half of your support, you may be eligible for a higher parent's benefit based on your child's work history. Our publication, Parent's Benefits, includes information you may want to consider at www.ssa.gov/pubs/EN-05-10036.pdf.

We continue to focus our Potential Entitlement initiative on people who face barriers. These populations include older people, children with disabilities, veterans, SSI recipients, and people with limited English proficiency. We are proud to say that since we started the initiative in 2017, our efforts have resulted in approximately \$553 million in retroactive and total monthly increased benefits paid.

Check out our Explore the Benefits You May Be Due page at www.ssa.gov/potentialentitlement for more information on any additional benefits available for you and your family. You can use your personal my Social Security account to check your benefit and payment information — along with your earnings record. If you don't have a personal my Social Security account, you can create one today at www.ssa.gov/myaccount!

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Affordable Housing, Part IV

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

A very real problem in addressing affordable housing is that those trying to help do not understand the needs we are trying to meet. I have read articles discussing the need ranging from 4-bedroom homes with a 2-car garage, to multiple 1-bedroom apartment units with separate baths and a common kitchen. Action that has been taken to build affordable housing shows that legislators and local politicians do not know what constitutes affordable housing.

Having managed a senior retirement community, I can tell you that housing needs of seniors are quite different from those of young families. So the first step is to define the age group you are assisting. For those over age 65, you could design a multi floor complex of 1- and 2-bedroom housing units with a great room, small kitchen, and common dining facility.

Not only do we need to define the type of housing, we need to know how we will pay for it. I have mentioned the Sadowski Fund, which was legislated into law to help provide funds for affordable housing. Since its inception, over \$3.2 BILLION has been raided from the fund by legislative action to pay for General Revenue projects – a violation of the purpose for which the fund was established.

Consider what those funds could have accomplished had they been combined with private investor money to build the rental type housing now needed. We can not encourage elders and others to come to Florida if we can not provide affordable housing. Toss into the equation a need to accommodate the homeless, which often include families with no place to live.

At the conclusion of the 2021 legislative session, Florida legislators agreed to stop their raiding and let approximately \$338 million remain in the Sadowski Fund. I have a copy of the Council of Catholic Bishops of Florida report that supports such action. Then, in the last week of the current legislative session, a group of legislators stole \$100 million from the Sadowski Fund to support a Hometown Heroes program (SB788) that does not exist, having died in Committee. Where is this money now? Did you see any reports on such legislation? You will if you go to <https://share.newsbreak.com/tf2prlyx> and read about what I have stated here.

There are several schools of thought on how to build

AFFORDABLE HOUSING, PART IV continued on pg 45

Tired of missing out on your favorite food? Dr. Chenet has a solution to help you enjoy eating again!



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Four Steps to Choosing the Right Retirement Community



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www.BuenaVidaEstates.org

How do you select the right community for you? You are starting to think a retirement community might be in your future. There are reasons you are thinking this way: home maintenance is getting harder, social interactions are harder during the pandemic, you are looking for activities and amenities and maybe care down the road. Let's not forget peace of mind for your future and your family! Here are four steps to consider.

1. Decide if you want to rent, own, or something between the two.

There are many forms of retirement communities. Some are basically planned neighborhoods for those age 55-Plus. With this type, you buy the home as you would any home, pay HOA dues and perhaps have activities with the neighbors. You must maintain your home just as you would in any neighborhood.

Another type is the apartment-style with monthly rent payments, maybe a yearly rental agreement. And another, typically called Continuing Care Retirement Communities, (CCRC), may require an entry fee that is often refundable, as well as a monthly fee.

Knowing which of these makes the most sense for you will likely depend on the types of care and services available.

2. Identify your long-term objective.

One thing to consider is your willingness to move again in the future if your health changes—and who will make those decisions for you if you are not able—OR do you prefer to live someplace that has all care levels you may need. This is a crucial thought and consideration for senior living options.

As you look at retirement communities, it's so important to know what type of care services are offered should you need them.

Most CCRCs provide residents with access to a full continuum of care. Some require that you move in to independent living, but they offer their residents assisted living, memory care, and skilled nursing care. This is appealing to many as all levels of care are available on the same campus and the move to the next level of care is easy for you.

Most other retirement communities may only offer assisted living or memory care but do not provide the skilled nursing or rehab. Some may only offer assisted living services.

3. Consider if the retirement community is a fit for you.

What is the culture like in the retirement community you are looking at? The residents, values of the entire

organization, management and staff should all be considered. Just like looking at any home, you should feel comfortable and welcome when looking around the community. Do you want to call it "home"?

When you are looking, ask the right questions to the staff, the residents and ask to attend events or activities open to prospective residents. Do the residents have a voice? Is there a line of communication between the residents and management?

What is the resident turnover? How about staff turnover? If management isn't happy, chances are the residents aren't happy. Long term relationships and friendships are an important consideration. As a general rule, residents of a CCRC are more likely to stay longer than a rental community due to the financial commitment and a full continuum of care provided.

4. Look at the quality of care.

It's important that you find that the care provided, when needed, is high quality and dependable. You want to be sure that you'll get what you are paying for with on-site care.

Current residents can be a helpful source of information. They may have a spouse or for sure someone they know that has used the next level of care! Do they have a medical director on site? You can also inquire with the management about their employee turnover rate, incident reports and the care philosophies. Ask to see the levels of care provided at the community. You will quickly see and feel the care that is given to residents.

Making a decision that is informed about a retirement community.

Choosing a retirement community is a big decision. It will impact your future happiness, finances, and health for years to come. Make the most informed decision with the information you have collected for a wise choice.

By working with the four steps given, selecting a community may be a bit easier when you consider the choices that are most important to you. Choosing a retirement community requires education and time. Not all communities are right for everyone. Choose the best option for you and your unique needs.

Buena Vida Estates has new construction cottages available immediately and a waitlist for nine different floorplans of apartments. Call us today to find out more about the only Continuing Care Retirement Community in Brevard County. 321-724-0060 ☎



ask ONE SENIOR PLACE
Lisa Conway

Q: Is Depression In Seniors Different Than In Other Age Groups?

There are more than 54 million people over the age of the 65 in the United States, according to the US Census Bureau. With today's heightened awareness of mental health, I am frequently asked if depression is different for our elderly population.

Depression is one of the most common chronic disorders in the general population. The telltale signs can include tearfulness, changes in appetite or sleep, feelings of hopelessness and isolating (withdrawing from activities). In seniors, depression can be complicated by the development of cognitive impairment.

Depression in people over 65 is called "late life depression" --and is often misdiagnosed. Senior sufferers are less likely to have a family history of depression and symptoms can be different. People with late life depression may exhibit additional symptoms of apathy, weariness, guilt, anger and fearfulness. Physical symptoms are also more common, including a disheveled appearance, digestive or bowel irregularities, slowed or decreased speech and diminished sexual interest.

Our seniors often face multiple "depressing" events in later life, struggling to adjust to retirement, relocation, social isolation, or the death of friends and loved ones.

Medication reactions can also trigger depressive symptoms.

A thorough review of prescribed drugs is one more avenue to explore when searching for the cause of depression. Other medical diagnoses may also provide clues. Seniors diagnosed with mild dementia may become depressed when experiencing impaired concentration and reduced verbal ability. To complicate matters, symptoms of depression and cognitive impairment in seniors often present themselves simultaneously --leading to misdiagnosis. A geriatric specialist who understands this parallel phenomenon will seek to rule out depression before treating someone for dementia.

Join me on May 13 at One Senior Place in Viera for a discussion on senior mental health. And if you or a loved one are experiencing symptoms of depression -- see your doctor. An appropriate treatment plan may be the start of brighter days ahead. ☺

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, call 321-751-6771 or visit One Senior Place, The Experts in Aging. "Nurse Lisa" Conway is an RN, and a Certified Care Manager for Senior Partner Care Services, Viera.



Join your Brevard Symphony Orchestra for a three concert chamber music series this summer!

June 18, 2022 | 7:00PM

BSO Woodwind Quintet

BSO Principal players shine in this program featuring music by Maurice Ravel, Valerie Coleman, and more.

July 16, 2022 | 7:00PM

Nova Baroque

Italian Baroque favorites performed in costume - powdered wigs and all!

August 13, 2022 | 7:00PM

Symphonic Strings

Maestro Confessore leads string orchestra favorites by Mozart, Grieg, Tchaikovsky, Newbold, and more!

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Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

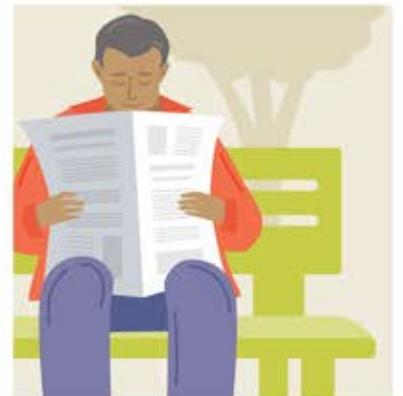
May 2022

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



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

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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.



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Mom & Me

by Audrey & Kimberley

Dear Mom and Me,

Suddenly, my husband of 40 years was dead. I never thought it would happen that way because I had always been the sick one. He always told me that if I predeceased him he would sell the house immediately and move into an apartment. I never gave it a moment's thought.

Now five years later I am ready to make a move, but where? I have made a nice social life for myself, but I am fed up with this house. It is hard to get the lawn cut, and the house needs major repairs, and I hate all this responsibility.

My daughter has suggested that I live with her family, but I want my freedom and independence, my own space and I just don't know what to do. What would you suggest I consider?

– CONCERNED CONNIE

Dear CONNIE,

I love my daughter very much, but at this time I would never live with her! Moving in with an adult child puts a lot

of strain on your relationship. You need to consider your own needs and also the needs of your daughter and your daughter's family. If you are financially able you should consider the many options now available to seniors like us. It was very kind of your daughter to offer her home, and together you can work out the best solution for you both.

– AUDREY

Dear CONNIE,

I guess I won't be asking Mom to stay with me for a while!! Today there are a variety of living arrangements including retirement communities, assisted living facilities, and life care communities. These type of facilities offer varying physical features, services, social, recreational opportunities and medical care. The Assisted Living Federation of America at 703-691-8100 can help you find assisted living facilities in the area you want to live. The Federation can also provide you with information to help you make your decision.

Whatever your decision, I hope you and your daughter work together on these plans.

– KIMBERLEY



MAY TRAVEL DEALS

Norwegian Joy sailing one time only from Port Canaveral with Freestyle Cruising visiting: Cartagena, Transit Panama Canal, Puerto Caldera, San Juan Del Sur, Puerto Quetzal, Puerto Vallarta, and Cabo San Lucas December 4th -18th, 2022. My rates are lower than the rest! Balcony staterooms starting at \$2617 per person and mini suites starting at \$2914 per person based on double occupancy and includes Norwegian Free at Sea with complimentary drink package, 250 minutes of Wi-Fi, \$50 shore excursion credit per port of call per room, and 3 complimentary specialty dining. Deposit of \$250 per person is due at time of booking.

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SENIOR NEWS LINE

By Matilda Charles

Breaking News Alert! Turn Off the Television

A learned a lesson this week when I discovered I'd spent over 10 hours glued to the news on television. Afterward, I was depressed and full of anxiety. I knew that couldn't be good for me.

It makes sense that a gym chain turned off the TVs in their locations in 27 states, believing that cable news wasn't good for a healthy lifestyle. And this was several years ago, when the news was comparatively milder than it is now. Consider how much different our lives -- and the news -- are today, and it makes a lot of sense to avoid an overdose of what's going on in the world.

My newest tactic is to use a timer. At the top of the hour, I'll turn on a cable news channel, watch for several minutes ... and then turn it off. Whatever is new will be talked about then, but it's often a repeat of the top of the previous hour.

What do we do instead once we turn off the news? Change to a different channel, perhaps one that shows re-runs from a previous era. The "Andy Griffith Show" comes to mind. So do "My Three Sons," "I Love Lucy" and "Columbo." Then there's premium fare like The History Channel, Smithsonian Channel and even best of British TV channels.

Or we can turn the television off altogether and, now that spring is here, go outside and walk. Or start a new garden. Or talk to neighbors who are also escaping the television.

There are specific health reasons to get away from the television news, and sitting too long is at the top of the list. It leads to memory decline, anxiety, stress ... which leads to insomnia and changes in diet. We think we need to keep up with current events ... but at what cost? [®]

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King Crossword

- ACROSS**
- 1 Justice Dept. agency
 - 4 Physician's nickname
 - 7 Grating
 - 12 Vintage
 - 13 Away from WSW
 - 14 Mountain crest
 - 15 Set afire
 - 16 Yosemite peak featured in "Free Solo"
 - 18 "CSI" evidence
 - 19 Dewy
 - 20 Billboard
 - 22 Swiss peak
 - 23 Bloke
 - 27 Author Fleming
 - 29 Abrasion
 - 31 Planet circlers
 - 34 Heart line
 - 35 Coffeehouse bill collector
 - 37 L-P link
 - 38 Utah ski resort
 - 39 "Yoo- —!"
 - 41 Pottery oven
 - 45 Quotable Yogi
 - 47 Eastern path
 - 48 Bygone Cadillacs
 - 52 Copper head?
 - 53 Tierney of "The Affair"
 - 54 Superlative suffix
 - 55 Texter's chuckle
 - 56 Velocity
 - 57 Irish actor Stephen
 - 58 Decade parts (Abbr.)
 - 17 Nile vipers
 - 21 Martial arts warrior
 - 23 Swindler
 - 24 Guffaw syllable
 - 25 Suitable
 - 26 Green shade
 - 28 Simile part
 - 30 Paint container
 - 31 1959 Kingston Trio hit
 - 32 Texas tea
 - 33 Choose
 - 36 Mother of Zeus
 - 37 Gloomy
 - 40 Sequence
 - 42 Tuscany setting
 - 43 Hard work
 - 44 Seasonal songs
 - 45 Thin nail
 - 46 Nick and Nora's dog
 - 48 Ambulance initials
 - 49 Napkin's place
 - 50 Payable
 - 51 Mine material
- DOWN**
- 1 Creates origami
 - 2 Russian pancakes
 - 3 Luggage attachment
 - 4 Consider
 - 5 Borrowed
 - 6 Director DeMille
 - 7 Engrossed
 - 8 "Exodus" hero
 - 9 Fixed
 - 10 Sch. org
 - 11 Hankering

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56						57				58		

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PAW'S CORNER

By Sam Mazzotta

Avoid Predatory Loans From Some Pet Stores

DEAR PAW'S CORNER: I recently read an article about a predatory lender that is targeting people buying dogs at some pet stores. These loans have insane interest rates as high as 130% to 189%! Please warn your readers to avoid taking out high-interest loans to buy a new pet. So many pets are in shelters, waiting for their forever homes. Don't buy from a puppy mill!

— Janie F., Sarasota, Florida

DEAR JANIE: Thank you for sounding the alarm! A recent CBS News report warned about a lending business called EasyPay Finance that charges huge interest rates. Find the article here: <https://tinyurl.com/26b8mdcz/> Predatory loans and pet stores that source from puppy mills are a nasty storm of awfulness. Often, puppy mill dogs arrive at the store in poor condition, and new owners who've just paid thousands of dollars to buy a dog now have to shell out thousands more for medical care. The message here is clear: Don't take out a high-interest loan to buy a pet. If you spend time researching the perfect dog for

your family, then you should also spend time studying the financial aspects of dog ownership.

Do business with reputable breeders -- you should be able to visit the breeder and see the conditions your prospective pet lives in, meet the puppies and their mother, and discuss their care. Good breeders care about their dogs' welfare. If you're going to pay thousands of dollars for a pet, choose this route. Shelter pets are another option. If you aren't breed-specific but want a wonderful companion, contact the local shelter. Adoption fees are a few hundred dollars, but that is significantly less than what puppy mills are charging. And you'll get a healthy dog that's ready for a new family. It's a win-win.



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Giving & Forgiving

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

I like the guy who bought a humidifier and a dehumidifier and put them in the same room, turned them both on, and let them fight it out. When a pastor leads the Lord's Prayer there is often a fight-it-out moment. It's when we come to "forgive us our debts/trespases." Some want to say debts and some want to say trespases. This

phrase, forgive us our debts/trespases, and the one before it, give us this day our daily bread, are essential to our human souls.

The two petitions are joined this way – what bread is to the body, forgiveness is to the soul. What bread is to the body, forgiveness is to the body, forgiveness

is to the soul.

Bread is about the basic necessities for basic good living. Not scrounging. But basic good living. This is reassuring to me. The early parts of the Lord's Prayer, like hallowed and kingdom, have an eternal quality to them. But this is very material and every day. It's what we concern

ourselves with regularly. It's like, "God, I stubbed my toe and it is killing me. It seems like a small and unspiritual thing to bring up, but could you help it heal fast?" Do you see? The request makes prayer about our regular real.

As we move into the second of the two petitions we are considering I think of Victor Hugo's Les Miserables. The main character, Jean Valjean, who doesn't have bread, steals some to live. He ends up in a debtor's prison. Hmm. So without bread, Jean Valjean, ends up in debt, needing forgiveness of debt. Maybe the more bread and maybe bread of life we all have, the more charitable we might be, the less offending we might be – of both offending God and neighbor and needing to ask for forgiveness?

But we do offend and God forgives those who ask. We do need bread and God gives to those who ask. As the hymn goes, "Thou are giving and forgiving, ever blessing ever blest." And what bread is to the body, forgiveness is to soul – a necessity if we are to live (to live practically, spiritually, eternally). ☺

CALENDAR HIGHLIGHTS



Helping Seniors Television Monday - Friday

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

Day	Date	8:30 AM	4:30 PM	5:00 PM
Mon	05/02	Two Questions on Assisted Living	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2
Tue	05/03	Helping Seniors 12 Years Later	Technology & Home Care	3 Reasons for Reverse Mortgage
Wed	05/04	Importance of Evaluation	Trusts	How a Public Adjuster Helps
Thu	05/05	Is Assisted Living Right for You?	Senior Real Estate	The Dirty "D" Word - Dementia
Fri	05/06	Senior Mental Health	Helping Seniors Travel Club	Durable Power of Attorney
Mon	05/09	Your Legal Document Checklist	The Helping Seniors Directory	How to Cruise Successfully
Tue	05/10	Checking Out Zon Beachside	Put Kids on House Title?	Probate: What it Is
Wed	05/11	When Call Adult Abuse Hotline?	Finding Good Help at Home	How Assisted Living Helps
Thu	05/12	All About Home Health Care	About Golden Providers	Elder Law Services
Fri	05/13	The Vial of Life	The Talk about Assisted Living	Great Employment for Seniors
Mon	05/16	Too Many Teeth Extracted?	How SRES Helps Seniors	Assisted Living in Your Life?
Tue	05/17	In Home Care Giving	Value of Professional Printing	Smorgasboard of Legal Matters
Wed	05/18	Avoiding Probate	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2
Thu	05/19	How a Public Adjuster Helps	Helping Seniors 12 Years Later	Technology & Home Care
Fri	05/20	Power of Attorney/Super Powers	Great Employment for Seniors	Two Questions on Assisted Living
Mon	05/23	Assisted Living in Your Life?	Your Legal Document Checklist	Trusts
Tue	05/24	3 Reasons for Reverse Mortgage	All About Home Health Care	Importance of Evaluation
Wed	05/25	The Dirty "D" Word - Dementia	Senior Mental Health	Is Assisted Living Right for You?
Thu	05/26	Helping Seniors Travel Club	How Assisted Living Helps	Senior Real Estate
Fri	05/27	Durable Power of Attorney	Finding Good Help at Home	The Helping Seniors Directory
Mon	05/30	How to Cruise Successfully	Probate: What it is	Checking Out Zon Beachside
Tue	05/31	Elder Law Services	The Talk about Assisted Living	Put Kids on Bank Account?



Helping Seniors Radio on 90.3 FM WEJF Radio

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

Day	Date	90.3 FM WEJF Radio	12 noon each Wednesday
Wed	05/04	Focus on Elder Law	Elder Law Attorney Bill Johnson
Wed	05/11	Focus on Your Smile	Dr. Lee N. Sheldon
Wed	05/18	Focus on Your Real Estate	Barbara McIntyre
Wed	05/25	Focus on Help at Home	Jennifer Helin

Mango-Glazed Ham

The secret to this sweet glazed spiral-cut ham is mango chutney and mango nectar.

1 cup Major Grey's mango chutney
1/3 cup mango nectar
2 cloves garlic, crushed with press
2 tablespoons honey
1 tablespoon mustard powder
Pepper
1 (7 1/2 to 8 pound) fully cooked, spiral-sliced, smoked bone-in reduced-sodium half ham
1/4 cup (or up to 1/2 cup) boiling water
Parsley springs, for garnish
Mango slices, for garnish
Pineapple slices, for garnish

1. Preheat oven to 375 F. In blender, combine chutney, nectar, garlic, honey, mustard powder and 1/4 teaspoon freshly ground black pepper. Blend until very smooth. (Chutney mixture can be made, covered and refrigerated up to 1 day ahead.)

2. Place ham in 13-by-9-inch roasting pan. Rub chutney mixture on skin sides of ham. Bake 1 hour 15 minutes or until golden brown crust forms and meat thermometer inserted horizontally in bottom portion of ham (not touching bone) reaches 140 F.

3. Transfer ham to serving platter. Pour juices from pan into small bowl. Whisk in 1/4 to 1/2 cup boiling water, until pan juices are desired consistency. Garnish platter with parsley sprigs and mango and pineapple slices. Serve ham with pan juices. Serves 16.

* Each serving: About 280 calories, 11g total fat (4g saturated), 74mg cholesterol, 1,485mg sodium, 35g total carbohydrate, 0g dietary fiber, 29g protein.



Baked Ricotta With Vinaigrette

This recipe is perfect for a first course at your Easter table.

2 lemons
32 ounces part-skim ricotta cheese
Salt and pepper
1/2 teaspoon Dijon mustard
1/4 cup olive oil
4 tomatoes
1 bag baby greens

1. Preheat oven to 375 F. From lemons, grate 1 teaspoon peel and squeeze 3 tablespoons juice. Set aside. Spray 9-inch glass or ceramic pie plate with nonstick cooking spray.

2. In medium bowl, stir lemon peel, ricotta, 1/2 teaspoon salt and 1/4 teaspoon freshly ground black

pepper until blended. Spread ricotta mixture evenly in prepared pie plate. Bake 1 hour or until cheese is lightly browned. Let stand 10 minutes to allow cheese to set. Slice into 12 wedges.

3. Meanwhile, in medium bowl, whisk together lemon juice, Dijon, 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Whisk in olive oil in slow, steady stream until blended. Stir in chopped tomatoes.

4. To serve, place 1 ricotta wedge along with some greens on each of 12 serving plates. Top greens and ricotta with tomato vinaigrette. Serves 12.

* Each serving: About 155 calories, 11g total fat (4g saturated), 23mg cholesterol, 245mg sodium, 6g total carbohydrate, 1g dietary fiber, 9g protein.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.
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WHAT IS PROBATE? *continued from pg 13*

the parents' descendants (the brothers, sisters, nieces and nephews of the deceased). If none of the above are living, it will be divided with one-half to paternal and one-half to maternal grandparents or their descendants (aunts and uncles of the deceased). Half-blood beneficiaries receive one-half as much as those who are whole blood.

Wills also designate a person to administer the estate called the Personal Representative (executor). When there is no Will, Florida Statutes set forth who is to be appointed Personal Representative. Preference is given to the surviving spouse. If there is no spouse or the spouse is unable or unwilling to serve, the court will appoint the person selected by the heirs who are entitled to inherit a majority of the estate's assets.

In addition to allowing you to select who will inherit your property and administer your estate, the probate process is normally smoother with a Will. For example, with a Will you can: 1] give the Personal Representative the power to sell real estate without first obtaining a court order, and 2] waive the necessity of having the Personal Representative post a surety bond.

For further information on estate planning you may be interested in Attorney Truman Scarborough's Booklet on Estate Planning in Florida. It is available without charge or obligation by calling (321) 267 - 4770. His office is located at 239 Harrison Street, Titusville, Florida. ☎

WESTERN SCRIPT ENTICED DON MURRAY... *cont'd from pg 14*

"It was a total surprise, I couldn't believe it," said Murray of his reaction when learning that the film's director, Josh Logan, insisted the producers cast him as a rambunctious cowboy alongside the notoriously difficult Monroe.

"I was aware of her reputation, but didn't let that bother me," recalled Murray. "I didn't pay any attention to what people thought of her. I was just involved with the work and working with her which was a great experience. She was very supportive of me and we got along well, no problems ever."

Murray also remembers Logan going to great lengths to put Monroe at ease. "He was always very supportive and made her feel comfortable," he said. "He was very positive and didn't criticize what she was doing."

After "Bus Stop," Murray went on to work in numerous TV shows and appeared in some 40 films, often tackling challenging roles that portrayed compelling characters. He appeared in several westerns and believes the genre, though far less common today, can still attract audiences.

"There's always the classic theme of the western but there's also room for creative changes in the screenplay, giving a better sense of western reality," he says. "(Joe) actually took advantage of that and created a classic piece all its own and I was very proud to be part of it."

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See www.tinseltowntalks.com ☎

Good Deeds Foundation: Three Missions in One

The Cape Canaveral Chapter of the Military Officers Association of America (MOAACC) is the largest MOAA Chapter in the country and takes great pride in supporting veteran related causes in Brevard. Their Good Deeds Foundation (GDF) presented a very special check for \$4100 at 0230 on Saturday, 02 April, to the President of the Space Coast Honor Flight (SCHF), RADM Jim Hart, USN Ret. This Mission began last summer when GDF worked with SCHF, the Florida Tech (FIT) Army ROTC Instructor, LTC Jimmy Crook, USA (also a MOAACC member), and Dr. Richard Elmore of FIT's doctoral program in behavioral sciences, to find a way with one major grant to help THREE of the organizations GDF supports.

The concept was simple, but needed support and coordination: send five FIT ROTC Cadets and five veterans at FIT taking a special program designed by FIT and the VA to lead to VA jobs to support veterans in need in their future careers, to be guardians. They would spend 18 hours with and get to know WWII, Korean and Vietnam War veterans flying to Wash, DC with the SCHF to see THEIR monuments, many for the first time.

GDF has supported SCHF for many years, but, as RADM Hart said when accepting the check, using this

system of direct linkage to future soldiers and current veterans from FIT gives the SCHF program and the guardians' unforgettable connections. SCHF, FIT and GDF hope to continue this unique grant into 2023, but for 2021-22, almost all of the SCHF's seven mission will have one or two FIT students aboard.

Here GDF President CPT Donn Weaver, USA Fmr, presents the symbolic check to RADM Hart while many of the 25 veterans and 25 guardians headed to DC the same day look on. 



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by Linda Thistle

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

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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The Stress of IBD

Coming on the heels of a stressful two years of pandemic, the Department of Veterans Affairs has aligned with a website dedicated to those who suffer from stress-related inflammatory bowel disease (IBD), ulcerative colitis and Crohn's disease. And just in time. A recent long-term study of veterans concluded that over time, the stress of veterans with bowel disease has increased.

There are likely 66,000 veterans with bowel disease who all need information and resources, and the Crohn's & Colitis Foundation (CCF) is the place to go. Right on the dedicated webpage (www.crohnscolitisfoundation.org/veterans), it asks important questions: What kind of doctor do I need? Where do I get care? How quickly can I get VA care once I'm registered?

As noted above, these last two years have put most of us under extra stress, and those with bowel disease are many times more likely than others to experience depression, PTSD and anxiety as a fact of daily life. The CCF website points to coping tips that can help, such as meditation, relaxation techniques and exercise ... and getting help from

a mental-health professional. Scroll to the bottom of the mental health page for sections on pain and fatigue, strategies to improve mental health, depression and anxiety, and daily life.

One section stands out: If you're going to be moving, you'll need a traveling veteran consult. Continuous care will begin before you leave and follow you through the move to your new location. With a traveling veteran consult, your records and info about your health and history will be ready for you on the other end. Any required care can pick up where it left off. Your responsibility will be to plan ahead and give them notice.

The website is loaded with information: diet and nutrition, complementary medicine, medications, resources and much more. The most help might be found in local chapters and support groups (there are over 200), where you'll find others who know exactly what you're experiencing. ☺

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King Crossword Answers

Solution time: 21 mins

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L	I	T		E	L	C	A	P	I	T	A	N
D	N	A		M	O	I	S	T				
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E	L	D	O	R	A	D	O	S		A	B	E
M	A	U	R	A		E	S	T		L	O	L
S	P	E	E	D		R	E	A		Y	R	S

SUDOKU Answers

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

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The CDC recommends making sure you are up to date with your COVID-19 vaccines before travel, which includes additional doses for individuals who are immunocompromised or booster doses when eligible. Follow all requirements and recommendations at each location during travel, including wearing a well-fitting mask and following recommendations for protecting yourself and others. If you are traveling internationally, check the COVID-19 Travel Health Notice for your destination and visit the International Travel webpage for requirements and recommendations.

Many travelers must carry their medicines with them across international borders to treat chronic or serious health problems. However, each country has its own guidelines about which medicines are legal. Medicines that are commonly prescribed or available over the counter in the United States could be considered unlicensed or controlled substances in other countries. For example, in Japan, some inhalers and certain allergy and sinus medications are illegal. Also, the United Arab Emirates (UAE) has strict narcotics laws that have landed many travelers in prison.

While rules vary from country to country, there can be serious consequences if you violate the laws of the country you're visiting. These consequences can range from confiscation (removal) of your medicine, which could harm your medical treatment, to stiff penalties, including

imprisonment on charges for drug trafficking. To avoid medicine-related issues during your travel, follow these tips.

Before You Go and Buying Medicine at Your Destination

Don't plan on being able to buy your medicines at your destination. They may not be available, and if they are, they may not meet US quality standards. In many developing countries, counterfeit drugs are a big problem.

If you must buy drugs during your trip in an emergency, there are ways to reduce your chances of buying counterfeit drugs:

- Contact the nearest US embassy or consulate. They should be able to connect you with doctors and pharmacies that can help you find reliable, quality medicines.
- Buy medicines only from licensed pharmacies and get a receipt. Do not buy medicines from open markets.
- Ask the pharmacist whether the drug has the same active ingredient as the one you were taking.
- Make sure the medicine is in its original packaging.
- Look closely at the packaging. Sometimes poor-quality printing or otherwise strange-looking packaging will indicate a counterfeit product.
- Check with the foreign embassy of the country you will be visiting or passing through to make sure your medicines are permitted in that country.

- Be aware that many countries only allow taking a 30-day supply of certain medicines and require the traveler to carry a prescription or a medical certificate.

- If your medicine is banned at your destination, talk with your health care provider about alternative medicine or destination options, and have your doctor write a letter describing your condition and the treatment plan.

- The International Narcotics Control Board (INCB) provides general information about country regulations for travelers carrying medicines that are made with controlled substances. It's important to note that INCB may not have information from all countries or territories.

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TRAVELING ABROAD WITH MEDICINE
continued on pg 46

tooth cavities, gum disease, and tooth loss, are more common in older adults than in other age groups. Older adults are also more likely to have cognitive impairment or dementia, and these studies have suggested a link between oral health and these conditions. The researchers randomly studied more than 34,000 people and found that participants with more missing teeth had, on average a 48% higher risk of cognitive impairment and a 28% higher risk of dementia. Participants who had lost all their teeth had a 54% higher risk of cognitive impairment and a 40% higher risk of dementia. Interesting, participants who had missing teeth but used dentures did not have a significantly higher risk of dementia than participants without missing teeth.

The researchers note that tooth loss can result in problems with chewing that might lead to nutritional deficiencies, chemical imbalances, or changes to the brain that affect brain function. Also, poor oral hygiene might lead to increased bacteria in the mouth and to gum disease, which can cause inflammation and raise the risk of beta-amyloid plaques in the brain, leading to dementia. Tooth loss without the use of dentures might also be an indication of lower socioeconomic status and lower education level, both of which are independently linked to an increased risk of dementia. Or, it is possible that people with early cognitive decline might be less likely to maintain oral hygiene, which in turn can result in tooth loss.

The results suggest that timely interventions, such as encouraging the use of dentures and other orthodontic treatments and large-scale education programs on the importance of oral hygiene in older adults, might help prevent or slow down cognitive decline linked to tooth loss. (S)

AFFORDABLE HOUSING, PART IV *continued from pg 20*

affordable housing. My preference is for appointed local boards, chaired by a non politician who has the requisite knowledge, background, managerial skills, and desire to making affordable housing a reality. This is not a political arena for building one's resume. It is a time for action and building a plan that can attract investors or, if managed correctly, be accomplished by local government.

We have wasted 20 years of time and valuable funding for affordable housing. It is time to form local groups, empowered with adequate authority to develop and fund plans that will meet local housing needs. Someone has to be in charge who can accomplish this mission before we see another 20 years pass us by.

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

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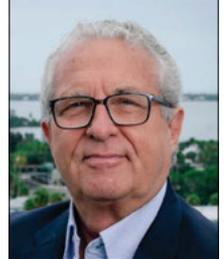
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- Make an appointment with a travel medicine specialist or your health care provider to get needed vaccines and medicines at least 4 to 6 weeks before you leave.
 - If you plan to be gone for more than 30 days, talk to your doctor about how you can get enough medicine for your trip. Sometimes insurance companies will pay for only a 30-day supply at a time.
 - Ask your doctor about any changes to taking your medicine once you're in a different time zone. Medicines should be taken according to the time since your last dose, not the local time of day.
 - Ask how to safely store medicine and check whether it needs refrigeration. Keep in mind that extreme temperatures can reduce the effectiveness of many medicines.
- Pack smart and put your medicines in your carry-on luggage. You don't want to be stuck without them if your suitcase gets lost!
 - Bring enough medicine to last your whole trip, plus a little extra in case of delays.
 - Keep medicines in their original, labeled containers. Ensure that they are clearly labeled with your full passport name, doctor's name, generic and brand name, and exact dosage.
 - Bring copies of all prescriptions, including the generic names for medicines.

- Leave a copy of your prescriptions at home with a friend or relative in case you lose your copy or need an emergency refill.
- Pack a note on letterhead stationery from the prescribing doctor (preferably translated into the language understood at your destination) for controlled substances, such as marijuana, and injectable medicines, such as EpiPens and insulin.

Article courtesy of the CDC. (S)

PRINTER UPDATES continued from pg 16

because it could allow a remote attacker to gain full access to the device.

This can be especially dangerous for large business networks as the printer can become the gateway to much larger attacks across the network.

The affected devices include many of HP's popular LaserJet, OfficeJet and DeskJet models, so anyone with an HP printer should check to see if their device is included in the advisory.

If so, you can locate the firmware update for your specific device via the HP Customer Support downloads page: <https://bit.ly/3DvijW1> If your HP printer connects directly to the Internet, you should be able to check for the firmware update via the printer's control panel by going to the 'Settings' menu. (S)



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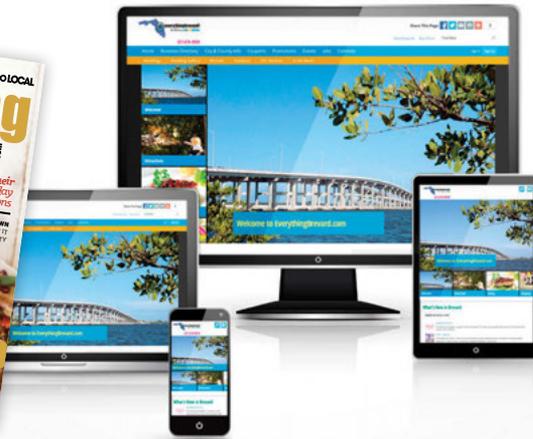
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Mix Edibles, Ornamentals For A Creative Landscape

By Gary R. Bachman, *MSU Extension Service*

When planning my home garden and landscape, I love to combine different plants in containers. My basic practice is to follow the thriller, filler and spiller recipe.

The thriller plants are upright and grow taller than the rest, adding interest and excitement. The spillers are low-growing plants that sprawl out and over the container edges. Filler plants have rounded and mounding growth habits that fill in the gaps between thrillers and spillers.

The beauty of this recipe is that you can leave one of the parts out of the planting. I leave the filler out of many of my plantings to make room for something else. I like to plant French marigolds underneath tomatoes, or I place classic Vista Bubblegum Supertunia underneath my various citrus growing in 25-gallon containers.

While I primarily use this simple recipe for combining plants in containers, it is also practical for creating different combinations in landscape beds or along walkways.

Most gardeners combine like plants, so they primarily use just ornamentals for their flowers or foliage. However, one

great idea has been around forever, but people have been slow to adopt it. That is to create an edible landscape, combining edibles with ornamentals.

I think the reluctance to combine edibles and ornamentals is a garden paradigm, similar to the idea that tomatoes must be red or that vegetables must be grown in the backyard. Combining veggies with flowering planting opens up another avenue for home gardeners to be creative.

The size of your gardening space shouldn't be a limiting factor. Porches, patios and even balconies are perfect locations to show off pretty, edible plants and flashy flowers. In fact, just growing veggies in containers is a great way to enjoy an easy, little kitchen garden.

Brie Arthur is one of my great horticulture friends, and her book, "The Foodscape Revolution," is a fantastic blueprint for combining food, blooms and foliage for increasing curb appeal and helping to reduce your grocery

MIX EDIBLES, ORNAMENTALS...continued on pg 50



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A GREAT BIG CANARY continued from pg 10

from electrical power plants drew manatee further north year round.

The problem of salt marsh mosquitoes clouded flights into town were abated by sectioning off and flooding thousands of wetland acres. Thus productive mangrove and sea grass food were out of reach for what became known as “the gentle giants”.

Since 1980, condition of the Indian River Lagoon has so declined that fisheries and other valuable estuarine “gold standard” resources have significantly diminished. Water quality had reduced the ability of sunlight energy to feed the former productive sea grass meadows. The lagoon, once the salad bowl of the vegan manatee, has brought them to starvation in the winter of 2021-2022. State officials fed the emaciated sea cow herds’ romaine lettuce from grocery stores.

In the Indian River Lagoon and the bay of South Florida, our grey canaries are telling us that our waters are not a “place for beasts” and not the vital economic resource for us. (S)



ANSWER NURSE continued from pg 15

A. There are a lot of ways to help with stress. As I wrote above, breath work is a good place to start. Below are more suggestions:

- Encourage your daughter to talk about how she’s feeling and ask if there’s anything in particular causing her more stress than usual. Even if it’s just regular teenage stuff, it’s healthy for her to share her feelings. And if she’s shy about sharing with you, connect her with a trusted counselor, friend or pastor.
- Make sure she’s exercising regularly, eating healthy, and getting ample sleep.
- Make sure she’s not using alcohol or drugs to “cope,” as these are destructive and could lead to depression and other mental health issues.
- Make sure she gets a physical. Sometimes, a person has an underlying physical issue that’s masquerading as ‘regular stress.’ An example of this would be a thyroid issue.
- Make sure she makes time to have fun with her friends and family. As they say, laughter is the best medicine!

This information is for educational purposes. Please consult your physician for any medical issues. For more information about VNA services, call 321-752-7550 or visit www.vnadc.com (S)



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

CALENDAR OF EVENTS

<https://veteransmemorialcenter.org/other-veterans-events/>

May 01-02, 05-08 – Florida’s 34th Annual All Veterans Reunion with The Vietnam Traveling Memorial Wall and GWOT Wall sponsored by VVB at Wickham Park in Melbourne. Set up on Sunday, 01 April with Wall escort from EFSC; Wreath Laying Ceremony sign up 1400 and starts 1800 02 April; with vendors, Vet org exhibits, music and much more 0900-1900 from 05 - 07 May, with take down on 08 May. Contact 321-690-

0805 for more info or 321-652-4185 to register as vendors.

May 26 – Office of Sen. Marco Rubio monthly office hours for veterans to report issues and questions to the senator. VMC Library 1400-1600. POC: Tom Self 407-254-2573. Appointments encouraged.

May 27-28 – Heroes Honor Festival at the Daytona Speedway featuring Friday evening tributes to the Fallen; military flyovers, Toby Kieth, Justin Moors, LTG Jerry Boykin, Ann-Margaret

and many more to honor Vietnam and all veterans in the “Biggest Baddest Most Patriotic Celebration. Tickets required but veteran discounts and even free tickets for Vietnam veterans are available. Check the Heroes Honor Festival 2022 we site. The event is open to everyone.

May 30 – Memorial Day Ceremony at the VMC 0930- 1030. Reflections on Sacrifice will include stories of KIA, WIA and Special Veterans who have died in service to our country via VMC tenant veteran organizations. First Responders who have fallen also honored by Sheriff Ivey. A unique Ruck March of 5K will pause and reflect with each participant carrying the photo and name of a fallen post 9/11 hero. Special exhibits, VMC partners, refreshments will add to the atmosphere. See Poster.

May 30 – Cocoa Riverfront Park Memorial Day Parade and Ceremony 1600-1800 to honor and reflect on those who gave the ultimate sacrifice for our country and their Gold Star families.

Jun 04 – BCSO Sponsored “Dancing for the Stars” annual event and fundraiser for selected charitable organizations. 1700-2100 at Clemente Center on the FIT Campus. VMC is one of three 501c.3 organizations that will benefit from the proceeds of this great fundraiser. Details of the event, tickets, and how to support the VMC sponsored dancers follow in March. Special thanks to Sheriff Ivey and his team for selecting the VMC in 2022!!!! LTC Tim Thomas, USA, Ret is the VMC Dancer so vote and donate for his team.

MIX EDIBLES, ORNAMENTALS...continued from pg 48

bill. When you plant with the idea of combining vegetables, herbs, flowers and foliage, you create a garden space for maximum production of edible goodness combined with beauty.

We’re quickly racing toward the warm season, and that means home gardeners will soon grow lots of summer favorites. Here are my recommendations that would be perfect for a big combination container.

One good thriller has to be a cherry tomato like the red Sweet 100. For a little more interest, consider the bright-yellow Patio Sunshine. The fillers are basil, either the green Genovese or the dramatic, nearly black Amethyst Improved. Or you could use a brightly colored coleus to add interest. The spillers are nasturtium for late spring and early summer or lemon verbena. Combining edible and ornamental plants in containers or the landscape will only be limited by your imagination.

Visit your favorite, independent garden center and group different plants together to see how they look. Think of this as a test drive before you take them home to plant and enjoy in your garden. ☺

Keynote Speaker
Dr. Kerry Fink

10th Annual Space Coast Prayer Breakfast
"EXALT THE LORD WHO HAS ESTABLISHED US"

Great Leaders Praying Together.
Let Us Pray on the National Day of Prayer.

Thurs - May 5th 2022 - 7:30am-9:30am - The Grand Manor
SpaceCoastPrayerBreakfast.com



1. **FOOD & DRINK:** What was the first food eaten in space?
2. **LITERATURE:** A character named Piggy is featured in which 20th-century novel?
3. **GEOGRAPHY:** What are the residents of Cyprus called?
4. **MEASUREMENTS:** How many pounds are in a stone?

5. **LANGUAGE:** What does Ph.D stand for?
6. **ANIMAL KINGDOM:** What is the color of a giraffe’s tongue?
7. **MEDICAL:** What is the common name for onychocryptosis?
8. **HISTORY:** What is a more common name for the 19th-century killer known as the “Whitechapel Murderer”?
9. **GENERAL KNOWLEDGE:** What is the color of “black boxes” used to record flight data on aircraft?
10. **SCIENCE:** What is considered to be the ideal “room temperature”?

Answers

1. In 1961, Russian cosmonaut Yuri Gagarin ate pureed meat and then chocolate sauce.
2. “Lord of the Flies”
3. Cypriots
4. 14
5. Doctor of Philosophy
6. Blue, black or purple
7. Ingrown nail
8. Jack the Ripper
9. Bright orange to aid in recovery
10. 68-72 degrees Fahrenheit

MAY 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

Cultural events provided courtesy of Brevard Cultural Alliance - visit us at ArtsBrevard.org/events

In light of current events and potential cancellations, we strongly encourage you to check with presenting organizations regarding the status of their events.

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, dowgialloclaire.wixsite.com/artconsignment

Brekers 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

DrumLuv Dance Center, Palm Bay, DrumLuvDance.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

Gleason Performing Arts Center, Florida Institute of Technology, Melbourne, 321-674-8006, FIT.edu/Gleason

Green Gables, Melbourne, 321-794-8901, 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

North Brevard Art League, Titusville, NorthBrevardArtLeague.com

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

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

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

Simpkins Center, Eastern Florida State College, Cocoa, easternflorida.edu, 321-433-5200

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, ValiantAirCommand.com

MAY EVENTS

Thru June 26: Dreamland Miniature Golf & More Pop-Up, former Foosaner Art Museum, Eau Gallie, DerekGores.com/dreamland-mini-golf

Apr 29 - May 8: Inherit the Wind, Surfside Playhouse, SurfsidePlayers.com, 321-783-3127

Thru May 15: Something Rotten!, Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

Thru May 15: Aida, Henegar Center, Downtown Melbourne, 321-723-8698, Henegar.org

May 1: One Night of Queen, King Center, Melbourne, KingCenter.com, 321-242-2219

May 1: Lift Up Your Voice (two concerts), Brevard Youth Chorus, 3:00pm at Central Baptist Church, Melbourne and 5:00pm at Advent Lutheran Church, Sun-

tree, BrevardYouthChorus.org, 321-291-3141

May 4: Classic Pop Concert, Brevard Chorale, The Great Outdoors, Titusville, BrevardChorale.org, 321-501-0833

May 6: Opening Reception: Well Said, An Interpretation of Quotes Exhibition, Fifth Avenue Art Gallery, Eau Gallie Arts District, 321-259-8261, FifthAvenueArtGallery.com

May 6: First Friday Reception: Leigh Witherell - Life in Chaos Exhibition, Eau Gallery, Eau Gallie Arts District, 321-253-5553, EauGallery.com

May 6-29: Legally Blonde, Titusville Playhouse, TitusvillePlayhouse.com, 321-268-1125Art

May 6: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at Island Time, 400 W. Cocoa Beach Cswy., Cocoa Beach on Friday, May 6 at 12 p.m. All are welcome to join the group. For additional information, please call (502) 299-8949.

May 7: Brevard Community Chorus: In Need of Music, King Center, Melbourne, KingCenter.com, 321-242-2219

May 7: Cocoa-Rockledge Garden Club Spring Garden Party, 10:00 a.m. to 2:00 p.m. Tickets are \$10.00 per person. Come, stroll our lovely grounds, sipping punch and nibbling a cookie while listening to music. A very relaxing Spring day event! There will be a food truck available to purchase lunch. And, we will have a floral design class and an orchid re-potting class also. We will be selling plants, baked goods and basket raffle tickets. There will be a door prize given also.

May 8: Shall We Dance? Concert, Space Coast Symphony Youth Orchestra, Cocoa Beach Jr/Sr High, SCSYO.us, 888-252-8290

May 10: Brevard Achievement Center's Performing Arts Showcase, King Center, Melbourne, KingCenter.com, 321-242-2219

May 10-29: Almost Heaven, Riverside Theatre, Vero Beach, RiversideTheatre.com, 772-231-6990

May 13: Leanne Morgan - Big Panty Tour, King Center, Melbourne, KingCenter.com, 321-242-2219

May 13: Space Coast River Jam, Riverfront Park in Cocoa Village, RollingReadersSpaceCoast.com,

321-254-9976

May 13: May Flowers Sock Hop, Melbourne Municipal Band, Melbourne Auditorium, MMBand.org, 321-724-0555

May 14: Classic Albums Live: Eagles - Greatest Hits, King Center, Melbourne, KingCenter.com, 321-242-2219

May 14: Fearless Improv Brigade: Spring Showcase, Surfside Playhouse, SurfsidePlayers.com, 321-783-3127

May 14: Crafters' Park Show, Sebastian River Art Club, Riverview Park, Sebastian, SebastianRiverArtClub.com

May 14 & 15: Summer Art & Craft Fair in Historic Cocoa Village, 321-631-9075, VisitCocoaVillage.com

May 16: An Evening with John Ford Coley & Ambrosia, King Center, Melbourne, KingCenter.com, 321-242-2219

May 17, NASA Alumni League (NAL) 11:00am, Debus Center, KSC VIC. After a 45 minute social/lunch served by the DN chefs, Mike Haddad will speak about Spacelab payloads. For reservations, contact Cheryl Thornton, cherylT@cfl.rr.com, (321) 626-7119, by noon, May 15. Reservations priority: members & guests; each member up to 3 guests. For more information, see our web site at www.nal-fl.com, with online registration/pre-payment by PayPal. Confirmed reservations may also be paid for at the door. We will follow DNC/CDC COVID Guidelines.

May 20 & 21: Gotta Dance VII, Surfside Playhouse, SurfsidePlayers.com, 321-783-3127

May 20 - June 16: Sense and Sensibility, Melbourne Civic Theatre, Downtown Melbourne, 321-723-6935, myMCT.org

May 21: Fan Favorites: The Great Ballets Concert, Space Coast Symphony Orchestra, Eau Gallie High School, SpaceCoastSymphony.org, 855-252-7276

May 21 & 22: Space Coast Air Show, Space Coast Regional Airport, Titusville, SpaceCoastAirShow.com, 321-395-3110

May 22: Greater Palm Bay Senior Activity Center Indoor/Outdoor Craft Fair, gpbsc.org, 321-724-1338

May 27-29: Title of Show, Historic Cocoa Village Playhouse, CocoaVillage-Playhouse.com, 321-636-5050

May 27 - June 12: We Will Rock You, Henegar Center, Downtown Melbourne, 321-723-8698, Henegar.org

May 28: Central Florida Winds Concert, Park Avenue Baptist Church, Titusville, 321-405-2359, CFWinds.org

May 29: Blippi The Musical, King Center, Melbourne, KingCenter.com, 321-242-2219

May 29: Central Florida Winds Concert, Suntime United Methodist Church, 321-405-2359, CFWinds.org

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

Acrylic Painting
Tuesdays from 1:30-3:30pm. Instructor fee is \$5 and materials fee is \$10 (\$15/class). Register by visiting or calling the library reference desk (321-868-1101).
Zumba Gold
Fridays 9:30-10:30am Cost is \$5 per class.

Body Connect Yoga
Wednesdays 2-3pm \$5/class.
Intro to Stamping and Card Making
Thursday, April 7 from 1-2pm
Just \$1 and includes your supplies.
Card Making with Donna Herring
Thursday, April 7 from 2-4pm

\$5/class and an additional \$5/class for materials. Please pre-register at Artseamom@hotmail.com in order to ensure sufficient supplies.
Easy Yoga with Emily Hain
Fridays 2-3pm \$5/session.
New! Purly Girls

Tuesdays from 10am to 1pm
Join this lovely group of knitting ladies to trade patterns and ideas, show off your beautiful creations and enjoy each other's company.

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

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

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

DeGroot 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

Mims/Scottsmoor Public Library 3615 LIONEL RD, MIMS 321-264-5080

Computer Basics Class
Tuesdays, 10:00-11:00AM or 11:00AM-12:00PM
Hooks and Needles

Tuesdays, 1:00PM - 2:00PM
Coloring Club
Wednesday, April 6, 2:00PM-3:00PM
Book Club

Thursday, April 6, 1:30PM
Cook the Book Club
Thursday, April 21, 6:00 PM
In Person Book Sale

April 4-8, during hours the library is normally open for business. Located in the Meeting Room of the library.

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

Story time ages birth to 6 yrs. old
Tuesday & Thursday 10am-10:30am
Wednesdays 4pm-4:30pm

Monster Slay Day (role play game program) ages 9-12 **Feb. 11 2-4pm**
Books are Always Better Book Club (Adults)

Feb 14 6:30pm-7:45pm
Book: Micro by Michael Crichton
Friends of the Library Board Meeting
Feb 15 3pm-4pm

Library Book Club (Adults)
Feb 23 10am-11:30am
Book: Of Women and Salt by Gabriella Garcia

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

MAY 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

Bingo each Monday at SB Civic Center, doors open 9:30am, game begins 11am. Card fees apply.

Line Dancing Tuesdays and Thursdays at Schechter Community Center, 1pm-2pm. Fee paid at the door.

Game Night each Wednesday at Schechter Community Center, 6-9pm. Free!
Walking Group each Tuesday 8am-

9am and Wednesday/Thursday 8am-9:30am at Schechter Community Center Gymnasium. Free!

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

Monday:

11am: Mahjong: Drop in and play! Bring your board if you have one! \$2 pp

11 am: Dayaway Travel Club Starting back January 17, 2022! Learn about and sign up for any travel tours that interest you at discounted member prices!!

Monday & Wednesday:

9:30 am: Zumba Gold: Super fun class designed for the over 50 crowd with a licensed instructor. Cost \$5 for F7 Members/\$7 for Non-Members. 1st Class

is FREE so come try it out... you won't be disappointed!

Tuesday:

10am-2pm: Crafty Ladies Bring your latest project or craft. Scrapbook, knit, etc... and have a cup of coffee/tea and just talk amongst others doing the same. Stay an hour (or two or three)! \$1 member or \$2 non-member

10:45am-11:15am: Indoor Power Walking A quick 30-minute "in-place" full body workout that builds cardio and

endurance. Cost of class is \$1 for Freedom 7 members and \$2 for non-members. **FIRST CLASS IS ALWAYS FREE!!**

Tuesday & Thursday:

9:30am-10:30am Strength and Balance! Get Fit, Improve Balance, and Build Muscle. All levels of fitness welcome. Chair assist is A-okay. Drop In! \$2

Wednesday:

11:00am-11:45am: Chair Yoga (No class on Wednesday, May 11th) Breathe, relax, meditate and REPEAT!... without even

leaving your seat. Target common areas of weakness and tension with our nationally and multi-certified instructor. \$2 member, \$4 non-member

12 noon: Bridge Only the 1st and 2nd Wednesdays of each month.

2pm: Book Club- Monthly Book Club Every 3rd Wed of the month at 2pm.

Thursday:

10:45-11:15am-Mat Yoga! We provide cushy mats and beginner levels. \$1-2

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

Chair Stretch & Balance: 2nd & 4th Thursdays, 2PM

Video Exercise Classes: M, W&F, 12:30PM

Karaoke: Thursdays at 12:30 till 3PM

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

MONDAY-THURSDAY

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

MONDAY

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

Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782

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

Hand & Foot 1pm-3:30pm \$2/\$3 Donna (407) 808-5237

Poker 6PM-9PM, \$2/\$3 (321)268-2333

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

Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945

TUESDAY

Pinochle 10AM-2PM \$2/\$3 Rachel

(321) 537-5322

Muscle Memory Strength Balance 10:00AM-11AM Natine (321)609-0999

Tap & Jazz 11AM-12PM \$2/\$3 Marsha (321)264-2776

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

Mahjong 12:30 PM-3:30PM \$2/\$3 Andi (321)385-3595

Party Bridge 12:30PM-3:30PM \$2/\$3 Mary (321) 607-2200

Darling Damsels Bridge 1PM-3:30PM \$2/\$3 Kathy (321) 268 4827

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

Zumba Toning 6pm-7pm \$5/\$6 Robin 321-514-5945

WEDNESDAY

Bridge Lessons by Appt \$10 Rick

(863)640-5798

Zumba 9:15AM-10:15AM \$5/\$6 Robin (321)514-5945

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

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

ACBL Duplicate Bridge 12PM-3:00PM \$2/\$3 Judy (901) 336 1306

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 Dance Class 6:30PM-7:30PM \$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 (321) 352-2359

Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945

FRIDAY

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

Muscle Memory Strength Balance 10:00AM-11AM \$2/\$3 Natine (321)609-0999

Billiards 9AM-12PM \$2/\$3 NBSC (321)268-2333

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

SUNDAY

Intermed./Adv'd Line Dance Class 2PM-4PM \$3/\$4 Pat (321)268-2333

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

Zon Beachside, In Nautilus Ballroom 1894 S PATRICK DR, INDIAN HARBOUR BEACH

Last Monday every month, 10:30am-11:30am In this 55-minute session, you will hear from knowledgeable people experienced in these areas and the information will help you in "Getting Your Ducks in a Row" when it comes to planning out your successful senior years. Complimentary coffee & snacks. RSVP at (321) 473-7770 or online HelpingSeniorsofBrevard.org/SRCB



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

MAY 2022
ONE SENIOR PLACE EVENTS

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

FREE Liver Scans, Monday May 2nd and Wednesday the 18th, from 10 - 2pm. ClinCloud is offering FREE Fibroscans the FIRST Monday (unless it's a holiday) and THIRD Wednesday of each month at One Senior Place. Please call 321-751-6771 to schedule your half hour appointment.

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

Honoring Our Mothers, We Remember, VITAS Healthcare, Thursday May 5th, from 11 - 1pm. Join us for a Mother's Day Tea Remembrance at One Senior Place. Please bring a photo of your loved one. For more information and to register by May 3rd contact Ruth at mary.little@vitas.com or call 321-752-2533.

Benefits of Pre-Planning your Cremation, Lunch & Learn Seminar, by National Cremation, Monday May 9th, from 11 - 1pm, REPEATS Thursday May 26th, from 2 - 4pm. We invite you to join us for a FREE informational seminar to learn more about the benefits of preplanning your cremation. Learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. A FREE Lunch or Early Dinner will be served at: Carrabba's Italian Grill immediately following. Seating limited MUST RSVP to 321-751-6771.

Hypertension and You: An Open Forum, Ask The Doctor Lunch & Learn Series, Tuesday May 10th, 11:30 - 1pm. Join K. Jeffrey Saluck, D.O. Family Medicine, Florida Health Care Plans, with your questions and concerns. Lunch provided by VITAS Healthcare for all registered attendees. RSVP required, call 321-751-6771.

BINGO!, Tuesday May 10th, 2 - 3:30pm. Brought to you by Florida Health Care Plans. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

Too Much Stuff? Tips for Downsizing, Wednesday May 11th, from 1 - 2pm. Downsizing is a major decision and is often accompanied not just by financial factors, but an array of emotional factors too. Join us to learn more about how to downsize without feeling as if you are losing memories too. RSVP required to 321-751-6771.

Medicaid and Long Term Care Alternatives to Medicaid, Thursday May 12th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. We will discuss how to pay for long-term care (home health care, assisted living facility, or nursing home) privately, through VA assistance or Medicaid so that you can make intelligent, informed choices. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday May 12th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "OVERBOARD", and enjoy movie treats! MUST RSVP to 321-751-6771.

Mental Health, Senior Health Friday with Nurse Lisa, Friday May 13th, from 10 - 11am. This session will focus on mental health and seniors. RSVP required to 321-751-6771.

Estate Planning Seminar, Tuesday May 17th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

MacMAD User Group Meeting, Tuesday May 17th, from 5:30 - 7pm. MacMAD's monthly meetings feature a presentation on topics of interest to owners of Apple devices, including iPhone, iPad and Macintosh. Typical topics include tutorials on specific Apps, and beginner's guides to various features of Apple's hardware and software. Hosted by Jim DeLaura, RJF, presented by MacMAD. RSVP to 321-751-6771.

Ask the Attorney, Wednesday May 18th, at 4pm. We all have questions about the law, bring yours! Join Ruth C. Rhodes, Esq. for a free Educational Elder Justice Seminar. Light refreshments served. RSVP to 321-751-6771.

Let's Talk About...Migraines, Thursday May 19th, from 12 - 1pm. Presented by Aquatic Health & Rehab. Causes, treatment, and nutrition. For more information and to RSVP, call 321-253-6324.

Tinnitus (Ringing in the Ears), Lunch and Learn Seminar, Friday May 20th, from 11 - 1pm. This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AUD from Widex will center on the causes of Tinnitus, "Ringing Ears", and what can be done to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

AARP Smart Driver Course, Monday May 23rd, from 9 - 4pm. This driving refresher course from AARP Driver Safety will be offered at One Senior Place. This course is open to drivers of all ages and costs \$20 for AARP members and \$25 for non-members. The class will be taught by certified volunteer instructor Ernie Edwards, RSVP to 719-648-1052.

Open Q & A About Estate Planning and Elder Law, Tuesday May 24th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will allow you to ask the attorney questions you may have about Wills, Trusts, Powers of Attorney, Preneed Guardians, Living Wills, and Healthcare Surrogate

Designations. RSVP to 321-751-6771.

Medicaid Planning Seminar, Thursday May 26th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays May 12th and 26th, from 10-12pm. While the feelings and emotions associated with grief and loss are unique and individual to each person, one often can find comfort from the experiences of others. Limited seating must RSVP to 321-751-6771. Facilitated by VITAS Healthcare.

Parkinson's Discussion Group, Wednesday May 18th, 10 - 11am. Come and share ideas, make new friends at the 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.

Alzheimer's & Dementia Support Group, Wednesday May 18th, from 2 - 3pm. The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia. Sponsored by Market Street Memory Care, to RSVP call 321-751-6771.

RECURRING EVENTS

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

Ask the Realtor, Oceans Realty Florida, Every Thursday from 1 - 3pm. Barbara Asinari, Realtor with Oceans Realty is available to answer your real estate questions, whether you're buying or selling. NO OBLIGATION. For more information, stop by or call 321-751-6771.

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!W

Contact information:

Audrey Chow-Jones, Client Relations Manager
Audrey@oneseniorplace.com
One Senior Place
8085 Spyglass Hill Road,
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