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Dorothy Rhines**



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Letter from the Publisher

May was a month of celebration and remembrance around here. Of course there was Memorial Day, of special significance to our readers, much more than a day without mail delivery or banking services! I hope you had a chance to view or participate in one of the many services here in Brevard County. One especially memorial event was the Vietnam Memorial Moving Wall at Wickham Park. If you can, try to visit next year when it returns. Even with the daily news reporting of military events, it is all too easy to forget the individual sacrifices by this and previous generations of military personnel. When you see someone in military uniform or just wearing an old service reminder, please stop and take the time to thank them.



Now let's look ahead to June. One of my favorite days is June 20th this year, Father's Day of course. Is there a Grandfather's Day? Seriously, let's not forget the important place that our fathers have in our lives, the unique combination of nurture and guidance. Consider extending your time and appreciation to those men not fortunate enough to have family with them.

We love providing all of the information and entertainment monthly that you have grown to enjoy over the 15 years we have been here on the Space Coast. Please let us know if there is anything addition that you would like us to add. Thank you and enjoy.

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Timm-ber!

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

The cry echoed through remote untracked wilderness. Locally natural resources here were valuable as civilization consumed virgin forests to the North. Materials for buildings, naval stores and unique wood products, on both public and private land, fueled the economy.

Pioneer settlers built first homes of cabbage palm trunks and saw palmetto thatch. Certainly slash or long leaf pines were common, but with no sawmill, there seemed no hope of a “proper” family home. Hope, however, arrived by ship wreck. Along the reef fringed Atlantic Coast, active shipping lanes accidents landed valuable cargoes on the shore. Many houses in the late 1800s were built with boards shipped from around the world, then salvaged on the beach.

Oak trees, ancient beauties, were key to American national defense. The strong, dense wood helped the U. S. Constitution, “Old Ironsides”, repel cannon balls. Georgia’s oaks, the strategic source, were rapidly being depleted.

The oak studded Territory of Florida was swiftly made a state in 1841. Congress decreed in 1842 that all live oaks essential for security of naval defense were, therefore, property of the Federal Government. A colony on the Indian River included a tax collector to assess fees for any oaks felled.

Teams of men from New England shipyards came with directions from ship designers searching for precise branch angles for ship bracing and siding along lagoon and freshwater streams. Many of the “Oakers Camps” grew into small towns; for example, Oak Hill in Volusia County. With the shift to ironclad ships after the Civil War, old oaks grew peacefully again.

Transportation improved so by 1890 finish lumber and siding was shipped from Jacksonville followed by mills on Merritt Island. Old growth, virgin pines, had tightly spaced rings and resin cores. Merritt Island pine, heart pine or even Miami ridge pine was rot and insect resilient and so tough that nails had to be drilled in rather than hammered.

Then there was the pencil boom! It seems cedar, the best wood for pencil shafts, was in high demand. Atlantic Red Cedars, thriving on Merritt Island, were harvested almost to rarity.

Between Crane and Turkey Creeks, at the turn of the 1900s, pines were not harvested, but tapped for turpentine. Frank Powell, Melbourne investor, established a turpentine still and work camp called New Town. Part of New Town became Powell subdivision in Palm Bay. Like others Mr. Coats, a barrel maker for the still, became a part of the emerging African American community with a popular café.

TIMM-BER! continued on pg 22



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**COVER STORY – LOCAL ARTIST PAINTINGS FOCUS ON THE
'ENCHANCEMENT' OF HOME DECOR**

Dorothy Rhines



We are pleased to display art from Dorothy Rhines on our June cover. Dorothy is a longtime friend of Senior Scene Magazine, having been on our first cover back in 2006 and on several covers since then. This month's cover art is called "Contemporary With A Little Impressionism".

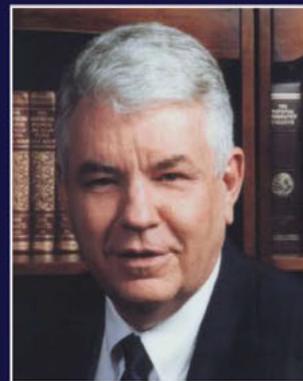
Dorothy A. Rhines was born and raised in Illinois and moved to Florida 25 years ago. Now a Florida based artist Rhines pursues her careers in interior design and art. She earned her degree from the Chicago School of Interior Design in Chicago, IL. She also studied at the American Academy of Art in Chicago, Il, under Ted Smuskiewicz, Robert Hoffman and Charles Vickery, to name a few. She has won a number of prestigious awards for her

watercolors and oil paintings. She is a member of the Brevard Watercolor Society, Brevard Cultural Alliance, and the Florida Watercolor Society. In 1998 Rhines won the Student Award at Brevard Community College. She also studied life drawing at ICC College in Illinois, architect rendering, advanced photography and color and design. While working and raising a family Rhines

DOROTHY RHINES continued on pg 36



ESTATE PLANNING BOOKLET



By Attorney

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What Needs To Be Considered Before Making Lifetime Gifts?

By Attorney Truman Scarborough

A comprehensive description of estate planning would include the accumulation, preservation, and gifting of property. While most of our lives are devoted to the acquisition and preservation of assets, in time the focus shifts more to gifting. Gifting is not limited to the transfer of assets at our demise. It occurs throughout our lives with gifts to family, church, and charitable organizations. Major lifetime gifts to adult children can include helping them with educational expenses or the purchase of a home. There are benefits to life time gifts, including observing how children are able to handle money; working with them to see that funds are used wisely; and witnessing the happiness our gifts bring. In gifting we can find satisfaction and meaning for our lives.

While a recipient does not have to pay income taxes on these gifts, there are other issues that should be considered when making a lifetime gift. In this article we will be looking at three of these:

STEPPED-UP BASIS FOR CAPITAL GAINS TAX:

Gifts of appreciated real estate or securities can result in the person who receives the property paying higher capital gains taxes. When the property is sold, the appreciation in value is reported as capital gain. The gain is calculated by subtracting the "basis" from the sales price. The purchase price plus closing costs and costs of improvements is your basis in the property. With a gift, the child takes your basis in the property. If the child receives property at your demise, he/she obtains a "stepped-up basis", which is the value of the property at time of death.

For example, if you purchased property for \$100,000, that is now worth \$200,000 and gave it to a child during your life, he/she would take your basis of \$100,000. If he/she then sold the property for \$200,000 there would be a \$100,000 in taxable capital gains. But if it went to the child at your death, he/she would receive the date of death

value as the basis. If your child then sold it for \$200,000 there would be no capital gains and no tax.

LOOK-BACK PERIOD FOR MEDICAID:

Long term nursing home expenses are covered by Medicaid. Unlike Medicare, Medicaid is only available to those persons who meet an income and asset test. Gifts

WHAT NEEDS TO BE CONSIDERED... continued on pg 39

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TINSELTOWN TALKS By Nick Thomas

60'S Pop Singer Donna Loren Traded Fame For Family



When a top female British singer declined to appear on the premiere episode of the new American musical variety show “Shindig!” on September 16, 1964, the producer knew who to call – Donna Loren.

“Dusty Springfield couldn’t make the first show, so I was invited to sing her hit *Wishin’ and Hopin’* and became a regular cast member for the rest of the series,” said Loren, who turned 75 in March, from her home in Bisbee, Arizona.

Loren had already impressed American television audiences six years earlier with stunning performances guest-starring as a child singing prodigy on “The Mickey Mouse Club.”

By 1963, she was also gaining nationwide recognition as the model and spokesperson for the Dr Pepper Company, performing at promotional events across the country since the age of 16. In films, she appeared in two 1964 musical comedies, “Muscle Beach Party” and “Bikini Beach,” with a



third, “Pajama Party,” released shortly after her first “Shindig!”

appearance. All three films starred beloved former lead Mouseketeer, Annette Funicello.

With film, television, advertising, and song contracts before her, the dark-haired beauty with a killer voice seemed poised to take the 60s entertainment world by storm, even acting on popular shows such as “Batman,” “The Monkees,” and “Gomer Pyle: USMC.” An additional beach film, “Beach Blanket Bingo,” was released in 1965 featuring Loren’s signature song, “It Only Hurts When I Cry.”

But by 1969, Donna had largely vanished from the entertainment scene.

“Privately, my life growing up had been difficult,” she admitted. “My mother had me out of wedlock and was mired in shame back in the 1940s. She didn’t want me

60'S POP SINGER DONNA LOREN... continued on pg 50

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June is Alzheimer's & Brain Awareness Month

Q. I know that Alzheimer's has to do with loss of memory, but what exactly is it? Meaning, what's going on in the brain – generally speaking - and how did it get its name?

A. Alzheimer's is named after the doctor who discovered it, Dr. Alois Alzheimer. During an autopsy of a patient whose symptoms while alive included memory loss, erratic behavior and language issues, he noticed abnormal clumps in her brain tissue (amyloid plaques) and tangled bundles of fibers (neurofibrillary). It became apparent that this patient's brain abnormalities was not an isolated incident, and that in fact, the doctor had discovered a new disease.

Q. I often hear 'Alzheimer's' and 'dementia' used interchangeably. Are they really the same?

A. Good question! And the answer is no, they are not the same. Firstly, Alzheimer's is a disease and dementia is not. (A disease is something that affects a particular location of the body with specific symptoms and is not merely the result of someone injuring themselves.) Dementia is a term that describes a number of symptoms with the most recognized

one being memory decline. There are many types of dementia, and the most common one is Alzheimer's, which is a progressive brain disease that affects the part of the brain that impacts learning, so early symptoms often include changes in both memory and reasoning skills.

Q. My dad was just diagnosed with early-stage Alzheimer's. I know it's a disease that gets progressively worse; is there anything he can do to slow down the rate of progression?

A. Yes, some people with Alzheimer's are able to slow the rate of progression of the disease by practicing a healthy living style. This would include getting ample sleep, exercise and eating healthy; a Mediterranean diet is recommended with plenty of fruits and vegetables. In addition, it's recommended that people with Alzheimer's "feed" their brain by playing games that use their mental faculties significantly such as puzzles, bridge and reading. It should also be noted that sports such as croquet utilize a lot of brain power. And finally,

ANSWER NURSE continued on pg 47



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Speeding Up the Google Chrome Browser

By Bill Ford, *Data Doctors*

No matter which browser you're using, over time things can bog down especially if you like to have lots of websites open at the same time.

Tabbed Browsing

There was a time when you could only have one active

session running in a browser and the use of the 'Back' button was how you switched to something that you previously opened. That all changed with the adoption of tabbed browsing back in the early 2000's, which allowed for additional web pages without closing the current one.

This incredibly useful feature has led to what many are calling a 'tab hoarding problem' that can lead to numerous issues, including sluggish browser performance. Each browser session you open via a new tab takes additional working memory (RAM) which taken to the extreme can deplete this precious resource for everything on your computer.

Many web pages have active sections of video as content or as an advertisement, which can lead to an even greater amount of memory being sucked up for something you aren't currently viewing. If you see a lot of tabs open when things get slow, try closing as many as possible to see if that's contributing to the slowdown.

Check Memory Footprint

Chrome has a 'Task Manager' tool that will allow you to see how much memory each open tab is using and close them if they are memory hogs. You can open the Task Manager by using the keyboard shortcut of 'Shift+Esc' or click on the three dots in the upper right corner of Chrome, then on 'More tools, then on Task Manager.

To see the tabs that are using the most memory, click on the 'Memory footprint' heading until you see a black down arrow, which indicates memory usage in descending order. Look for anything that starts with 'Tab:' to start your evaluation of the memory hogs so you'll know which ones to avoid keeping open in the background.

Chrome Cleanup Tool

Google includes a basic tool for removing harmful or rogue software that may have snuck into your browser.

To open the tool, click on the three dots in the upper right corner of your browser window, then on 'Settings' and then on the 'Advanced' tab. Look for the 'Reset and clean up' option to get to the 'Clean up computer' function.

Get Rid of Extensions

A great reason for choosing Chrome as your browser is the plethora of add-on tools better known as 'extensions' that can dramatically improve functionality. But, just as with tabs, too many can add unnecessary overhead to Chrome that can

SPEEDING UP... continued on pg 19

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Heads: You Win! Tails: You Don't Lose!

By Max Valavanis, CFP®

When helping retirees plan their finances, I'm constantly faced with a crucial decision. Clients ask me where do we place our money to achieve the best relative return while enduring the least possible risk? As any CERTIFIED FINANCIAL PLANNER™ professional can attest, this is a common question.

Unfortunately, most advisors fail to see the potential pitfalls in placing too much faith in the financial markets. Don't forget, the stock market was an uncommon place to invest until the last 40 years! Now, consumers have almost unrestricted access to the stock market with the advent of mutual funds, variable annuities, and retail brokerage accounts. This can be good for some investors, and, of course, a sheer disaster for others. There is an alternative for those who wish to invest in the stock market but are afraid of losing money. In 1995, an insurance-based investment hit the retail market, albeit at a slow pace. The sales were initially a measly \$200 million nationwide; but by 2019, sales topped a staggering \$73.5 billion. This represents more than a 36,650% increase in nearly 25 years. Why such a demand? The answer is simple: The Opportunity for Safety and Growth – on the same dollar.

This mystery investment is called a "Fixed Indexed Annuity" or "FIA." As with all annuities, the growth is not taxed until withdrawn, and the assets bypass probate at death. However, this isn't why nationwide sales are skyrocketing. In an FIA, the investor can participate upwards with the market – the Dow Jones, S&P 500, the NASDAQ, etc. The interest is then added to the principal annually, and the resulting balance creates the new guaranteed minimum going into the following year. In the event of a down market, the principal is protected. Yes, it's true! The account can grow in a positive market and not lose money in a negative market. Heads: You Win! Tails: You Don't Lose!

The most ingenious feature of the FIA is unique to itself. At every anniversary, the profit-taking is automatically done for you. When there is a gain, it's paid as interest and locked in – permanently. In other investments, your profits

may be at risk of being lost in the following years. As seen in the markets, a good year can be eliminated by a subsequent lousy one. On the other hand, with an FIA, this risk is removed altogether.

Effectively, the worst-case scenario of an FIA is a zero gain for the year. With only the upside and no downside risk, this may be an exciting product for nervous investors. These appealing features are afforded to the investor while still living, unlike other market-based annuities where the owner must pass away to get such protection.

HEADS: YOU WIN! TAILS: YOU DON'T LOSE! continued on pg 50

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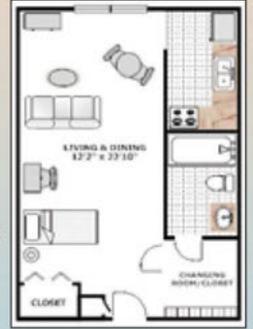
EDUCATIONAL SEMINARS
Dr. Visa (9:30am) will present on the benefits of early detection and Detective Hamilton (11:00am) on the latest elder abuse scams.

For more information, please contact Brevard Alzheimer's Foundation at 321-253-4430 or visit worldelderabuseawareness.com



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New Statement Fact Sheet For People With Limited Earnings



Securing today and tomorrow

By Kimberly Laporta,
Social Security District Manager
Melbourne, FL

If you have a personal my Social Security account, you can view your Social Security Statement online to learn about your future benefits and recent earnings history. Included with the Statement are fact sheets that provide useful information based on your age group and earnings situation. Last month, we released a new fact sheet specifically for people with limited earnings.

The new fact sheet covers how you and your family members may qualify for benefits, including:

- Supplemental Security Income.
- Social Security retirement benefits.
- Children's benefits.
- Supplemental Nutrition Assistance Program.
- Help with health care costs – including Medicare, Medicare Savings Programs, Extra Help with Medicare prescription drug costs, and Medicaid.

We're committed to helping you learn about all your benefit options. Our Benefits Eligibility Screening Tool at ssabest.benefits.gov is a convenient way to find potential benefits that best fit your situation.

To learn more, visit our Social Security Statement webpage at www.ssa.gov/myaccount/statement.html. Please share this article with your friends and family – and post it on social media. (S)

SPEEDING UP THE GOOGLE CHROME BROWSER continued from pg 16

contribute to slower performance issues.

Extensions are often like Smartphone apps that seem to be something you'll use often but turn out to only get used when you first install them. Look for an icon that looks like a puzzle piece in the upper right corner of Chrome to access the 'Manage extensions' option which will allow you to disable or remove the ones that you don't use regularly.

Alternative Browsers

If these tips didn't help, try alternative browsers such as Firefox, Opera, Brave, Safari (macOS) or Edge (Windows). (S)



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Affordable Housing, Part V

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

In the past four articles in this series, I have highlighted an issue that affects many different age groups in our community. How many of you have noticed that we're actually talking about not one, but two simultaneously occurring problems? Namely, these are a lack of affordable housing and homelessness.

For many years, "affordable housing" was a term applied primarily to persons aged 20 to 50 who needed a place to rent because they could not afford to buy a home. The homeless were those who asked for a handout to get by. However, I believe that now we have an almost categorically shifting age grouping that is eliding a lack of affordable housing with homelessness in all demographics.

My belief is based on actual calls we get on our helpline. We are seeing a rising need for housing, whether it be for a place we pay for to lay our heads at night or a place that costs us nothing. Imagine a person who can not afford to pay a security fee plus first and last month rent, much less other living costs. How do you assist a 90-year-old woman who lives in her car? What would you say to a mother and father who live in a tent with their three children and have been flooded out? These are real life situations. They are not the

result of anyone's choice.

I will say that a program called Saint Stephen's Way is under construction in our community to offset family housing needs – but what about the other untold number who need assistance? Saint Stephen's Way is a privately funded project. What about the millions of dollars that are available in government and public funds? Now is the time to develop the funding necessary to build housing that will meet homelessness and affordable housing needs. These needs will grow because we ask people to come to Florida to live.

Like you, I am the constituent of some legislators. My tax dollars go for their monthly pay. I doubt any of them live in the woods or are concerned where they will sleep each night. Legislators have nice offices and good salaries. The person who for any number of reasons needs affordable housing, who has \$1,200 or less a month to spend on housing (the amount considered by law enforcement unsafe for raising a family) deserves a fair shake.

There are ways to build a plan to make it work for all,

AFFORDABLE HOUSING, PART IV continued on pg 50

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



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ask ONE SENIOR PLACE
Barbara Fradkin

Q: I Am New to Florida and Hurricane Preparation. What Should I Do?

A: Welcome to Florida, where the seasons include The Dry Season, The Wet Season, and (of course) Hurricane Season! It officially starts on June 1st and runs through November 30. Experts are predicting another above-average Atlantic hurricane season: 19 named storms, nine hurricanes and four major hurricanes (Cat.3 or higher). Great! I needed something new to worry about after the pandemic.

So, what should you do? When I moved to Florida, my wise sister (already a Floridian) told me, "Don't panic." So what did I do, my first hurricane? PANIC! But I was prepared for anything and you can be, too-- if you start now.

Plan - Make an emergency plan with your family. Is your house safe enough to shelter in place? Create an "important information" sheet, with your family and medical contacts, medication list and insurance information, in case you have to evacuate. Where will you go? A shelter is a refuge of last resort. Don't forget your pets. They deserve to be safe, too -- and they'd probably prefer to be with you.



Copy Documents - Make copies of personal documents (proof of address, deed/lease from home, passports, birth certificates, insurance policies). Don't forget your advance directives, trust papers, bank account information and your COVID vaccine card. Put all these copies in a waterproof bag or folder and keep originals in a safe place.

Make Your Emergency Kit- basic supplies include:

- Water- one gallon per person, per day (2-week supply for home). Make sure you buy that water well in advance- it's like toilet paper, people hoard!
- Food- non-perishable, easy to prepare items.
- Flashlight, extra batteries, battery powered or hand crank radio (NOAA weather radio, if possible).
- First aid kit, medications (7-day supply) plus medical, sanitation and hygiene items.
- Cell phone with charger
- Extra cash (ATM's might be inoperable)
- Extra fuel for generator or car
- Supplies for your pets

Stay Informed. Register for voice, email or text notifications from the county Emergency Operations Center. Keep up with the weather, but also take a TV break and do some fun things to keep your mind busy. We all know when the meteorologist takes off his tie, we are in for a long night.

This column only scratches the surface. Join us in Viera on June 10th for Senior Health Friday with Nurse Lisa, when our focus will be hurricane preparedness. You can pick up a complete hurricane preparedness check list and free waterproof document bag. RSVP online or by calling 321-751-6771. ☎

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

TIMM-BER! continued from pg 10

Mr. George Washington Hopkins organized a large scale lumbering operation, his own company town and railroad. At a time when the population of Melbourne was less than two hundred, his business employed three hundred south of Crane Creek and two hundred cutting pine and cypress in Deer Park. The twenty miles of the Union Cypress Railroad spanned the western impenetrable sawgrass marsh and St. Johns River. Before the railroad, few traveled the Everglade-like wilderness. Mr. Hopkins opened adventure excursions for church picnics, clubs and curious citizens eager to see the "wasteland". Cars were carried for businessmen.

The trunks of two thousand year old trees were dumped into the mills pond, and then milled into stacks of finished lumber stacked beside Flagler's Florida East Coast Railroad. Hopkins' Mill was one of the largest in Florida and the town of Hopkins was thriving with its own post office and train

station (a ride to the Melbourne Station was twenty-five cents). The hospital and town doctor offered free medical service to workers. There was a commissary, hotel and both the new fangled moving pictures and old time live theater. Houses for workers had electricity and running water. Rents were \$1 per month for single men and \$1.50 for married men.

Some Florida developments were delayed by lack of supplies during the Land Boom. The Hopkins Mill met the demand for local private and commercial construction as well as all the wood for bridges across the Indian River Lagoon to the barrier island.

The landscape of the lagoon in the 1930s saw one more economic boost. Frantic business dealings and government

TIMM-BER! continued on pg 38

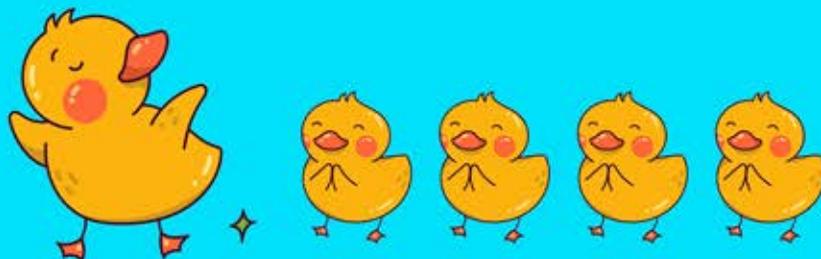


Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

June 2022

Your “Stay at Home” Aging Plan: 5 Steps to Staying Safely at Home.



Helping You Get Your Ducks in a Row!



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Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit.

President's Message

A Word from Joe Steckler,
Our President & Founder



I thank all who have supported the car raffle. You might not know it, but the raffle is our major fundraiser and it must be a success for us to fund our operation and do what we can to help people. We are halfway to our goal but still have a long way to go. If you do not know about the raffle, just check out the info on this page. I have been involved in fund raising for non profit organizations for many years but the support from across the country for this event is extraordinary so I thank all who have supported us so far and will appreciate your help also.

I have now written five articles on affordable housing and homelessness in Brevard that were published in Hometown News. If you missed them and want to read them you can access them on Helpingseniorsofbrevard.org. I do encourage you to read them as they hopefully will help you to better understand the problem in Brevard and what we might do to effect a solution.

Building a plan to reduce homelessness and put affordable housing in place will not be easy. Finding a location on which to build the housing is a huge challenge for a number of reasons. A truly difficult task will be to develop the funding necessary to build the housing but there are State of Florida funds available to help. Local leadership must be developed to lead the project and based on previous experience of working with private and elected officials this will prove to be a major task.

In 2015, Helping Seniors started an Advocacy Group to promote building a county-wide aging plan. We submitted it to the County Commissioners, and not one reply was made. The plan can be reviewed on Helpingseniorsofbrevard.org. With over 600,000 constituents, it seems the logical place to start development of an affordable housing plan would be our elected officials, and in this case our County Commissioners. A start must be made.



Need Help?
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Helping Seniors Of Brevard



Your Aging Plan: Stay at Home Safely

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

Your Aging Plan (we call it “Getting Your Ducks in a Row!”) is designed to help you successfully navigate possible challenges you may experience as you grow older.

Many say they love being at home - their current home - and plan to age in place. Having said that, though, a wise person will think of adjustments and measures to ensure that physically, financially, and emotionally, they have thought through the things that make this possible, enjoyable, and safe.

As you know, this year Helping Seniors has been on a campaign to tackle main areas of your Aging Plan - in March we talked about 5 Legal Documents you should have, in April we covered 5 Financial Steps to consider, and now, this month, we are talking about 5 Steps to Stay Safely at Home.

Preparation is never time wasted - and getting ahead of the Aging Curve is the best place to be. Helping Seniors, as a Florida local-to-Brevard non-profit, is dedicated to helping the 50% of the population that is age 50+ (fully 25% are 65+) think through steps to make life better for those we love and care for as well as ourselves as we get older too.

Thumb through our special 12-page issue. You'll find good ideas and tips to help you on your “I want to age in place” guide, as well as our Directory of some of the top businesses and organizations locally that can help you achieve that - and the peace of mind that comes from being well-prepared.



Have You Thought About This?

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

When it comes to safety, an ounce of prevention is worth a pound of cure. What are some of the top safety issues facing seniors?

Falls top the list. One in four Americans age 65 and older fall each year. Falls are the leading cause of fatal and nonfatal injuries among older adults, and fall risk increases with age.

Fires related to smoking, cooking, and appliances are major causes of home fires for seniors, and older Americans are 3.5 times more likely to perish in a fire than their younger counterparts.

Medication mismanagement and errors among seniors such as missing doses, extra doses, and duplicate medications are common and a major health safety issue for seniors.

Older Americans are a prime target for scams and fraud. Be alert for AARP's Red Flags: 1. Promises of money or free cash. 2. Pressure to act fast. 3. If it sounds too good to be true, it usually is.

We cannot talk about safety without talking about elder abuse. Physical abuse, neglect, and exploitation are real, occur more often than you think and are NOT ok. If you suspect abuse, neglect, or exploitation, call the Florida Abuse Hotline at 1-800-96-ABUSE.

World Elder Abuse Awareness Day is June 15, 2022. Our local event is hosted by Brevard County TRIAD and the Brevard Alzheimer's Foundation at the Wickham Park Senior Center.

For information, education, and resources on senior safety or for more information on World Elder Abuse Awareness Day, call our Helping Seniors Information Line 321-473-7770.

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



Community Education Series

June 27 • 10:30 AM
Zon Assisted Living Beachside
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RSVP at 321-473-7770



Five Ideas for Aging in Place

Jennifer Helin
Seniors Helping Seniors

Most of our clients have a similar goal, staying safely at home for as long as possible. Unfortunately, many have not considered how to make it happen. A little prior planning can make it possible. Here are five things to consider:

1. **Planning for Transportation** - Inevitably we must give up our license at some point. We have customers do so at 63, others at 97. Macular degeneration, glaucoma, seizure disorders, and dementia are some reasons why people stop driving. Let's face it, Brevard County is too spread out for comprehensive public transportation. How do you get groceries or get to doctor appointments? Know your options: volunteer organizations, Uber/Lyft, medically based transportation, and home care companies are all viable solutions depending on your need and budget. Be prepared to pre-plan appointments and schedule weekly outings.
2. **Planning for Nutritious Meals** - It is no fun to cook for one. It's easy to fall into quick, simple dinners that may satisfy but are not providing nutrition. Meal preparation is one of our favorite services that we provide. Many of our caregivers are also cooking for one and know how to successfully navigate a healthy diet that is satisfying and easily maintained. Prep-cooking homemade meals, shopping for healthy but delicious snack options, learning to hydrate properly, and managing what is in the refrigerator and what should be on the list are just a few ideas.
3. **Socialization not Isolation** - One thing Covid taught us is that isolation is not good for our

emotional health or our physical health. Seniors often self-isolate, choosing to stay home. This lack of interaction puts them at a higher risk for dementia. People really do need people. Stay involved in your church community. Take advantage of free concerts and plays. (Join Brevard County Schools Legacy Club to gain free or reduced entrance to games, plays, and music events near your home!) Get out of the house at least two to three times a week.

4. **Home Repairs and Modification** - Install grab bars not only in the bathroom but any area of the home where there is a step up or down. Higher seated toilets are extremely helpful. A walk-in shower with a shower chair is ideal but there are companies that can create a "door" to access the tub rather than ripping out the entire bathroom. Get rid of area rugs and clear pathways to reduce tripping hazards. If there are steps into and out of the home, plan for a ramp. Steps to a second floor may require an elevator chair. Take an honest look at your house. If it is too big or there are too many renovations needed, downsize to a one-story home in a 55+ community.

Utilize technology - That can be as simple as a robot vacuum! If there are memory issues, automated medication boxes are the answer. A tablet (one of our clients loves her "Grand-Pad") can let you play games to help the mind stay active and even text or Facetime your grandkids!

Seriously consider a personal safety device, especially if you are still active. These emergency alerts are not the "Help!" buttons from the 80's. We provide clients with the Electronic Caregiver, a stylish version that can go anywhere with you: hiking, shopping, or driving across country. It can provide medication reminders, activity reminders, even Bluetooth your blood pressure to the doctor's office! It is insurance that you hope you don't have to use but is truly a lifesaver during an emergency. Call 321-722-2999



Looking at YOUR Best Retirement Living Options

*Debbie Beard, SRES® Broker/Owner
Next Chapter Real Estate*

After retirement and living in your home for 20+ years, common questions arise. Should I downsize, move to assisted living or 55+ community, or upgrade the home to safely age in place?

There is much to consider when making such an important decision. Most people resist leaving home. Familiarity versus fear of the unknown clouds clear thinking. So how do you make the best decision?

Let's start with current health issues and what this may look like in another 5+ years. Can you maintain a home, including the cost of maintenance and future major repairs, or pay for ongoing help for upkeep? Do you have local family and friends who can assist when medical or other situations arise?

Compare your current mental health and socialization to the past. The familiarity of staying at home while sacrificing socialization should never be the reason to continue living in your home. Sitting and watching TV all day is not quality life. This can lead to depression, lack of cognitive stimulation that negatively affects your memory, and decreased mobility, which drastically reduces your energy level.

Do you still drive? Do you feel safe and comfortable driving to the doctors, grocery stores, and friends? Are you cooking nutritious meals for yourself? A poor diet will accelerate any health issues and encourage new issues.

If you can answer YES to having a strong support system, overall healthy nutrition, positive regular socialization, and ability to safely drive, then aging in place sounds like the best option for YOU.

However, if you honestly could not answer YES to these questions, I recommend scheduling a NO Obligation consultation to learn about our Life Transition Home Sale Program. Together we can discuss various living options and create a future customized plan that is right YOU! 321-298-5562



Smart Options for Paying for Health Care in Retirement

*Barbara McIntyre CRMP, NMLS # 453405
Reverse Mortgage Funding LLC*

People are living longer than ever before, but that longevity comes with a cost. Roughly 70 percent of seniors will require some type of long-term care in their lives—potentially costing hundreds of thousands of dollars. And as costs continue to rise, unforeseen medical needs can easily derail future plans. Whether you are planning for your parents or thinking about your own retirement, the conversation about health care and having the funds for your future becomes increasingly more important.

For most homeowners, the question is, should I stay, or should I go? There is much to think about when exploring costs of assisted living versus staying in place. If you want to age in your own home, you can better control costs and take advantage of services as you need them. You can remodel the home to make it better suited to your needs as you age.

How do you afford that? Looking to the home as the possible source of funds to put back into the home is a very good idea. A reverse mortgage loan is often overlooked. It can support your healthcare needs and so much more. Like a traditional home equity loan or home equity line of credit, a reverse mortgage provides more without obligation to make a monthly repayment. It can help with:

1. Costly prescriptions
2. Care not covered by major medical insurance
3. Medical and non-medical in-home care, such as a physical therapist or home health aide
4. An alternative or supplement to your long-term care policy
5. Home modifications that can make your home safer and more comfortable

Figuring out how to pay your medical bills as a retiree doesn't have to be stressful. I welcome the opportunity to educate homeowners and families about the reverse mortgage process. 321-259-7880



Guard Your Card

Victoria L. Moore
The Integrity Group Insurance

Even from the safety of your home, it's important to guard your card.

You can protect yourself by protecting your Medicare card. Believe it or not, we are just four months away from the next Medicare Open Enrollment Period (October 15-December 7). It is important to beware of con artists who may try to steal your identity and commit Medicare fraud.

April 2019 was the end of Medicare cards using Social Security numbers. Medicare ended this practice to make Medicare cards safer. Every Medicare card now has a more secure ID number, which also makes it tougher or sometimes impossible to memorize our own numbers, but the extra security makes is worthwhile.

These extra efforts don't guarantee protection from fraudsters, but every safeguard helps, especially during Open Enrollment. Every year Medicare loses billions of dollars due to fraud, which results in higher health care costs for all taxpayers, and less money for the health care we really need. This is another reason why it's so important to protect your Medicare card and number.

You should treat your Medicare card like it's a credit card. Don't give your card or number to anyone except people you trust such as your doctor, or your insurance company or plan that is working on your behalf. If you are not sure, then err on the side of caution and withhold the information.

Keep your Medicare number to yourself. If you get a call from people promising you things if you give out your number, then don't; its most likely a scam. If people call and try to offer you money or gifts for free medical care, refuse. This is a common ploy of identity thieves just hoping to get your Medicare number.

You should record your doctor appointments

and any tests you take and be sure to compare to your Medicare statements or Explanation of Benefits. Be sure to look for discrepancies. If you see a charge or service that looks wrong, be sure to call your provider to verify and correct if needed.

Learn how your Medicare plan works. Know your benefits, your co-pays or share of cost. Reference your plan's benefit book or check online at your carrier's website or call your carrier. Keep your plan ID card handy. Every plan has their member services phone number on the back.

Ideally, use an agent that you know and trust. I recommend putting your agent's number in your phone contacts and calling him or her when you do have questions or concerns.

Medicare plans and agents must follow certain rules when marketing their plans and getting your enrollment information. They cannot ask you for credit card or banking information over the phone or via email, unless you are already a member of that plan. Medicare plans can't enroll you into a plan over the phone unless you call them and ask to enroll, or you have given them permission to contact you.

Covid 19 and the pandemic scared and distracted people, which made it easy for fraudsters to fraud you. Stay alert and aware in all situations.

If you suspect fraud or wrongdoing, you should call your agent, your plan, and/or 1-800-MEDICARE to report any plans or agents that ask for your personal information over the phone or email, call you to enroll in a plan, or use false information to enroll you.

If you have a friend or loved one that you are concerned could compromise their own information, try to educate them and be sure they work with a trusted agent as well.

Vicki Moore, Independent Insurance Agent, specializing in Medicare, 321-272-0218
"Not affiliated with the U.S. government or federal Medicare program."





How to Live Safely at Home

*Traci Graf, RN
AVID Home Care*

As a seasoned home care nurse, I have been asked this question many times. Over the years I have compiled a list of the most important things to do to stay safely in your home as you age.

At the top of the list is fall prevention. Each year 2.8 million seniors are admitted to the hospital for fall related injuries, mainly hip fractures and head injuries. To make your home safer, install grab bars and ramps, put non-slip strips on the stairs, and remove rugs. In the bathroom, install high profile toilets, place non-slip strips in the tub, change out shower heads to handheld ones, and add a shower chair. Use an assistive device if needed, get your eyes checked annually, and consider a medical alert system.

Medication errors account for between 6-12% of all senior hospital admissions, with blood thinners being the most problematic. Consider having your medications prepackaged by the pharmacy. This is usually a free service that includes delivery every two weeks. This also helps eliminate duplicate prescribing as medications are verified with the prescribing MD.

Another important consideration is security. Keep all windows and doors locked including the garage. Smoke detectors are very important in any home but especially for seniors, who are up to four times more likely to die in a fire. Never share personal information over the phone or computer and avoid answering unwanted phone calls.

Personal care needs are a challenge for many elderly people. Bidet toilet seats can be purchased on Amazon and are relatively easy to install. Many people like to use security cameras to monitor elderly parents, but please be sure to respect their privacy.

There are many ways to stay in your home and be safe doing it. If you still need assistance, of course exploring home health care could meet all your needs. Call 321-392-3400



The New Method of Doing Full-Arch Implant Restoration

*Lee Sheldon, DMD
Sheldon and Furtado, PLLC*

The critical aspect of the aesthetics of a dental restoration is the shape of the gum tissue surrounding the tooth. The gum tissue is the “frame” for the tooth. The gum tissue is scalloped. The high point of the scallop is the “zenith.” The low point between the teeth is called the “papilla.”

Our efforts in tooth-saving dentistry are to do everything possible to retain or recreate the zenith and the papilla.

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Mom & Me

by Audrey & Kimberley

Dear Mom and Me,

My sister-in-law and I are the best of friends, and I truly want to know how I can help her.

Her health is getting worse and worse. She suffers from high blood pressure, arthritis in both knees, and also has severe back pain. Her doctor keeps ordering more and more medications, but says nothing about her 125 pound weight gain. Finally she was referred to one of our nations top back specialist.

After a long consultation he gave her his findings. He could operate and relieve the pressure in her back and then she would have a long recovery process. Then he looked her straight in the eye and said, "if on your way home you stop in a weight reduction center all of this could be avoided. If you loose weight surgery would not be in your future".

What do you think? She might listen to your suggestions.

– SISTER SUE

Dear SUE,

It is most unfortunate that many people are like your sister-in-law. People expect a magic pill and few seem to realize that they must be a participant in their own health care. Many illnesses could be relieved or avoided if they would just use

caution, and control their food intake. As early as the 1930's researchers proved that the more you eat, the more you weigh. If eating is so important these people must take the consequences of their actions, and contrary to that book in an earlier time calories do count.

You can encourage your sister in law, but do not nag her and destroy your friendship. There is considerable information available to help her. Only she can loose the necessary weight and only she can help herself.

– AUDREY

Dear SUE,

The first bit of advice you need to give your sister-in-law is GET A NEW PRIMARY CARE DOCTOR! Weight gain - loss is critical information in the medical care of geriatric patients. Any doctor that does not include nutritional counseling in his/her overall medical care of patients is not doing a good job. In fact, the Institute of Medicine is recommending Medicare pay for nutrition counseling since it is so important in preventive care. According to the institute 86% of the thirty-four million individuals by Medicare suffer illnesses that can be helped by dietary improvements, just like your sister-in-law. I assume her weight gain has been over many, many years. Which means breaking eating habits that have built up over her life time and will be extremely difficult to change. Your sister-in-law needs a medical nutrition evaluation and counseling. She also needs your support and encouragement. Why take unnecessary risk having surgery?

– KIMBERLEY

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SENIOR NEWS LINE

By Matilda Charles

COVID Phone Scams

Thieves and scammers will do nearly anything to help us part with our dollars. In the latest one, as I write this, the thieves want to help me get the free COVID tests the government is sending out. I signed up months ago and received my shipment of four tests. The scammers, however, think I should have more on hand and have offered to help me order them ... for a small handling fee. That handling fee for the free tests? Thirty dollars, and giving them my banking information.

No, I don't think so.

We need to be on our toes with these thieves. No matter what topic is on the news, they'll find a way to turn it into a scam. You might get a call supposedly from a COVID contact tracer who asks too many personal questions, such as for your banking information.

You might get a call saying we're now supposed to get an additional booster and you can be put at the head of the wait list for a small fee. Or you might get a call saying you're due to get another government relief check, but you have to pay the taxes first out of your checking account.

Why, oh why do they target seniors? The answer is that we are perceived to have lots of money and that we're not likely to report fraud. We're also, unfortunately, too trusting and too polite.

If you don't recognize the phone number when someone calls, don't answer. If someone hasn't left a message, don't call them back. If someone does get you on the phone and the conversation involves any pressure, time-limited offers or questions about your personal information, hang up. Remember, you are not obligated to be polite! ©

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DOROTHY RHINES continued from pg 11

acquired a library of art books which she read and studied.

In 2007 she produced an instructional DVD featuring her work and technique with watercolor, where it was promoted on the NASA Station. Her technique is using masking fluid on her drawing on 300 lb. Arches watercolor paper, hitting where the light would be on the objects and letting it dry. Then she begins to pour two colors, yellow and red on the paper letting it do its thing. Rhines lets it dry a second time before starting to paint the positive and negative spaces looking for different

DOROTHY RHINES continued on next page

King Crossword

ACROSS

- 1 Swiss peaks
- 5 — roll (winning)
- 8 Lily variety
- 12 Not worth debating
- 13 Chest muscle
- 14 Here (Sp.)
- 15 Shop tools
- 17 Void partner
- 18 Chemical suffix
- 19 MGM motto start
- 20 Enlighten
- 21 Elev.
- 22 Petrol
- 23 Prima donnas
- 26 Thornton Wilder drama
- 30 B — boy
- 31 Grass shack
- 32 "Closer" actor Clive
- 33 "Blue Bloods" actress Moynahan
- 35 El Greco's birthplace
- 36 Sunbather's goal
- 37 Carrier to
- 38 Cabbage choice
- 41 Chairman of China
- 42 Persian, for one
- 45 Recognized
- 46 Sightseeing stop
- 48 Falco of "The Sopranos"
- 49 Whatever number
- 50 Unruly kid
- 51 Volition
- 52 Zee preceder
- 53 Priestly vestments
- 9 Iso-
- 10 Chasm
- 11 Unctuous
- 16 Droops
- 20 Listener
- 21 Small wiper
- 22 Belly
- 23 Apply cream
- 24 Medit. nation
- 25 Half of XIV
- 26 Ump's call
- 27 Have bills
- 28 Drench
- 29 SSW opposite
- 31 Chick's mom
- 34 Carefree
- 35 LummoX
- 37 Rap star West
- 38 Distort
- 39 "The King —"
- 40 Bridal accessory
- 41 Oodles
- 42 Poet Sandburg
- 43 Basra resident
- 44 B'way booth sign
- 46 Legislation
- 47 CEO's deg.

DOWN

- 1 Both (Pref.)
- 2 Burden
- 3 Corn recipe
- 4 Norm (Abbr.)
- 5 Dizzying designs
- 6 Reporter's quest
- 7 Rm. coolers
- 8 Desert hazard

1	2	3	4		5	6	7		8	9	10	11
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PAW'S CORNER

By Sam Mazzotta

Social Media A Bad Idea When Rehoming Pets

DEAR PAW'S CORNER: I read about Sherrie's dilemma in trying to rehome her grandmother's cats. Should she maybe put a notice in the newspaper or on Facebook that the cats need a good home?

— Gerry O., via email

DEAR GERRY: On the surface, it seems like a good idea. But there are some dangers involved in rehoming cats using these routes. In fact, many publications and some social media sites -- most notably, Facebook -- do not allow posts about pets being available for free or for sale. The danger for pets is that they could go to a home that's not going to meet their needs, where they may be abused. They may not even go to a home -- dogs, puppies and even kittens have been obtained this way by promoters of illegal dog fights, or by



others with bad intentions, where they meet a terrible end.

For humans, the danger with rehoming via the internet is that the person they're meeting may be setting them up as a target. Whether to rob them directly or initiate a con job to get even more money out of them, the danger is real.

The best ways for Sherrie to get the word out about needing to rehome the cats is to talk directly to friends and relatives, let the veterinarian know and contact the local shelter. More information can be found by searching for "rehoming your pet" at the national Humane Society website (www.humanesociety.org).

Send your questions, comments or tips to ask@pawscorner.com. © (C) 2022 KING FEATURES SYNDICATE, INC.

DOROTHY RHINES continued from pg 36

size shapes and designs. More than a treat for the eye, her paintings can be a multi-sensory experience. Through her work the artist acts as a virtual tour guide, introducing viewers to the unique wonders of everyday life in Florida. The artist masterful play of light and shadow draws you into the painting.

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

Rhines' impressionistic style of transparent watercolor and oils captures the play of sunlight against timeless settings and natural foliage. Her seascapes, landscapes, native birds and wildlife of Florida reflect the color and life around her.

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

Rhines found an old bank building in downtown Washington, IL, which is a lot like downtown Melbourne, FL. She bought it and started her business "Art and Design Masterpieces", where she display artwork by area artists,

antiques, jewelry, clothes, accessories and so much more. They started Faux finishing and the business took off like a wildfire, keeping them both very busy.

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

Dorothy is currently displaying her art at the offices of Atlantic Nonlawyer Services on A1A in Satellite Beach. Enjoy.

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

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

www.art-exchange.com

www.artsbrevard.org

www.brevardwatercolors.org (Brevard Watercolor Society)





The Purpose of Our Church is ...

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

I have a family member who just read *The Purpose Drive Life* by Rick Warren. It's a good book. It was preceded by another that was good, *The Purpose Driven Church*. Rick had a pretty simple outline. I've got one that has worked for me that's more simple. Does it work for you? I imagine a synergy as we oscillate between these

two purposes of the church. Enjoy.

- Worship and Witness
- Know God and Make God known
- Great Commandment and Great Commission
- Great Command #1 and Great Command #2

- Grow and Go
- Gathered and Scattered
- Inner Journey and Outer Journey
- Discipleship and Apostleship
- Doxological and Missiological
- Rejoice and Renew
- Reached and Reaching. (S)

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
Wed	06/01	Probate - What is Is/How it Works	Two Assisted Living Questions	Case Management
Thu	06/02	How to Cruise Successfully	Comprehensive Dental Exam	Senior Real Estate
Fri	06/03	3 Reasons for Reverse Mortgage	What Assisted Living Can Do!	Debt Relief for Seniors
Mon	06/06	How Public Adjuster Helps	The Dirty "D" Word - Dementia	Your Legal Documents Checklist
Tue	06/07	Checking Out Zon Beachside	Helping Seniors Travel Club	Senior Expos & Events
Wed	06/08	Value of Professional Printing	Durable Power of Attorney	Avoiding Probate
Thu	06/09	Too Many Teeth Extracted?	Trusts	Great Employment for Seniors
Fri	06/10	Put Your Kids on the House Title?	Is Assisted Living Right for You?	How Assisted Living Benefits
Mon	06/13	Helping Seniors 12 Years Later	When to Call Adult Abuse Line	Senior Mental Health
Tue	06/14	A Smorgasbord of Legal Matters	Helping Seniors Directory	Probate - What is Is/How it Works
Wed	06/15	How Medical Office Team Helps	Case Management	Senior Information Needs
Thu	06/16	Senior Real Estate	The Parts of Medicare	3 Reasons for Reverse Mortgage
Fri	06/17	The Vial of Life	Get Your Ducks in a Row (Part 1)	Get Your Ducks in a Row (Part 2)
Mon	06/20	Your Legal Documents Checklist	Technology in Home Care	How to Cruise Successfully
Tue	06/21	Helping Seniors Directory	Trusts	Two Assisted Living Questions
Wed	06/22	5 Ideas for your Finance List	Power of Attorney/Super Powers	Comprehensive Dental Exam
Thu	06/23	Senior Mental Health	How Public Adjuster Helps	What Assisted Living Can Do!
Fri	06/24	Great Employment for Seniors	Printing & Direct Mail Options	A Smorgasboard of Legal Matters
Mon	06/27	The Parts of Medicare	Put Your Kids on Bank Account?	The Dirty "D" Word - Dementia
Tue	06/28	Durable Power of Attorney	Reverse Mortgage: Now Time?	Too Many Teeth Extracted
Wed	06/29	Case Management	Checking Out Zon Beachside	Helping Seniors 12 Years Later
Thu	06/30	How Assisted Living Benefits	Avoiding Probate	Helping Seniors Travel Club



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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	06/01	Focus on Elder Law	Elder Law Attorney Bill Johnson
Wed	06/08	Focus on Your Smile	Dr. Lee N. Sheldon
Wed	06/15	Focus on Your Real Estate	Barbara McIntyre
Wed	06/22	Focus on Help at Home	Jennifer Helin
Wed	06/29	Focus on Helping Seniors	Kerry Fink

TIMM-BER! cont'd from pg 22

expansion meant typewriter and paper demands. Where does one get paper - pine trees, of course? Pine flat woods west of town were clear cut for the Paper Boom. Rancher Judge Platt remembered after the clear cut he could see clearly from Minton Road to the trees along the St. Johns River.

Natural landscapes, once seen as obstacles, contributed to the development and economy to the place we call home. Undisturbed forests we now call "parks" are where we can imagine vast stands of oaks, cedar, cypress and pine. You will not hear the cry TIMM-BER! (S)



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Spring Lamb Kabobs With Salad Slaw

1 pound boneless lamb leg, from shank
 1/3 cup chili sauce
 2 tablespoons teriyaki sauce
 1/4 head red cabbage
 1 head romaine lettuce
 1 bunch green onions
 1 large navel orange
 1/4 cup orange juice
 2 tablespoons low-fat mayonnaise dressing
 1 tablespoon cider vinegar
 1 teaspoon prepared mustard
 1/4 teaspoon cracked black pepper
 1/8 teaspoon salt

1. Trim all fat from lamb. Cut lamb into 12 chunks. In medium bowl, mix lamb, chili sauce and teriyaki sauce; set aside.
 2. Thinly slice cabbage; discard any tough ribs. Cut romaine crosswise into 1/4-inch-thick slices. Cut green onions into 2-inch pieces.

Cut orange in half; cut each half into 3 wedges; cut each wedge crosswise in half.
 3. In large bowl, stir orange juice, mayonnaise dressing, vinegar, mustard, pepper and salt until blended. Add cabbage and lettuce; toss salad slaw well.
 4. Preheat broiler if manufacturer directs. On 4 all-metal skewers, alternately thread lamb chunks, green-onion pieces and orange pieces.
 5. Place kabobs on rack in broiling pan. Brush lamb with any chili sauce mixture remaining in bowl. Place pan in broiler at closest position to source of heat; broil kabobs 10 minutes or until lamb is medium-rare or until of desired doneness, turning skewers once.
 6. Serve kabobs with salad slaw.

* Each serving: About 265 calories, 9g total fat (3g saturated), 74mg cholesterol, 81mg sodium, 20g total carbohydrate, 28g protein.

Healthy Key Lime Pie

Fat-free sweetened condensed milk and fat-free yogurt trim the fat and calories from this luscious lime pie.
 1 1/4 cups low-fat graham cracker crumbs
 4 tablespoons trans-fat free vegetable oil spread (60% to 70% oil)
 1 tablespoon sugar
 1/8 teaspoon salt
 1/3 cup cold water
 1 envelope unflavored gelatin
 22 Key limes or 4 to 5 regular limes
 1 can (14-ounce) fat-free sweetened condensed milk
 1 1/2 cup plain fat-free yogurt

1. Preheat oven to 375 F. In 9-inch glass pie plate, mix crumbs with spread, sugar and salt to moisten. With hand, press onto bottom and

up sides of pie plate. Bake 10 to 12 minutes, until golden. Cool until ready to fill.
 2. Meanwhile, to 1-quart saucepan, add water; sprinkle with gelatin. Let stand 2 minutes to soften. Cook on low to dissolve, stirring. Remove from heat.
 3. From limes, grate 2 teaspoons peel and squeeze 1/2 cup juice; if using Key limes, do not use grated peel -- it will make filling taste bitter. In bowl, whisk lime peel and juice, milk and yogurt. Whisk in gelatin mixture.
 4. Spoon filling into crust. Cover; refrigerate at least 2 hours to set. Serves 10.

* Each serving: About 235 calories, 5g total fat (1g saturated), 6mg cholesterol, 185mg sodium, 42g total carbohydrate, 7g protein.

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WHAT NEEDS TO BE CONSIDERED BEFORE MAKING LIFETIME GIFTS? continued from pg 13

within a five year “look-back period” can disqualify a person for Medicaid benefits.

GIFT TAX RETURN:

Currently each individual can pass \$12,060,000 free of both gift and estate taxes. For a couple that is \$24,120,000. To the extent a portion of this exemption is used with gifts during your life, it is not available at your demise. In addition to the \$12,060,000 there is a \$16,000 (as of 2022) per individual “annual gift tax exclusion” that does not count against the \$12,060,000.

Although no taxes are due until total gifts exceed \$12,060,000, a 709 gift tax return is required any year you give more than \$16,000 to a single individual. Nevertheless, it has been reported that IRS believes that many taxpayers who should fail to file the required 709 gift tax return.

In this article we have discussed outright gifts; there are additional issues to be considered when adding children's names to property. This will

be the subject of the next Senior Scene article.

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. ☎

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A Big Step Closer: Ground Breaking for a Very Unique Monument at the Veterans Memorial Center Plaza

About 50 people gathered on a warm afternoon on 30 April to witness history: the Ground Breaking Ceremony for creating a “Monument to America’s Fallen Allies”. As best the Brevard Veterans Memorial Center can determine, there is no other monument or memorial in Florida that strictly honors the Fallen Soldiers from Foreign, but Allied Countries who gave their lives for their own nations AND for the mission shared with the United States. Our country has relied on allies who have sacrificed since the French came to our aid during Revolutionary War.

For more than eight years a 501c3 organization based in Orlando, The Vietnam Unforgettable Memories Foundation. (VUMF) has sought a place in Central Florida to establish such a memorial. In December 2021 the Veterans Memorial Center and Brevard County Officials approved the VMC Memorial Plaza area as the future site that would honor the Fallen Allies who fought alongside American forces throughout history and would begin with those who fell during the Vietnam War. Already families from Afghanistan, Canada, and even one from Ukraine have expressed interest since they have relocated to Florida and in many cases have no way to go back or no appropriate memorial to visit in their home country.

The Ceremony was attended by most of the contractors involved in construction, many members of Rolling Thunder FL Chapter 1, the VMC and other Orlando based supporters of the project. Plans now include starting ground preparation in mid- July and construction be early August. See the model below for the concept design which will include over 300 bricks to be engraved honoring those who fell in combat alongside their American brothers and sisters in that conflict, no matter when. The Gray Granite Engraved Obelisk with a



beautiful metal and protected globe on top will stand over 7 feet high and weigh over 5K pounds. The target for unveiling is 17 September, a key date in the history of American involvement in Vietnam and appropriate during this time of honoring American Vietnam Veterans.

The new Monument will be located next to the Immortal Four and All Chaplains Monument to the north of our Tank in the Plaza area.

Please contact VUMF at their web site, or through Mr. Hoang Doan (HD) on 407-489-2746 to donate or BVC Chairman Donn Weaver, 757-871-6576 for more information. (S)

Weekly SUDOKU

by Linda Thistle

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8			3					4
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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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Patient Surveys Show VA Hospitals Improving

In the latest Medicare Hospital Consumer Assessment of Healthcare Providers and Systems patient survey, the Department of Veterans Affairs outperformed community hospitals in 10 of 11 different categories. The report said that 54% of VA hospitals earned four or five stars, while only 35% of community hospitals did. That's a hefty increase; just a few years ago, only 26% of VA hospitals rated four or five stars.

The categories included cleanliness of the hospital, care transition, communication with nurses, discharge info and more. Questions were wide ranging, from "Did doctors treat you with courtesy and respect?" all the way to "If you were given new medication, were you told what it was for?" and "Was your personal information treated in a confidential way?" The VA questionnaire, called the Survey of Healthcare Experience of Patients, is based on Medicare's Consumer Assessment of Healthcare Providers and Systems surveys. Results for all hospitals can be found at Medicare.gov and are updated quarterly. The latest release of the data,

however, includes results from July 2020 through March 2021.

One worrying detail: Staff selects veterans to fill out the surveys based on the kind of care they got and the last time they filled out a survey. These can be either veterans who were admitted and had surgery or a treatment and then were sent home, or veterans who had care during a medical visit. Shortly afterward, they're sent the survey packet (questionnaire, cover letter, return envelope).

The Centers for Medicaid and Medicare Services (CMS.gov) website says that the survey is for a "random sample" of patients. How, one wonders, is it truly random if staff is selecting the patients to ask? Additionally, since all hospitals have a different mix of patients, it appears that those who finalize the reports average out the results in areas such as age, education, health status and so forth in what they call patient-mix adjustments. What would the results be if they weren't making adjustments? ☹

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M	O	O	T		P	E	C		A	Q	U	I
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SUDOKU Answers

1	7	4	5	6	9	2	8	3
8	5	2	3	1	7	6	9	4
9	3	6	2	8	4	7	5	1
2	4	1	6	9	3	8	7	5
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- Can you make sure I do not get a window seat on the plane because I just had my hair done
- I'd love a train trip to Africa. No, I mean I want a train trip from New York to Cape Town!
- What Do they do with the ice carvings after they melt?
- Does the crew on a cruise ship actually sleep onboard the cruise ship?
- I would love to take a cruise to Las Vegas!
- I would like to go somewhere where there are not a lot of men.
- How can I get to Europe without going by air or sea?
- Will you watch my pet while I am away?
- Can we drive out rental car in Hawaii out of state?
- We want to go to Alaska. After all, they are the 49th and 50th states on the map. So there must be a bridge, right?
- I was looking online at the picture of our room. I hate the curtains. I don't think I'll be able to sleep in that room with those curtains. Can you cancel the whole trip?
- Don't tell my fiancé this is where I took my first wife for our honeymoon.
- Guest in the aft (rear) of the ship asked... Which elevator takes you to the front of the ship?"
- I had a grandmother and granddaughter who wanted to visit China. When informed that they needed visas, the grandmother responded, "No we don't. I went to China with my church group last year and I was able to use my American Express card all over the country."
- Can you please book the honeymoon suite for us and another couple?
- Can I bring a 12 pack of Tab on the plane? (I responded: First of all, where did you find Tab? And no you can't bring it on the plane).
- Can you set it up so that the whales jump in the background at the same time I'm proposing to my girlfriend?
- How far are we above sea level?
- If the photos aren't marked, how do I know which one is mine?
- Is the water in the toilet fresh water or sea water? (I don't know, I haven't tasted it.)

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- If I take the snorkeling tour, will I get wet?
- Has this ship ever sunk?
- I'm one bottle over my duty-free allowance – but I drank it last night. Do I still have to declare it?
- How do they handle first and second seating in the lifeboats?
- Which way is the ocean?
- Which side of the ship is the water on? ☺



Things That Get Better With Age

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

Things that get better with age can be seen in many things in life as classic as a glass of wine to a well-earned characteristic such as wisdom. Aging need not be merely quantitative, but should be looked at qualitatively. As a ripening and maturing process, it can be applied to things as well as people. And, aging well for people doesn't mean to forgo wrinkles, but rather to get better in our understanding, relationships and attitudes through time. Here's a reminder of things that get better with age.

Wine: Don't whine! Wines age well because of fermentation when yeast consumes sugar and turns it into alcohol. Modest glass or two each evening helps people live longer according to a study done by the American College of Cardiology. Bottom's up!

Aged cheese: Say fromage! From Cheddar to Gruyere to Gouda to Parmesan, when preserved in a cave or cellar for more than six months, out comes an aged cheese – sharp and hard or firm in texture. The taste is greatly enhanced.

Wisdom: Experience and acquired knowledge combine to form a potent mixture – wisdom. We know what others do not, nor can we merely explain it. What we have come to

know in our hearts and minds forms a guiding personal truth and personal wisdom.

Attitude: Like the rough edges of a rock that tumbles through a stream over time being smoothed into river rock, time can smooth and temper attitudes like nothing else. An attitude we held as a teenager seems trivial at the age of 60.

Music: Whether it's classical or rock that we prefer, when we hear a song from our youth that we listened to then, it only gets better with age as well as transports us through time. According to 'Psychology Today', songs evoke vivid memories – "The song we love become woven into a neural tapestry entwined with the people, seasons and locations throughout our lifespan".

Art: Art itself doesn't improve with age, but our appreciation of the art does. And hence the value. From Van Gogh to Gauguin to Seurat to Monet, artists who had been rejected in their lifetimes now are equated with prices in the tens of millions for one work. While some art, like art our children and grandchildren produce, becomes more valuable

THINGS THAT GET BETTER WITH AGE continued on pg 50

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there are things that those with Alzheimer's (or really anyone) should not do as they may exacerbate the disease, like smoking or drinking alcohol in excess.

Q. A friend has Alzheimer's. Is there any way she can get rid of it?

A. Unfortunately, no. Currently, there is no cure for Alzheimer's, but again, a healthy lifestyle as outlined above is a key way that may help slow down how quickly the disease progresses.

Q. I was told that Alzheimer's is fatal but don't really understand what that means, as in, how does someone die from Alzheimer's or perhaps better put, what do they die of?

A. A person with final-stage Alzheimer's means that person has significant neurological damage, including the inability to carry on a conversation and near total, if not total, memory loss. Compounding this is that most at this point are unable to walk or maintain control of their bladder and bowels. All of these issues greatly weaken the immune system making them vulnerable to other diseases. The leading cause of death in Alzheimer's patients is a secondary infection, commonly a bacterial infection that their immunocompromised body is too weak to fight, like pneumonia.

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Spider Lilies Are Easy For Home Landscapes

By Gary R. Bachman, *MSU Extension Service*

One of the most confusing things when reading about plants in the landscape or talking to other gardeners about them is the use of common names.

White it is understandable that we use common names -- remembering and using botanical Latin is hard -- it does lead to confusion. Some plants have two or more common names, and there are other instances where two different species have the same common name.

For example, consider the common name, spider lily. Probably the most familiar plant known as spider lily is the primarily red flower that seems to pop up out of nowhere in the fall. These plants also are known as hurricane lilies, surprise lilies or the fun-to-say "nekkid ladies." Botanically, they are known as *Lycoris*.

The other spider lily is a group of Southeastern native species that bloom in late spring and early summer. They are known botanically as *Hymenocallis*. I love, love, love these plants.

Up close, the flowers kind of look like a form of daffodil. The blooms are pure white with long, arching petals that

have long filaments and dangling, orange stamens. An interesting feature is that the flowers are fragrant at night. I nurtured that first plant and now have quite a few happily growing.

Hymenocallis is easy to grow in our home gardens. Mine have loved being grown in my side garden, which tends to stay wetter than normal. Wet soil is great for the *Hymenocallis*, but it also performs well in drier beds that are loose and have lots of organic matter worked into the soil. It's no surprise that I'm trying to grow these in big containers this year.

Keep these plants well watered, especially during the bloom period. Spider lilies are perfect for combination planting with other high-moisture, tropical-looking plants around the landscape. 💰



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How Your Eyes Can Speak

Eyes are the window to the soul, or so said William Shakespeare, we now know just how inherent to our humanity this non verbal communication is. Shakespeare was on to something. Do you know that to a casual observer, between 60-90% of our communication is non verbal, though the use of facial expressions. And if you include so called micro expressions, which last as little as 1/25 of a second, that you can literally miss in the blink of an eye that takes 1/5 of a second, you begin to recognize that our eyes and lids and eyebrows which make up more than 1/3 of our face are essential to communicate what is in our mind and hearts. They also serve as a window to what the physical body is communicating but rather than through micro expressions, the eyes communicate the health of the body through microscopic changes. All it takes is a complete eye examination to “hear” what the body is trying to “say.”

According to the National Cancer Institute, approximately 40 percent of people will be diagnosed with some form of cancer in their lifetime. An eye exam can reveal many types of cancer, including skin cancer, which can affect the eyelids and outer surfaces of the eye.

During an examination, an ophthalmologist can see changes to the optic nerve that may be caused by a tumor, a cancer that may have started in the breast or the body and

metastasized to the ocular structure. Even changes in the size of the pupils, loss of side vision or double vision can be signs of trouble somewhere in the body.

Leukemia or lymphoma may represent themselves on the interior aspect of the eye.

An eye exam can also be invaluable in detecting heart disease, which based on statistics from the Centers for Disease Control and Prevention, account for one in four deaths.

Early signs of heart disease can be detected when the retina is examined with optical coherence tomography, which reveals minute marks on the retina that may have been caused by a previous stroke.

High blood pressure, which often leads to heart disease, affects one in three adults and is considered a risk factor for the onset of eye problems such as glaucoma, diabetic retinopathy and macular degeneration. A dilated eye exam can disclose signs of high blood pressure in the form of bleeding from blood vessels in the back of the eye. It can also expose high cholesterol, pre-cursor to strokes. Ophthalmologists know that a yellow or blue ring around the corner or deposits in the retinal blood vessels can signal elevated cholesterol.

An examination of the retina can also discover early signs of diabetes before the patient is officially diagnosed with a condition that can lead to cardiovascular disease, kidney damage, vision loss and Alzheimer’s dementia. The disease can manifest itself through the leakage of yellow fluid or blood.

Through a complete eye exam, an ophthalmologist can also identify conditions such as rheumatoid arthritis, sexually transmitted diseases such as gonorrhea, some vitamin deficiencies and even medication toxicities.

Should your ophthalmologist find any possible health issue during a routine eye exam, he will refer you to your primary care provider or specialist.

Eyes reveal the world around us but also reveal the inner worlds of our heart, mind, and body. They let us know when our bodies need help.

For more information, call 321-984-3200 or visit TresVision.com. (S)



but it will take money, cooperation, and leadership. Let's use government funds like the Sadowski Fund to develop a matching grant type program where the 67 Florida counties could benefit fairly from an annual distribution of the fund. Use them for affordable housing and also serve to reduce the homelessness problem. Or, County Commissioners could develop a program similar to the Works Progress Administration (WPA), a New Deal program started by President Roosevelt circa 1935. This might put some seniors to work at a second job doing county work at an acceptable rate that would reduce homelessness or pay for affordable housing. More to come.

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

60'S POP SINGER DONNA LOREN TRADED FAME FOR FAMILY continued from pg 14

and didn't even like me which I've had to try to balance all my life."

Loren married in 1968, at the age of 21, as her 5-year contract with Dr Pepper was coming to an end. But then, tragedy struck her new family.

"Two months after the wedding my mother-in-law passed away suddenly," she explained. "I'd had the contract with Dr Pepper since I was 16 and on my 21st birthday they wanted me to fly to the company headquarters in Dallas to perform for the executives."

Around this time, with all her earnings going straight to her parents, she also became pregnant.

"I knew the Dr Pepper CEO, Foots Clements, so I called him to say I was getting out of the business," she said. "I did not want to be used anymore and I needed my child to know who I was. I have absolutely no regrets about the decision."

Loren went on to raise several children and remarried. After 40 years of private life and with her family grown, she began recording and performing again in the late 2000s.

With numerous singles and CDs released in the past decade, she even relearned 100 songs she had performed in the 60s, posting many online for fans. If Loren had any doubts about recording after a prolonged absence, the words of Mickey Mouse Club teen idol Funicello confirmed her self-confidence.



"I still remember my appearance on the show and Annette later sending me a Christmas card in which she wrote 'I wish I could sing like you!'" recalled Loren, whose still-

on an emotional and sentimental level.

Friendships: As trust develops and time passes, friends become nearer and dearer. Our oldest friends can be said to be the dearest, and we often go to great lengths to keep these friendships alive.

Other things that get better with age: trees, antique cars, favorite shirts, jeans, common sense, love, self-confidence, stringed instruments, cast iron pans, whiskey and empathy. While aging is inevitable, it's important to know that the word isn't synonymous with decline. In many cases, a positive outlook and the refusal to give into perceived burdens or stereotypes are the secrets to aging well.

Last but not least, it'll benefit you to get into the habit of seeing "the bigger pictures" sooner than later. From there, remember to keep it in clear view throughout your years. §

powerful vocal performances are cataloged on her website (www.donnaloren.com).

Loren has been recounting her life and career recently on a series of weekly podcasts titled "Love is a Secret Weapon" co-hosted by Dr. Adam Gerace (see www.anchor.fm/lovesasecretweaponpodcast).

"I love communicating with people," she says. "Give me a minute and I'll give you my all."



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 §

HEADS: YOU WIN! TAILS: YOU DON'T LOSE! cont'd from pg 17

As with any investment, the devil is in the details. Only insurance companies issue FIAs, and all companies have particular contract provisions and surrender fees. With over 300 different designs, no two FIAs are alike. So, the nitty-gritty needs to be understood before pursuing one. If you like the idea of a safety net underneath your nest egg and still want better returns than the bank or other low-rate investments, give us a call.

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. §

JUNE 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, dowgialloclare.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

JUNE EVENTS

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

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

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

June 1 & 2: Yankee Doodle Concert, Melbourne Community Orchestra, Melbourne Auditorium, MCOchestra.org, 321-285-6724

June 3: Opening Reception: Water and Creatures in the Gallery Exhibitions, Fifth Avenue Art Gallery, Eau Gallie Arts District, 321-259-8261, FifthAvenueArtGallery.com

June 3: First Friday Reception, Eau Gallery, Eau Gallie Arts District, 321-253-5553, EauGallery.com

June 3-5: Disney's Aladdin Kids (youth theatre), Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

June 4: Patrick Lamb, Greg Manning & Jeff Ryan in Concert, King Center, Melbourne, KingCenter.com, 321-242-2219

June 4: Death and the Maiden Concert, Space Coast Symphony Orchestra Winds, Eastminster Presbyterian Church, Indialantic, SpaceCoastSymphony.org, 855-252-7276

June 5: Audience Favorites Concert, Community Band of Brevard, Merritt Island High School, CommunityBandofBrevard.com, 321-338-6210

June 5: Happy Together Tour, King Center, Melbourne, KingCenter.com, 321-242-2219

June 7 & 8: Waitress, King Center, Melbourne, KingCenter.com, 321-242-2219

June 8 & 9: MMB Pops! Concert, Melbourne Municipal Band, Melbourne Auditorium, MMBand.org, 321-724-0555

June 10-12: Shrek the Musical Jr. (youth theatre), Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

June 10-19: The Three Musketeers Fractured, Surfside Playhouse, Surfside Players.com, 321-783-3127

June 12: Sybil Gage and the Merry Band of Catahoulas Jazz Concert, Space Coast Jazz Society, Veterans Memorial Center, Merritt Island, SpaceCoastJazzSociety.org

June 16: Robbie Krieger of The Doors, King Center, Melbourne, KingCenter.com, 321-242-2219

June 17: Friday Funday (youth theatre), Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

June 18: Legally Blonde Jr. (youth theatre), Titusville Playhouse, Titusville Playhouse.com, 321-268-1125

June 18: Love, Death & Madness Concert, Space Coast Symphony Orchestra, Scott Center at Holy Trinity, SpaceCoastSymphony.org, 855-252-7276

June 18: BSA Summer Evenings Series: BSA Woodwind Quintet, Brevard Symphony Orchestra, Suntree United Methodist Church, BrevardSymphony.com, 321-345-5052

June 18: Classic Albums Live: Pink Floyd - The Wall, King Center, Melbourne, KingCenter.com, 321-242-2219

June 24: Jitterbug June Dance, Melbourne Municipal Band, Melbourne Auditorium, MMBand.org, 321-724-0555

June 24-26: Footloose (youth theatre), Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

June 25: America the Beautiful Concert, Space Coast Symphony Orchestra, Scott Center at Holy Trinity, SpaceCoastSymphony.org, 855-252-7276

June 26: America the Beautiful Concert, Space Coast Symphony Orchestra, Riverside Presbyterian Church, Cocoa Beach, SpaceCoastSymphony.org, 855-252-7276

CLUBS AND ORGANIZATIONS

Platinum Show Chorus, a Sweet Adelines group, rehearsals every Thursday, at 6:30 PM at the Unity Church, 2401 N Harbor City Blvd, Melbourne, FL; Always looking for women who love to sing. Contact Debra.ghilardi@gmail.com



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

CALENDAR OF EVENTS

Contact VMC for any additions or other information.

NOTE: Some Events Change in between our monthly mailing of the VMC Calendar. Keep up to date with those changes using our web link:

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

Jun 04 - BCSO Sponsored "Dancing for the Space Coast" 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.

Jun 30 - 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.

Jul 04 - Fourth annual VMC/BCSO Merritt Island Independence Day Parade 0900-1100. Details follow in June.

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

Purly Girls

Tuesdays 10am to 1pm

Body Connect Yoga

Thursdays, 2-3pm Please bring a yoga mat.
\$5/class.

Intro to Stamping and Card Making

First Thursdays, 1-2pm Just \$1 and includes your supplies.

Card Making with Donna Herring

First Thursdays, 2-4pm

\$5/class and an additional \$5/class for materials. Please pre-register at Artseamom@hotmail.com.

Zumba Gold

Fridays 9:30-10:30am Cost is \$5 per class.

Easy* Yoga with Emily Hain

Fridays 2-3pm, \$5/session.

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

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

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

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

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

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

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

Merritt Island Public Library 1195 N COURTENAY PKWY, MERRITT ISLAND 321-455-1369

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

Line Dancing Class with "Dance Lady"

Mondays, 12:00PM - 2:00PM Fee: \$5 per class.

Gentle Yoga with Cindy

Mondays, 3:00PM - 4:00PM. Please bring a yoga mat and a bottle of water. Fee: \$5 per class

Coloring Club

First Wednesday, 2:00PM-3:00PM. Materials are provided.

Book Club

First Thursday, 1:30PM

Painting Class

First Thursday, 6:00PM Fee is \$10 and covers

all supplies. Registration is required as space is limited.

Cook the Book Club

Third Thursday, 6:00 PM

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

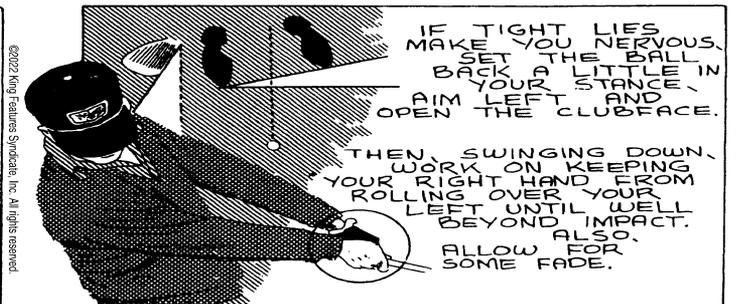
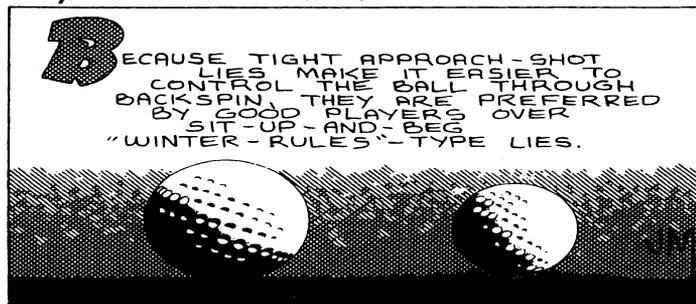
Joseph N. Davis Community Center 2547 GRANT ST, MELBOURNE 321-608-7460

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

Play Better Golf with JACK NICKLAUS



JUNE 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 martinandersenseniocenter.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

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

SENIOR CALENDAR continued on next page



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

JUNE 2022 ONE SENIOR PLACE EVENTS

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

FREE Liver Scans, Monday June 6th and Wednesday the 15th, 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.

Balance and Fall Prevention, Monday June 6th, from 12 - 1pm. Presented by Caroline Mahar, PT, DPT with Aquatic Health & Rehab. Taking control of your body, increase balance and mobility, prevent future falls. For more information and to RSVP, call 321-253-6324.

FREE Memory Testing, Tuesdays June 7th, and 21st, from 11 - 3pm. Merritt Island Medical Research will be offering free memory screenings the FIRST and THIRD Tuesdays of each month at One Senior Place. Please call 321-305-5015 to schedule an appointment.

Benefits of Pre-Planning your Cremation, Lunch & Learn Seminar, by National Cremation, Tuesday June 7th, from 11 - 1pm, REPEATS Thursday June 23rd, 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.

Top 10 Estate Planning Mistakes that Can Cost Your Heirs Money, Thursday June 9th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Understand the importance of properly titling your assets and designating beneficiaries, and much more. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday June 9th, at 2pm. Hosted by Rhodes Law, PA. Join us as we watch this classic "Going in Style"; and enjoy movie treats! MUST RSVP to 321-751-6771.

Hurricane Preparedness: Best Practices for Staying Safe, Senior Health Friday with Nurse Lisa, Friday

June 10th, from 10 - 11am. Join Nurse Lisa as she welcomes Community Health Resource Coordinator, Jonathan Weiss with Brevard County Fire Rescue for a talk on hurricane preparedness. RSVP required to 321-751-6771.

Senior Day Trips & Travel!, Lunch & Learn, Monday June 13th, 12pm. Join us to learn more about upcoming day trips and travel opportunities. Presented by Global Tours & Travel. Lunch provided for registered attendees. RSVP required, call 321-751-6771.

Seniors and Mental Health, Ask The Doctor Lunch & Learn Series, Tuesday June 14th, 11:30 - 1pm.

Join Lori L. Parsons, PsyD with Lifetime Counseling Center, as she talk about mental health with the senior population. Lunch provided by Senior Partner Care Services for all registered attendees. RSVP required, call 321-751-6771.

BINGO!, Tuesday June 14th, 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.

Ask the Attorney, Wednesday June 15th, at 4pm.

We all have questions about the law, bring yours! Join Gregory J. Schwendeman, Esq. with Rhodes Law, P.A. for a free Educational Elder Justice Seminar. Light refreshments served. RSVP to 321-751-6771.

Healing Waters, Thursday June 16th, from 12 - 1pm. Presented by Aquatic Health & Rehab. Aquatic therapy can prove to be a successful alternative for individuals who are in pain and weakened due to an injury or disability. For more information and to RSVP, call 321-253-6324.

Does Hearing Loss = Brain Stress?, Lunch and Learn Seminar, Friday June 17th, from 11 - 1pm. During this presentation, you will learn how living with hearing loss negatively affects our ability to think and what we can do about it. Brought to you by Widex and Personal Hearing Solutions. Boxed lunch provided, must RSVP to 321-751-6771.

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

Virtual Dementia Tour, Tuesday June 21st, from 12pm - 4pm. One Senior Place along with a team of trained facilitators from businesses around Brevard County will offer the Virtual Dementia Tour. Join us for this experience and help us raise awareness for Alzheimer's care, support and research. Reservation required by calling 321-951-1050.

MacMAD User Group Meeting, Tuesday June 21st, 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.

Planning for Incapacity in Order to Avoid Guardianship Proceedings, Tuesday June 28th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will discuss what documents help avoid a guardianship and what the process is if a guardianship is necessary. RSVP to 321-751-6771.

Estate Planning Seminar, Thursday June 30th, 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 June 9th and 23rd, from 10-12pm.

While the feelings and emotions associated with grief and loss are unique and individual to each person, one often can find comfort from the experiences of others. Limited seating must RSVP to 321-751-6771. Facilitated by VITAS Healthcare.

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!

Contact information:

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

JUNE SENIOR CALENDAR (continued)

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

MONDAY PROGRAMS

Billiards, Morning 8:30am-noon
Billiards, Ladies noon-3:30pm
Bocce 9-11am
Bone Builders 9:15-10:15am;
10:30-11:30am (Dr's permission req'd)
Bridge 12:15-3:30pm
Cornhole 11:30am-12:30pm
Golden Tones 10am-noon
(On break until Sept)
Ping Pong 1-3:30pm
Poker: Straight 10am-2pm; Noon-3:30pm
Sensible Weight Loss with Friends 9-10am
Shuffleboard (Indoor) 1-3pm
Travel Office open 9am-2pm
Vets-to-Vets Cafe 3:30-5:00pm (4th Mondays)
Woodshop 8am-12pm

TUESDAY PROGRAMS

Billiards, Morning 8:30am-12pm
Billiards, PM 12-4pm

Hand & Foot 11:30am-3:30pm
Fitness Fun 9:15-10:15am
Mah Jongg (Asian) 12:30-3:30pm
(1st & 3rd Tues)
Ping Pong 1-3:30pm
Poker, Straight 10am-2pm
Poker, Straight 6-9:30pm
Sassy Senior Cheerleaders 4-6pm
(On break until Sept)
Travel Office open 9am-2pm
Wood Shop 8am-noon
Wii Bowling 10:30am-12:30pm

WEDNESDAY PROGRAMS

Bargain Thrift Corner 9am-12pm
Billiards, Open Play noon-4pm
Bingo 11:30am-3:30pm Doors open at 9am. Food available to purchase
Bone Builders 9:15-10:15am;
10:30-11:30am (Dr's permission req'd)
Bridge 9:30am-12pm

Darts 4:30-6pm (2nd & 4th Weds)
Golf (Crane Creek on 192) 9:20am
Travel Office open 9am-2pm
Woodshop 8am-12pm

THURSDAY PROGRAMS

Art Class 9:30-11:30am
Bargain Thrift Corner 9am-12pm
Billiards, Morning 8:30am-noon
Billiards, PM noon-4pm
Euchre 12:30-3:30pm
Mah Jongg (American) 12:30-3:30pm
Movie Night 6:30-9:30pm
Ping Pong 1-3:30pm
Pinochle 11-3pm
Scrabble 9:30am-noon
Travel Office open 9am-2pm
Woodshop 8am-noon
Yoga, Chair 10:30-11:30am

FRIDAY PROGRAMS

Bargain Thrift Corner 3-6pm

Billiards, Open Play 12-4:00pm
Bingo 6:00-10:00pm Doors open at 4pm.
Food available to purchase
Bocce 9-11am
Bridge 12:15-3:30pm
Crafts 9:30-11:30am
Knotty Habit 9:30-11:30am
Poker, Straight 12-3:30pm
Travel Office open 9am-2pm
Wood Shop 8am-noon

SATURDAY PROGRAMS

Saturday Night Dance
6:30-9:30pm Jan-Oct
(Last Saturday of month)
Tour our facility any weekday 8:30am to 4pm. Our Center is run 100% by volunteers.
Consider becoming a member and volunteering.
The Center is available to rent for seminars, adult birthdays, baby showers, anniversaries, weddings, etc.

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MF Mini Suites \$2373.00 p/p

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COASTERS

"YAKETY-YAK" | "SEARCHIN"

PLATTERS REVUE

STARRING THE LEGENDARY
MONROE POWELL
 "ONLY YOU" | "THE GREAT PRETENDER"

DICK & DEE DEE

FEATURING DEE DEE (SPERLING) PHELPS
 "THE MOUNTAIN HIGH" | "YOUNG AND IN LOVE"

LOCO-MOTION

A TRIBUTE TO THE CHIFFONS
 "ONE FINE DAY" | "SWEET TALKIN GUY"

YOUR SHOW EMCEE
 I HEART DOO WOP & ROCK N' ROLL DJ
KENNY GREY

HEADLINE VARIETY ENTERTAINER
RICHIE MERRITT
 FORMALLY WITH "THE MARCELS" | "THE CLOVERS"

THE LAS VEGAS
NITEKINGS
 LAS VEGAS VOCAL GROUP OF THE YEAR
 FANS ENTERTAINMENT HALL OF FAME

HEADLINE VARIETY ENTERTAINER
JIMMY CLANTON
 "JUST A DREAM" | "GO JIMMY GO"
 "VENUS IN BLUE JEANS"

NORMAN FOX
 "TELL ME WHY" | "PIZZA PIE"
 "DANCE GIRL DANCE"

THE DUKES OF DOO WOP
 ACADELLA AND 50'S/60'S ENTERTAINMENT AT ITS BEST

THE WOMAN OF 1001 VOICES & FACES
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