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# Letter from the Publisher

**H**appy Independence Day!

July is the time for flag flying and fireworks. Time for picnics and family gatherings. Time for sun burns and sun showers. So enjoy, celebrate and have fun. Be sure to check out our calendars for the many celebrations around the Space Coast. Freedom Isn't Free!

How about our great July cover! A special thanks to Lolly Walton for this patriotic presentation. Speaking of covers, did you know that most of our cover artists are Brevard County residents and many are seniors? I want to give a big thank you to Lynne Brezina at the Brevard County Cultural Alliance for helping us find all this special talent.

Is it my imagination or are we seeing some real return to normal and a renewed freedom? For those of us fully vaccinated it is a great feeling to be out without a mask, not worried about endangering ourselves and others. And for those not vaccinated I hope you are following CDC protocol, it's about more than just you.

Here at the office, the phone calls we get the most are from our readers asking where to pick up their copy of Senior Scene. We love to hear about how much you have enjoyed past issues. We are constantly adding locations for you to get your copy. So keep those calls coming. Did you know that you can get a current list of distribution locations by visiting our web site? And if you missed picking up a copy, you can read it on our website [www.seniorscenemag.com](http://www.seniorscenemag.com).

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# The Space Coast Honor Flight Travels to Washington, D.C.

Saturday, June 11th at 1:30 am four veteran residents from local senior living community The Fountains at Melbourne, along with 26 other veterans, went from the Wickham Park Senior Center to Orlando International Airport to take off on the Space Coast Honor Flight, an honorary flight created with a mission to take WW2, Korean War, and Vietnam veterans to visit their War Memorials in Washington, D.C.



Before they headed to the airport, veterans taking the flight were honored in a celebratory sendoff including family, friends, and notable members of the community such as the mayor, fire

marshal, sheriff, and various members of the military.

During the sendoff, local leaders gave speeches, and everyone gathered to send off the veterans with cheers as they loaded on the bus to go to the Orlando airport. The



bus was escorted by police and military motorcycles all the way to the airport.

On their trip in Washington, D.C., the veteran residents traveled throughout the D.C parks to visit numerous war memorials such as: the Air Force Memorial, WW2 Memorial, National Mall, Korean War and Vietnam Memorials, Marine Corps. Memorial, Women's Memorial, and the Tomb of the Unknown Soldier.



Each veteran resident has their own unique story to tell, as they all served in various United States wars across multiple branches of the military:

- Al Rollins: Served from 1952-1955 in the Army during the Korean War as an SPC 3rd Class-Expert Rifleman.
- Jim Herndon: Served from 1965-1999 in the Navy



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Reserves and served in the Vietnam War ranked as Senior Chief Petty Officer & Storekeeper

- Charles Merserau: Served from 1941-1946 in WW2 as Navy Submariner and ranked at Lt Engineer and Diving Officer. \*Only WW2 veteran on the trip
- Karen Cathcart: Served from 1964-1967 & 1972-1997 in the Vietnam and Desert Storm wars in the Air Force and Army, ranked as a Master Sergeant in Administration, Personnel, and Recruiting.

After a long and memorable day, the veterans returned early Sunday morning with memories they will have forever.



For more information about this and future Honor Flights, go to <http://www.spacecoasthonorflight.org> (S)

## The Muddle in the Middle: Melbourne-Eau Gallie

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

Things are a little different here. Neither as cold as Jacksonville in winter nor as torrid as Miami in summer, but we are halfway between in distance, weather and life.

Subtropic and temperate climate zones overlap here. Heat tolerant northern wildlife survives as do some cold tolerant subtropical plants and animals. Historically the mix has resulted in some rich total counts (diversity) of bird, fish and other species. Only here could one see an elm tree in a forest with a banana or wild citrus tree.

Subtropical manatee moved north from South Florida to increasingly warm waters. Cocoanut palms seldom survived north of Vero Beach, but are successful here now, perhaps increasing our muddled ecosystems.

Through the years transportation shifted from steamboats in the 1850s to railroads in the 1890s carrying wealthy passengers to winter homes and resorts. But following World War I Americans were in the mood to get moving. At the same time surplus military tents, cars and trucks made travel for affordable vacations or refuge from cold winters up north during the Depression.

A new suite of characters arrived on the scene called "Tin Can" tourists. Through the 1920s and 1930s outdoor camps of these sojourners dotted the landscape. Tents or lean-tos fashioned around cars that accommodated extended Florida visits.

The Dixie Highway from Montreal to Miami and US1 from Maine to Key West funneled autos to Florida. The Melbourne area was about one tank of gas from Jacksonville and another to Miami. By 1950 there were twenty six gas stations in Melbourne alone. Every major oil company was represented by one or more outlets. Demand for gas and oil brought barges into harbors in both Eau Gallie and Melbourne.

Melbourne's location at times made a convenient stopover for Americans released from the structures of each world war and the American economy. South Brevard with its tempered climate, transportation nexus and coastal resources developed a diverse demographic.

Hotels and tourist homes housed the well heeled. Tin can tourist camps became well organized. The Midway Colony and Rocky Water Resort became permanent homes each winter. The opposite was modus operandi for permanent residents who fled to the mountains of Georgia and North Carolina in the summer.

Fishermen and hunters from interior Central Florida counties built or rented small cabins or houses for weekend jaunts on the grass beds of the lagoon or hunting on the

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THE MUDDLE IN THE MIDDLE *continued on pg 22*

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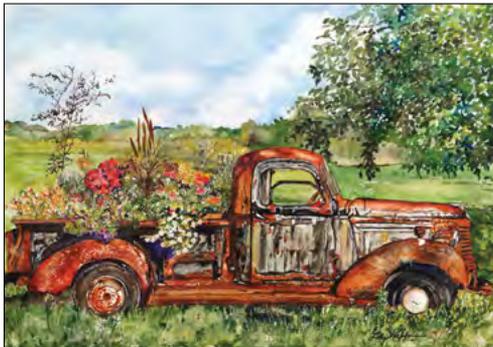
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# Lolly Walton



I am a self taught artist beginning my art journey in high school. It wasn't until 1997 that I took watercolor lessons at Miami Dade Community College and Fairchild Gardens in Miami. I was hooked on watercolor and color. I enjoyed transforming a blank piece of paper into a piece of artwork that reflected my personality and style. After retirement, in 2004, I relocated to Brevard County where I discovered a plethora of artistic talent and resources to improve my art, even today. I became involved in Brevard Watercolor Society in 2004. I served as President of BWS for two terms and served as chair of Splash for 5 years. Enjoyed every minute of it and learned so much. I continue to volunteer for BWS as it keeps me active, creative, and I meet the most interesting and artistic individuals.

My art journey continues as I try new ways to use my creativity. I refer to myself as a "Creative Realist". Using landscapes as my backdrop, I love to capture on paper the best nature has to offer. I can't leave behind my love for bright colors, texture



and that unusual twist with some new found technique. My subjects are what I see on my life's journey. I hope by using my God given talents to express my thoughts on whatever material, leaves a lasting impression on the viewer and proof of my existence. My painting style is changing every day; after all, each day brings different challenges and events. I paint "what I see on my life journey" sort of "paint the roses along the way" kind of thing. I consider myself a "CREATIVE REALIST".

*LOLLY WALTON continued on pg 50*

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# Can Adding Children's Names To Property Create Problems?

By Attorney Truman Scarborough

In the last article, we looked at issues that should be considered before making outright gifts to children. Problems can also be encountered when children are made co-owners of property with the parent. In this article, we will consider some of these issues.

Parents add children's names to accounts for various reasons. It may be so the child can access the account to pay the parent's bills. Frequently, parents add their children's names on accounts or deeds to avoid probate. The reason is when someone dies with assets titled just in his/her name without beneficiaries the asset is frozen. Probate is required to access the assets. A Power of Attorney does not work, since it is effective only while the creator is living. It is similar to an employer – employee relationship. If an employer goes out of business there are no employees.

In probate, a Personal Representative (executor) is appointed by the Court to administer the estate. Throughout the process of collecting assets, paying bills and finally making distribution to the beneficiaries, the Personal Representative must show the Probate Court that everything is proceeding in accordance with Florida Statutes and Probate Rules. The word probate essentially means “to prove.” When everything runs smoothly, formal probate takes around six months from the time the petition is filed with the court. There are fees and court costs. For an estate between \$100,000 and \$1,000,000, Florida Statutes suggest the reasonable fee for both the Personal Representative and the attorney would be 3% of the gross assets.

This leads people to ask: “Can probate be avoided by adding children's names to property?” Yes, jointly owned property with survivorship rights goes to the survivor. Unfortunately, this simple solution can create other problems: First, with joint bank accounts, the child has the ability to use the funds as he desires. Second, with real estate there is a loss of control. Any further transfer will require the child's signature on the deed. For example, if a widow adds one child to

the title of her home but later wants it to go equally to her several children, it would require the child deeding his/her rights in the property back to the mother. Third, jointly owned property is exposed to the child's creditors. Fourth, only one-half of the property will receive a “stepped-up basis.” In determining the capital gain tax on appreciated property, the basis (normally the purchase price) is subtracted

ADDING CHILDREN'S NAMES TO PROPERTY... cont'd on pg 40

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**TINSELTOWN TALKS** By Nick Thomas

# Singing Legend Johnny Mathis Still Touring At 86



Chances are, every time velvet-voiced Johnny Mathis takes center stage during his current US tour, the atmosphere could turn Misty.

Sure, some devoted Mathis fans might swoon teary-eyed with waves of emotional nostalgia witnessing the 86-year-old singing icon in person, but many will just dutifully sway to the familiar soothing melodies as the veteran performer delivers his signature ballads such as “Wonderful! Wonderful!,” “Chances Are,” and, of course, his 1959 hit – “Misty.”

Interrupted briefly by the pandemic last year, Mathis continues his 2022 Voice of Romance Tour with stops around the country (see [www.johnnymathis.com](http://www.johnnymathis.com)). Although the viral menace is still lurking, it has not deterred the soulful singer from performing this year.

“Well, it’s what I do,” said Mathis from his home in Los

Angeles during a tour break. “Except for earlier in the pandemic, I’ve been touring since I recorded my first album in 1956.”

Currently in his 66th year as a recording artist, the Mathis career statistics are impressive, including 79 original albums, 43 singles on the Billboard Pop Chart, 5 Grammy nominations as well as a 2003 Lifetime Achievement Grammy and songs used in over 60 films and television shows.

Then there’s his historic 1958 Greatest Hits album, released just two years after his debut album, which became the first Greatest Hits album issued by any pop artist.

“Mitch Miller was responsible for that,” said Mathis, referring to the conductor and record producer best remembered for the 60s musical show “Sing Along with Mitch” on NBC. Mathis signed with Columbia



SINGING LEGEND JOHNNY MATHIS ... continued on pg 50

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# Answer Nurse

*A monthly column to help answer your home healthcare questions*

## July Is Ultraviolet (UV) Safety Awareness Month – Time To Put On Your Sunglasses!

**Q.** I just moved to Florida and my cousin told me that I should wear dark colored clothes to better protect my skin. I thought she was joking, but now I'm wondering, is there any truth to this?

**A.** Yes, your cousin is right. Generally speaking, darker colors protect your skin better from the sun, while lighter colors allow more sunlight to filter through.

**Q.** I love going to the beach in the summer with my family. What are some things we can do to protect ourselves from skin cancer?

**A.** Good question! There are a few main things you can do to stay sun-safe:

- Wear sunscreen, and make sure it's at least SPF 30 or higher.
- Wear a hat, one that covers your nose and ears.
- Wear protective clothing, and not just dark colors as mentioned above, but clothes that cover as much of your

body as possible. It's not easy to do when it's hot out and you're at the beach, but long-sleeve swimwear tops are a good place to start.

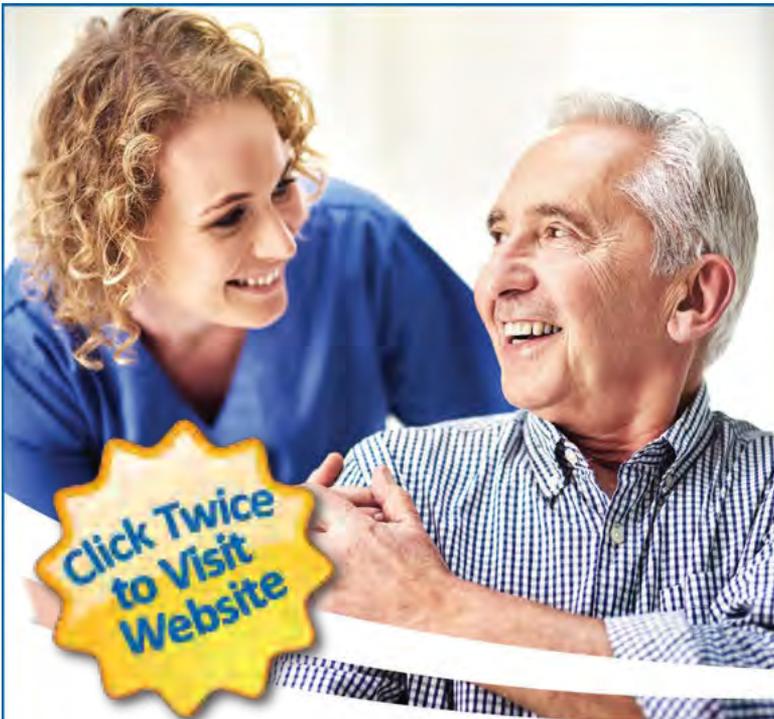
- Wear sunglasses.
- For a long day at the beach, bring a beach umbrella. It's a great place to take refuge from the sun and to reapply your sunscreen which you should do every couple of hours, and more often when you're in and out of the water.

**Q.** Is skin cancer very common?

**A.** Yes. According to the American Cancer Society, skin cancer is the most common type of cancer so put on your sunblock!

**Q.** Is melanoma the same as skin cancer? I hear the two used interchangeably and I'm confused.

*ANSWER NURSE continued on pg 47*



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# Understanding Full Virus Scan Info

By Bill Ford, *Data Doctors*

Depending upon your setup, there are a few things you can check for to help you understand what and where files are stored on your computer. If you're only thinking about the data, video and music files that you know exist, it's easy to think that there are a lot of excess files on your computer.

When you ask your security program to perform a full scan, not only will it check every single file on your primary hard drive, but any other storage volumes that are connected such as a USB flash drive or an external hard drive. A quick way to check to see if you have more than one volume in Windows is by opening the File Explorer (the icon that looks like a file folder) and click on 'This PC'.

In the 'Devices and drives' section, you will see a listing of the storage devices that can be accessed by your computer. If there is more than one storage device, this could be a contributing factor.

## Windows and Program Files

Depending upon your version of Windows, a large portion of your total could be the files that make up the operating system alone. My computer shows nearly 250,000 files in the Windows 11 folder. To check for the number of files in your Windows folder, use the File Explorer to open your primary hard drive, then right-click on the 'Windows' folder and select 'Properties'.

This will start a process of counting the number of files and folders that are contained in this folder.

There will also be two 'Program Files' folders in the root directory of your hard drive, which contain all the files installed by all the programs you have installed.

## User Files

To see what files you've generated through your usage of the computer, check the 'Users' folder, which represents the program settings and data files used by each user on your computer. If there is only one user profile on your computer, then you can check the 'Properties' of the 'User' folder or open the 'User' folder to check each user's file counts.

If there are excess user profiles, you can remove them and all of the associated data and settings by going to the 'Accounts' section of the Windows Settings menu.

## If It Ain't Broke, Don't Fix It!

While it's understandable to want to get rid of thing you don't need, doing so without a full understanding of the impact can be disastrous. You'll likely find many items that you don't recognize, especially if you are just poking around using the 'File Explorer'. If you don't know what something is, you should never delete it.

If you're getting low on storage space, then tracking down what you don't need is prudent.

One of the easiest ways to stay on top of unneeded system files in Windows is via the 'Storage Sense' feature that we discussed recently: <https://bit.ly/3a59Nm1>. 

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# Avoiding Fraud

By Max Vala Vanis, CFP®

**F**raud is everywhere. It creeps upon us when we least expect it, then manufactures massive damage to our finances. According to the Federal Trade Commission, in 2011 10.8% of the adult population in the United States were victims of fraud. With the growth of technology, scammers can now swindle us through unthinkable means. Consequently, we must protect ourselves rather than simply crossing our fingers and hoping for the best. Here are a couple of ways charlatans can steal your information and how you can protect yourself.

A common scamming method involves con artists targeting taxpayers (AKA everyone!). These crooks will impersonate the IRS and ask for private information to “verify” your identity. Afterward, they immediately claim that you owe the IRS money and ask for payment through prepaid debit cards or untraceable money transfers like Western Union. Instinctively, you should have Hollywood-esque alarms blaring in your head. The IRS will NEVER ask you to send them money through these avenues. If legitimate, the process is done through your designated payment method implemented when filing your taxes. If the IRS calls you, take a second to remember if you received a letter from them. If not, the call is fraudulent! The IRS calls only after a letter is sent to the taxpayer. This type of scam can happen to anyone. Because the potential victim pool is extensive, everyone should be aware of the risk. According to the IRS, this scam happens year-round, so you must stay alert!

Always be aware of Identity Theft. Yes, I know these two words have echoed in your mind for decades, but these thieves are creative and may capture your identity through deceiving strategies. Sometimes the hoax is obvious, such as claiming to be a friend “stranded” in a foreign country. Remember, for every ludicrous plot, there are several subtle and convincing ones. Shielding your information sometimes is the only way to protect yourself. Even a simple phone call claiming to confirm a hotel reservation may extort information from you. According to USA.Gov, the three main

warning signs of identity theft are: bills for items you didn’t purchase, debt collection calls for accounts you didn’t open, or denials for a loan application. If you detect fraud, report it to the Federal Trade Commission, and freeze your assets.

Fraud can happen to anyone at any time. It’s immensely important to be vigilant and aware of any potential scams you may encounter. Fraud and scams may come from a trusted professional, a phone call, or an email. Simply crossing your fingers will never deter these crooks from attacking you. Only your actions can keep you safe. If you are worried or

AVOIDING FRAUD continued on pg 22



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Call 321-473-7770 and/or get yours at all Boniface Hiers Dealerships.**

**Helping Seniors Car Raffle Grand Drawing Celebration  
6pm-9pm Saturday October 29<sup>th</sup> 2022**

**Grand Drawing will be at the American Muscle Car Museum.**



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



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# Fact Sheets Added To Your Social Security Statement



Securing today and tomorrow

By Kimberly Laporta,  
Social Security District Manager  
Melbourne, FL

Your Social Security Statement (Statement) tells you how much you or your family can expect to receive in disability, survivors, and retirement benefits. It also provides a record of your most recent earnings history and other valuable information.

We also give you fact sheets with your online Statement. The fact sheets provide clear and useful information, based on your age group and earnings situation. They can help you better understand Social Security programs and benefits.

The Statement fact sheets cover the following topics:

- Retirement readiness for workers in four age groups.
- Workers with non-covered earnings who may be subject to the Windfall Elimination Provision and Government Pension Offset.
- Social Security basics for new workers.
- How people become eligible for benefits (for people who have not earned enough work credits).
- How additional work can increase your future benefits.
- Medicare readiness for workers aged 62 and up.

We recently released a new fact sheet specifically for people with limited earnings. The new fact sheet covers how they and their 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.

The best way to get access to your Statement and the new fact sheets is by using your personal my Social Security account. If you don't have a personal my Social Security account, be sure to create one at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). You can even view your full earnings history there.

To learn more, visit our Social Security Statement webpage at [www.ssa.gov/myaccount/statement.html](http://www.ssa.gov/myaccount/statement.html). Please share these resources with your friends and family. (S)



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# 60's, 70's, 80's?

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

**H**ow long should I continue my physical fitness workouts? One might say, "For as long as I want." That could be an answer, but is it the one acceptable to you?

I was 12 years old, my family owned a restaurant, and I thought pie a la mode was a huge slice of apple pie on a dinner plate surrounded by about seven dippers of ice cream. I also weighed 212 pounds. After carrying that weight a short time, I decided to diet, lost 30 pounds, and began a muscle building program that continued until I was 80 and suffered a stroke. One of my biggest health mistakes was failing to return to the gym after my stroke.

Doctors and physical therapists assure me that I have weathered several major health happenings because of my good physical shape, but these past few years have been a huge challenge getting back to what I want my body to do. Concurrent with some naturally occurring physical changes, I added a knee replacement that did not augur well. This and other infirmities of 80 plus years hindered my return to good health through diet and rehab.

Looking back over the last eight years, there are many things I should have done differently. Weight control was not an issue. Finding the right type of rehabilitation program was

my main challenge. Admitting that I wasted several years of therapeutic workouts over a span of several years was not easy to accept.

During this period I tried all kinds of physical fitness regimens. Few worked. My problem was that I lost my ability to walk. My hamstrings became shortened because I did not exercise them by walking, as I sat too much. I had a knee operation that did not work as hoped, and the fact that I needed an operation on the other knee exacerbated my problems.

I finally decided to take more interest in my therapy. I asked questions when I talked to a new therapist. I tried several and evaluated what each was doing for me. I am now in a program three days a week and do exactly what I am told to do between sessions. I am pushed hard and, while I do not enjoy the training sessions, I look forward to each because I finally see improvement. I have excellent therapists and know that the results I want are dependent on doing the work they give me. And, that brings me to the title of today's article.

After my eight years of therapy, I notice many seniors in

*60'S, 70'S, 80'S? continued on pg 22*

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Itinerary...

- Fri Jan 6<sup>th</sup> Leave Port Canaveral at 6:00PM • Sat Jan 7<sup>th</sup> Ocean Cay Marine Preserve
- Sun Jan 8<sup>th</sup> Leave Port Canaveral at 6:00PM • Mon Jan 9<sup>th</sup> Nassau Bahamas
- Tue Jan 10<sup>th</sup> Ocean Cay Marine Preserve • Wed Jan 11<sup>th</sup> Fun Day at Sea
- Thu Jan 12<sup>th</sup> Costa Maya Mexico • Fri Jan 13<sup>th</sup> Cozumel Mexico
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## Q. What Do I Do With All My Stuff When Downsizing?

**A.** Senior living experts agree: The prospect of downsizing is the biggest obstacle for older adults considering a move. Just the thought of cleaning out a home of 30 years and moving into a smaller place is too daunting for most seniors to tackle. Luckily, help is out there! There is an entire category of professionals devoted to helping seniors downsize and move.

A Seniors Real Estate Specialist® or SRES® is trained to understand the unique situations older clients face when buying and selling homes. Barb Asinari, with Oceans Realty Florida, has helped many seniors solve downsizing dilemmas.

"Sorting through a lifetime of memories is overwhelming for most seniors. Downsizing is a major decision and some people find it so emotional that they choose to do nothing. But approached systematically, even the biggest 'to do' list can be managed. In the end, most of my clients say that downsizing was actually a relief."

Realtors like Asinari can connect seniors to a network of trusted vendors. The National Association of Senior Move Managers began in 2002 as a network of businesses that help clients sort, organize, donate, move and reestablish their new home. Over 900 companies across the US are members of the organization!

Senior move managers develop a relocation plan of action in association with family members and service providers. They reduce the anxiety associated with moving and reduce (or eliminate) the potential for financial exploitation.

These businesses can come into your home and help you decide what to take and what to sell or give away. Some also conduct estate sales so you can make a little extra cash from your treasures. Then, they pack, move you and get you unpacked and organized in your new smaller home, whether it's into a senior living community or down the block.

Ready to start the conversation about downsizing? Call One Senior Place in Viera or Greater Orlando to find the help you need.

*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 at OneSeniorPlace.com. Brenda Lyle is a Certified Care Manager with One Senior Place, Greater Orlando. Ⓢ*

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THE MUDDLE IN THE MIDDLE... continued from pg 10

prairies west of town. Investors built homes, then invested locally before moving to developing towns to the south after they profited from local enterprises.

Work could always be found in the winter; however, year round employment depended on the wealth of resources. Ranchers drove cattle in the open marshes and prairies of the St. Johns River to feed on native grasses. Fishermen, not the recreational anglers, fed their families and the community with mullet, oysters and later clams. People from the Catholic Colony in Palm Bay and Malabar left farming for construction of hotels and bridges. The African American mill workers in Hopkins on the south side of Crane Creek bought fresh fish every Friday at the Jorgensen's Fish House.

And then all h--- broke loose with the introduction of the national space program and the expansion of Radiation Incorporated (Harris and HarrisL2). Engineers and support personnel added a real spice to the demographic.

The middle muddle of your home town still exists in a stew of weather, geography, economics and history. An old adage of systems analysis says that the more diverse the connections and interaction the more stable the whole thing becomes. So enjoy the diversity here and stay connected. Ⓢ

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60'S, 70'S, 80'S? continued from pg 20

their 60's, 70's, and 80's, walking bent over (like me), heads on chests, thin, with no muscle definition and other signs of weakness. The majority may have slowed down or even prevented their physical decline had they simply asked their doctor for a referral to a physical therapist.

If you are 65, Medicare will pay for these sessions, so why not see if a therapist can help you improve your ability to walk, safely transfer from a chair to a bed, use a walking device, or improve your balance? All these things can help you as you age. Please give some thought to how you might improve your physical condition to prevent a fall or combat some other age related problem. I have learned that help is there, but I have to find it and use it.

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

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AVOIDING FRAUD continued from pg 17

interested in learning more about frauds or scams, give us a call. Our office has assisted many clients in navigating possible fraud events.

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



# Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

July 2022

## Helping You Get Your Ducks in a Row!



## Let's Talk Living Beyond Your Current Home!

**5 Ideas to Think About.**

**Life Planning:  
When It's Time to Move.**

# It's the 6<sup>th</sup> Annual Helping Seniors Car Raffle.



The 2022 Chevrolet Camaro



The 2022 Dodge Challenger



The 2022 Kia Sportage



The 2022 Mazda Miata

## Choose Your **Winning** Car.

**1 ticket for \$25  
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Tickets:

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Call 321-473-7770 and/or get yours at  
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**Helping Seniors Car Raffle  
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6pm-9pm Saturday October 29<sup>th</sup> 2022**

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

## President's Message

A Word from Joe Steckler,  
Our President & Founder



We are halfway to Christmas. While some may want to speed time up, I prefer to slow it down, as too many years have already slipped by for me.

The 2022 Car Raffle is doing nicely and on track to coming close to our \$100,000 goal. As a fundraiser and president of the organization, I remain an optimist regarding our success rate on the raffle rather than a pessimist, so if you have not yet mailed in your tickets please do so or you may make me a pessimist. We have plenty of tickets and can always order more. That we could be so lucky!!

Reports show that the COVID problem still exists and is rearing its ugly head again. Please take appropriate precautions, do wear your masks and maintain distance separations as best you can. With the high gasoline prices, we do have some excuse for staying at home to avoid crowds. This is especially important for young children and seniors, as the virus seems to like these age groups.

Long ago I said I would do my best to keep readers informed of new ways to receive help. This is one for veterans of the armed forces. There is a program, not really a highly visible one, titled Program of Comprehensive Assistance for Family Caregivers. There are many different wickets to walk through, but it is a program that will provide from \$1,800 to \$3,000 a month to veterans based on individual needs of activities of daily living.

The program is available here in Brevard and the VA office in Viera knows all about it. There are qualifiers – too many for me to mention – but if you think you qualify and need help, I sure would call. This is not VA Aid and Attendance, so call 321-633-2012. It is a good program and will help many who need the help. Call that number.

You can also help us reach our car raffle goal by making a donation for tickets. We can use your help and do thank you.



## Let's Talk Living Beyond Your Current Home.

### Free Community Education Series

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



**1030am - Monday - July 25<sup>th</sup> 2022  
Call (321) 473-7770 to RSVP**

**Helping  
Seniors  
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## Your Aging Plan: New Horizons

*Kerry Fink, Executive Director  
Helping Seniors of Brevard*

So maybe it is time to consider a Home beyond your Current Home! As part of "Getting Our Ducks in a Row", we should be thinking of a home environment that makes the best sense, considering things we want to be aware of to stay safe - anything from getting rid of a staircase that can be tougher to use as we age, to peace of mind from being closer to regular help for medical circumstances and/or mobility issues and, maybe, we are just tired of cooking and cleaning!

Occasionally, though, we also need help because we just can't make it work at home - memory care becomes a factor and other circumstances simply require an adjustment.

In all cases, it makes sense to explore, consider and sort amongst the options BEFORE we hit a crisis point - i.e., someone is in the hospital and now can't go home safely, even after rehab therapy, etc.

There are so many excellent options available in our area to consider - anything from simple downsizing to independent living to assisted living to memory care and more. This edition of Helping Seniors News is dedicated to starting the conversation on this topic.

Troy Denault, who runs Soter LLC, a service that tries to match seniors with the right level of care and living, often says, "I don't know anyone who wakes up on a random Saturday morning and says "Gee, let's go look at senior living options." And, yet, when you think about it, the choice of where you want to live in your senior years is just as important (maybe more so!) as every housing choice you have made during your earlier years.

Let's Stay Safe and find the best living solution that brings comfort and peace of mind so we can make the best of our senior years!



## Have You Thought About This?

*Nancy Deardorff, Operations Director  
Helping Seniors of Brevard*

Dorothy Gale certainly was right when she said, "There's no place like home." Where do you plan to live in 10, 20, or even 30 or more years? For many the answer is home.

But, if you are planning to age in place at home, there are important considerations as you develop your own aging plan.

There are the financial considerations. Can you afford the rising cost of homeowner's insurance, HOA fees, and property taxes? What about a new roof in 12 to 15 years? Not a small expense. Then there is yard maintenance and home repair costs that always come with home ownership.

Consider too, life, health, and safety issues as you age in place at home. Do you have stairs in your home? If so, what is your plan if you can no longer climb the stairs? Many people must give up driving at an advanced age; how will you get to the grocery store, pharmacy, doctor's appointments, and social engagements?

Who will clean your house and cook if these things become difficult or even impossible? Does your bathroom have a walk-in or wheel-in shower? How will you safely bathe, and will your shower accommodate a wheelchair or shower chair if needed?

If you plan to age safely in your home, it is important to plan for not only the here and now, but also the future so that you can live safely and so that you can live well, because there is no place like home.



## Community Education Series

July 25 • 10:30 AM

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# Helping Seniors Of Brevard



## Living Options Beyond Your Current Home

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

Last month we touched on the various things to consider when deciding to stay in your current home and age in place safely or sell and move to a new location. This month we are exploring living options beyond your current home. The options we will explore are:

- Senior Apartments
- Independent Living Communities
- Assisted Living Communities
- Skilled Nursing Facilities
- Continuing Care Retirement Communities

### Senior 55+ Apartments

Senior 55+ apartments for independent adults are homes exclusively designed for individuals aged 55 years old and over. Types of homes can range from a detached home to a 1- bedroom to 3-bedroom apartment. Other than some social activities in the community, senior apartments for independent adults offer few additional services, since they are designed for seniors who are independent and need almost no assistance with daily activities.

### Independent Living Communities

Independent living communities are basically like senior apartments, except they offer more services and amenities such as meals, housekeeping, laundry service, transportation, and community activities. This kind of living arrangement also features easy access to lifestyle and dining options so that seniors can stay connected and involved in the community. They also provide access to emergency systems and assisted care, in case the need arises. This setting is perfect for older adults who start out independently but want to avoid moving to another type of living option in case their needs change later in life.

### Assisted Living Communities

Assisted living communities is an option for seniors who are somewhat independent but may require a certain level of support with day to day living activities. You have a private apartment, from a studio to two-bedroom, and share common spaces. Services include 24-hour assistance in day to day living activities like dressing, eating, mobility and hygiene, preparation of daily meals, housekeeping, and laundry, transportation, community events and health programs. They also provide medical monitoring and will have medical care practitioners available onsite.

Many communities here in Brevard are a combination of Independent Living and Assisted Living. This is a great option to allow you to stay at the same community and have additional assistance as your healthcare needs change. These communities are rental communities where you pay month to month.

I highly recommend making an appointment at a few communities now, even if you are not ready to make a move. You will discover that today's communities are like cruise ships. Who wouldn't like to live like you are on vacation every day!

### Skilled Nursing Facilities

Outside of a hospital, nursing homes offer the highest level of care. They are designed for someone who needs 24-hour skilled care. Many skilled nursing communities also have short term stay rehabilitation for people being discharged from the hospital after an illness or surgery.

### Continuing Care Retirement Communities (CCRCs)

CCRCs is a buy in type community where you begin living in the independent section of the community, which may be a studio apartment to a single-family home. During this period, you can enjoy services like cooked meals, housekeeping, and laundry services. As healthcare needs changes over time, you can move to the next level of care, which is assisted living or nursing home, without the need to relocate to another residential environment.



# Helping Seniors Of Brevard



## Downsizing

*Tom Taranto  
Keller Williams Realty Brevard*



## Finding Good Living Options Outside Home

*S. Troy Denault, BA, BS, CDP, USMC-R  
Soter Senior Living & Family Advocates*

A lot of things in life happen gradually...and then suddenly. One of those things can be living in your house long enough to no longer need the space or to be able to take care of it. That "big house" may have been perfect for mom, dad, and three kids, but how well does it fit the widow living alone? The empty nesters? Or a senior with limited mobility?

The challenge is that we can accumulate a lot of STUFF during the 20-30 years of living in a house. And the idea of sorting through and thinning out the STUFF seems OVERWHELMING for even the average person, not to mention for the borderline hoarders among us. So we stay in the house long after the need for downsizing has become obvious.

If you recognize yourself in this scenario, just press the "easy button" with one call to a DOWNSIZING EXPERT! You may ask - are there actually downsizing experts? Yes! Myself and my team are among them. As local real estate agents, we can assess your current home and recommend places for you to move to, whether a smaller residence, independent living or assisted living facility. We have movers, cleaners, estate sale consultants, painters, contractors, and dumpsters. Everything it takes to get your home ready to sell and on the market.

But what if you need to sell your current home before you can purchase your smaller home? We have an easy button for that as well. Our Trade In Program allows a company we work with to purchase your home for cash while you remain in your home for a time, freeing up equity to close on your new home. So you can make a smooth transition without moving twice and without a stressful timeline.

If you recognize the need to downsize but feel a bit overwhelmed - call a Downsizing Expert today for a free consultation. My team and I would love to work with you. Call 321-961-2871

The hard truth is, as we start to think about exploring senior living options away from home, it instantly becomes frustrating, terrifying, and extremely confusing. Many times, that fear stops us before we even begin!

We all remember seeing our parents and grandparents in nursing homes, in wheelchairs, lined up along the handrails of long white tile hallways, with those off-white walls, and everyone seeming to have their head slouched over. Just sitting there depressed, sad, waiting to die. These are the nightmares that jump to mind when asked about senior living options outside of our home.

"You're not putting me in there, I tell you!" is the immediate reaction by most. As we get beyond that fear, it then gets very confusing trying to understand it all. Assisted living communities, nursing homes, skilled nursing facilities, group homes, hospice houses, etc., who does what?

Who pays for them? Are they covered by insurance? Are they covered by Medicare? Medicaid? The Veteran's Administration? Do I have to pay out of pocket? What level of care is provided in each of these types? What happens if I get worse? Can they still care for me? Can I leave when I want or do I have to stay?

What if I told you that there are real answers and real people that spend their lives standing beside families helping them to understand the answers to these questions. Being proactive in identifying what the truth is, what is out there, what each does mean is VITAL to your aging plan.

Over the next month we are going to spend some time detailing answers and empowering you to know where to start and what this all means before the crisis strikes and choices are made for you versus made by you. I hope that many of you will tune in... your life may change for the better because of it.



## Moving? Time to Check Your Medicare Coverage

*Victoria L. Moore*  
*The Integrity Group Insurance*

The COVID-19 pandemic affected us in many ways, causing millions of people to pick up and move. In 2020 more than one in five Americans either relocated or know someone who did. Some moved in with relatives, some moved out of a nursing home or other community, and many chose a whole new state. You've probably noticed an influx of new folks right here in our own community.

If you or a loved one are a Medicare recipient and have moved or are thinking of moving, there are some things you should know. One of the first things you should do is report your new address to the Social Security Administration so they can update your Medicare files. You can do this online through the *my* Social Security portal, visit your local Social Security office (they are reopened!), or call 1-800-Medicare.

When you move, your Original Medicare, Part A and B, stays the same. It is standardized across the country. Your Part B premium will not change, and your annual Part B deductible will not reset. If you have a Medicare Advantage plan, or Part C, you most likely will need to choose new doctors, hospitals, and pharmacies that are in the network of your new plan, which could be designated by county, zip code, state, or region.

If your move is within the geographic limits of your current plan (maybe just across town), then you most likely will keep your same coverage. Be sure to contact your licensed insurance agent or the member services department of your plan to update your address (that number should always be on your member ID card).

If you have a Medicare Supplement or Medigap plan, such as Plan G or Plan N, you still need to contact your agent or member services department for that plan to see if the move necessitates a new plan in your new area. Plan

premiums may differ in different parts of a state or the country. You also have the option of returning to Original Medicare.

When you move outside of your plan network area, you do get a SEP, or special enrollment period. You should notify your agent and your plan. If you notify them before your move, then the SEP begins the month you move and extends two months. Notifying your company after the move starts the SEP the month you notify them plus two months.

If you are entering a skilled nursing facility or long-term care hospital, you may join, drop, or switch a Medicare Advantage or prescription plan. Enrollment changes are allowed for two full months after leaving and the entire time you live in the institution.

Decided to move out of the country? Then most likely, you would lose your Medicare benefits. Original Medicare may only be used in the United States, Puerto Rico, Guam, the U.S. Virgin Islands, and the Mariana Islands. If you drop your Part B coverage you may be subject to a late enrollment penalty once you move back to the U.S. and want to re-enroll. You also would get a special enrollment period to enroll into a Medicare Advantage plan.

If you are preparing for a move, call your licensed insurance agent to learn more about plans in your new area. They can help you choose the benefits, coverage, and doctors you are looking for.

If you're not sure whether your current agent is licensed in your new state, it is worth asking because often agents are licensed in multiple states and/or have connections with agents in other states that they know and would feel confident to recommend. For example, in addition to Florida, I am licensed in eight other states and feel confident to assist my clients in finding the right plan in those states, but I would not hesitate to recommend another agent if needed.

As a licensed insurance agent, I am always happy to answer any Medicare questions you may have. Please feel free to call me at 321-272-0218 or email me at [victoriam@medtig.com](mailto:victoriam@medtig.com).



# Helping Seniors Of Brevard



## Virtual Dementia Tour at Hibiscus Court

*Amanda Walker*  
*Hibiscus Court Senior Living*

In the United States, 1 in 9 people over the age of 65 has a form of dementia. Here in Brevard County, 24.2 % of our 670,000 residents are over 65.

What do these numbers mean to you? It means that there's a high chance that you know or will know one of the 18,000 Brevard residents living with dementia.

Hibiscus Court Senior Living in Melbourne has been a leader in Memory Care in Brevard County for 24 years. A decade ago, they began providing free community education and training about Alzheimer's and other dementias. They saw the need for a greater understanding of dementia and how it changes lives, not only the one diagnosed but families and caregivers.

Hibiscus Court hosts Second Wind Dream's Licensed Virtual Dementia Tours for the public to experience firsthand how dementia may impact someone's sense of their environment.

Through this training, thousands of Brevard residents, including healthcare professionals and first responders, have taken the time to walk a few steps in their shoes and gain a greater understanding of dementia. All have walked away glad they came for the experience and appreciative of the added knowledge to help better support those on this journey.

Hibiscus Court and a group of community partners host monthly in person, Virtual Dementia Tours where you will be able to walk in the shoes of those on a dementia journey. There is absolutely no cost, they just ask that you come prepared to spend approximately 45 minutes learning and immersing yourself in the experience.

For more information and to schedule your VDT Training, contact Hibiscus Court at (321) 951-1050.



## Senior Scene – Premier Space Coast Magazine for Adults 50+

*John Frederiksen, Publisher*

Since we started publication in 2000, we have become the voice of the senior community and source of information for our seniors of Brevard County and eastern Orlando.

Senior Scene Magazine is provided free for the 50+ years' young as a monthly, lifestyle magazine, providing entertainment, nostalgia, financial and health information, plus much more valuable information for the mature and Boomer age reader featuring local, regional, and national authors that appeal to our seniors.

Senior Scene provides the most complete community and senior calendars monthly so that our residents and visitors traveling to the Space Coast can see all there is to offer here.

Senior Scene Magazine has a special connection to our veterans, and we always provide monthly news and information relevant to our heroes. Senior Scene is proud to continuously support numerous community and civic organizations as their voice and media to reach the mature residents.

Our readers continuously look to our articles for reliable and comprehensive information and guidance for all aspects of their lives, such as finance, health and leisure.

We distribute our magazine throughout all of Brevard County and eastern Orange County. We have a loyal readership, and our seniors look to Senior Scene as their own, their primary resource for senior information. You can find Senior Scene Magazine at locations that seniors frequent or through senior clubs and organizations. You can find us at [www.seniorscenemag.com](http://www.seniorscenemag.com) and on Facebook.

**SENIOR SCENE**  
Magazine



## Addiction Is Not a Disease For Just the Young

*Dr. Kevin Kilday, PhD, D.PSc*

Substance abuse among adults over the age of 60 is one of the fastest-growing health problems in the United States and more so in Florida due to our high senior population. Drug addiction in Florida is no longer just a disease of the young.

Identifying the problem is very complicated. Seniors are more likely to form an addiction to prescription medications due to being treated for a variety of health conditions. These include pain medications, such as Percocet, Vicodin, and Fentanyl, and / or anxiety and insomnia medications such as Xanax, Valium, Ativan, and Klonopin. Seniors typically metabolize these substances more slowly, making their brains more sensitive to drugs and therefore more prone to addiction.

Let's not forget alcohol. Alcohol may have been their drug of choice while growing older and it can be hard to give up. Remember alcohol is a drug.

It is very important, even life saving, for family, friends, and caregivers to pay attention to possible signs of drug and alcohol abuse. These include memory problems, change in sleeping or eating habits, unexplained bruises, irritability, depression, unexplained chronic pain, isolation, failure to bathe or keep clean, lack of interest in usual activities, or any drastic change in daily routines.

Addiction treatment can be difficult for seniors. They tend to avoid treatment because of a lack of transportation, fear of being labeled an addict, or just an overall toughness making it hard to admit that there is a problem or to accept help.

Now what to do. First, if you feel you are addicted and are taking medications, talk to your doctor. All other caregivers (family, friends, professionals), "encourage" (don't judge) them to talk to their doctor or, if you have power of attorney, talk to their doctor yourself. God bless our seniors.



## What is a "Deep Cleaning"?

*Lee Sheldon, DMD  
Sheldon and Furtado, PLLC*

I need a "deep cleaning," a patient tells me. What's a deep cleaning? I honestly don't know. It's one of those terms that sounds good. "If I get a deep cleaning, it's better than a regular cleaning," is one thought. Or "if I get a deep cleaning, my periodontal disease will get better" is another thought.

When one has periodontal disease, what has happened? Bacteria have collected below the gum line. The gum tissue lets go of its attachment to the root surface. The ligament below that starts to let go as well and a portion of the root that was covered by bone is now covered with bacteria.

That bacteria hardens. This is known as "calculus." The calculus grows down the root, and more bone support is lost. Let that cycle continue and all the bone support will ultimately be lost, the tooth will get loose and come out.

How do we measure bone loss? It's done with a periodontal probe. You know. We measure below the gumline and call out numbers. "5...7...9...etc." The deeper we can probe, the more bone loss has occurred.

Years ago, we proved to ourselves what had already been demonstrated in the dental literature. Unless one can see the calculus, one cannot thoroughly remove it. We proved it by buying a dental endoscope, a tiny camera that can be placed below the gum line so that we can see the calculus. And when we did that, the patient got a lot better.

So here's my opinion based on a lot of periodontal patients. One needs an endoscope to see the calculus. One needs a hygienist who is capable of using the endoscope. And rather than a "deep cleaning," you will get a thorough cleaning and keep a lot more teeth.

Call 802-2810



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# Mom & Me

by Audrey & Kimberley

## Dear Mom and Me,

We fell in love and our friends said we acted like teenagers. It was a wonderful feeling, especially since we had both been widowed for nearly five years.

We have been married for four years now. We thought our families would be happy for us – but that has not happened. His daughter still continues to treat me in a horrible manner, and my son acts the same way toward my husband. We could be very happy with each other, but our marriage just can't take the strain of all of these problems. I always thought adult children would want their parents to be happy again – or was I expecting too much.

– DISILLUSIONED DEBBIE

## Dear D.D.,

I am sorry you are having so many problems with your second marriage. Unfortunately 2nd & 3rd marriages do not have a good track record, that is unless family and money matters are resolved before the marriage.

Many adult children are very jealous and think only of themselves and want no changes made. They can't accept their parents as adults and capable of making their own decisions. They don't want to think of that woman in bed with my dad.

Taking my mothers place – or that dirty old man in bed with my mother.

Marriage counseling seems needed to resolve these problems, so you and your husband can present a united front. Difficult but not impossible!

– AUDREY

## Dear D.D.,

Mom hit this one right on target. It is extremely difficult for adult children to view their parents as whole people, as opposed to just “Mom” or “Dad”. And thinking about mom and dad as sexual is Too Much for some of us adult children to even consider.

Sometimes it is easier for adult children to focus on or create problems so they do not have to think about Mom being a person other than “Mom” or as “Dad” as a sexual being. We can lose sight of the fact that our unwillingness to change the way we view our parents can cause unhappiness for them.

Have you been able to talk with your adult children to pin point the issues? If not, you need to. Have you been able to discuss your expectations of appropriate behavior and consequences? If not, you need to.

It is not too much to expect your family to be happy for you. It just takes time to sift through all the emotional baggage we all seem to have as people.

– KIMBERLEY

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# SENIOR NEWS LINE

By Matilda Charles

## Walk Faster, Live Longer

**W**e've known for years that walking is a good form of exercise for seniors ... we just didn't know why. Now a new study not only explains how it works, but why brisk walking is even more effective.

Ten years ago, researchers at Leicester University Biomedical Research Centre started looking at genetic data in the biobanks in the U.K. for clues about why seniors who walk seemed to live longer. They didn't fool around with a dozen or so participants. No, they analyzed the information of over 405,000 people.

And now we know: It's the telomere length. Telomeres (aka leucocyte telomere length, or LTLs) are the "end caps" on strands of DNA, the building blocks of our bodies and an indicator of our biological age. Fast walkers have longer LTLs, and therefore better health ... and longer lives.

That same study showed that as little as 10 minutes per day of brisk walking can equate to longer lives. (The Mayo Clinic prefers 30 minutes of activity per day, possibly broken into three 10-minute sessions.) The best walking pace appears to be 3 mph, although the research data was from wearable tracking devices like those we use to measure steps per day.

But there's more. A study at the National Institutes of Health concluded that the length of the telomeres is positively associated with consuming fruits, dairy, 100% fruit juice and coffee. On the other hand, food and drinks with high amounts of sugar and red meat can negatively affect the telomere length. The study gave a big thumbs up to the Mediterranean diet, with loads of nuts, fruits, vegetables, unrefined cereals, fish and olive oil.

If you invest in a pedometer to measure your steps, be sure to look for one that tracks your speed. Ask your doctor about any recommendations they have for the trackers.   
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# King Crossword

- ACROSS**
- 1 Ancient Brit
  - 5 Started
  - 8 Fail to see
  - 12 River to the Baltic
  - 13 Spanish gold
  - 14 "Do — others ..."
  - 15 Opera set in Egypt
  - 16 Used a Hoover, say
  - 18 Baseball divisions
  - 20 Diving ducks
  - 21 Leb. neighbor
  - 22 Ostrich's kin
  - 23 Sousa composition
  - 26 Empty, as a stare
  - 30 Commotion
  - 31 Melody
  - 32 "Top Hat" studio
  - 33 Flu forestaller
  - 36 Autocrats
  - 38 Tummy muscles
  - 39 Chatter
  - 40 Skirt style
  - 43 Set of words
  - 47 Work break
  - 49 Nitwit
  - 50 Pedestal occupant
  - 51 In shape
  - 52 Ancient Dead Sea land
  - 53 Taxpayer IDs
  - 54 NBC weekend show
  - 55 Scarce
  - 17 Gomer Pyle's org.
  - 19 Show to a seat, slangily
  - 22 Hearing thing
  - 23 Dallas hooper, briefly
  - 24 Nabokov novel
  - 25 Sinbad's bird
  - 26 Compete
  - 27 Man-mouse link
  - 28 Kiev's land (Abbr.)
  - 29 "Mayday!"
  - 31 Reply (Abbr.)
  - 34 Suez and Erie, e.g.
  - 35 "Yeah, right"
  - 36 Levy
  - 37 Web master?
  - 39 Streisand title role
  - 40 Hertz rival
  - 41 Young fellows
  - 42 PC picture
  - 43 Pork cut
  - 44 Musical finale
  - 45 Bloodhound's clue
  - 46 Alaskan city
  - 48 Conditions
- DOWN**
- 1 Furnace fuel
  - 2 Falco of "Nurse Jackie"
  - 3 Spartan queen
  - 4 Very sad
  - 5 Paramour
  - 6 Historic periods
  - 7 Physician's nickname
  - 8 Hawaiian garment
  - 9 "By the power vested — ..."
  - 10 Leftovers recipe
  - 11 Lays down the lawn

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# PAW'S CORNER

By Sam Mazzotta

## Young Puppy Just Can't 'Hold It'

**DEAR PAW'S CORNER:** We adopted a puppy last month. "Jake" is having some problems adjusting to his new home. He has soiled his own bed three times so far (we crate him at night) and doesn't make it through the day – he starts whining by the door around lunchtime and, if we're not home, will just go anywhere in the house. How can we fix this?

– Carl B., via email

**DEAR CARL:** How old is Jake? It sounds like, barring any unknown physical issues or illness, he is a young puppy with a small bladder. He simply can't hold it as long as a fully grown dog.

The fact that Jake makes it a point to whine by the door means that the house training is effective, but you may be waiting much too long to take him out. When he has to go, he will go. That includes soiling his crate, which is an absolute last resort for a dog.

Follow this guideline, published by the American Kennel Club, called the "month-plus-one" rule: Take your

puppy's age in months, and add one. That gives you a rough estimate of the maximum number of hours Jake should wait before going outside to pee or poop.

For example, if Jake is four months old, add one to that number. The total, five, means he should be taken outside every five hours. Every puppy is different, so Jake may need to go out a little sooner. And yes, that means he may need to go out in the middle of the night, or on a pee pad.

He should always be taken out just before bedtime and first thing in the morning, regardless of his age.

Send your questions, comments or tips to [ask@pawscorner.com](mailto:ask@pawscorner.com). (S)  
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# July 4th and Singing Prayers

Rev. Jeff Wood, First Presbyterian Church of Sebastian  
[welovefirst.org](http://welovefirst.org) & [facebook.com/welovefirstsebastian](https://facebook.com/welovefirstsebastian)

It's July and July has July 4th. Let's be grateful and prayerful for our nation. "O Beautiful for Spacious Skies" can lead us in our prayers. Did you know that as you have sung it all these years, you have been praying? It has four prayers.

There is first, "God shed his grace on thee and crown thy good with

brotherhood from sea to shining sea." In other words, God, grace this country and to its good add a sense of kinship where we love and take care of each other. You know the picture I see when I ponder this prayer is a morning meadow in Amish country covered with a heavy dew and neighbors helping to put up a man's barn. I see the dew as God's grace and

the neighbors being helpful to each other as a sweet brotherhood. You can pray this for your family, for your church, and for your country.

Next is, "God, mend our every flaw and confirm our soul in self control, our liberty in law." We all have flaws, every person and every nation. But we can confess them to God. As we are humble and prayerful, he'll help us

with them. This prayer also says, "God, bring for us a soul out of self control and a liberty out of order and respect." This is a profound and biblical point – we'll never have freedom without character and we'll never have character without self-control. Watch the Olympic trials. The freedom of fast running only comes from self-control. It's true in athletics. It's true for character. It's true for individuals. It's true for nations.

The third verse concludes with, "May God thy gold refine, till all success be nobleness and every gain divine." Here's my paraphrase of that: God, refine us until we are pure and rich in character with you and others." Do you remember how it is said of Jesus, summing up his childhood and adolescence, "He increased in wisdom and stature and in favor with God and man"? That's what is being prayed for here, that as a whole country we wouldn't just be affluent but that we would be rich in good deeds, rich in how we are with God and man.

## 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 | 07/01 | How to Cruise Successfully      | Comprehensive Dental Exam?        | Checking Out Zon Beachside      |
| Thu | 07/02 | Durable Power of Attorney       | Great Employment for Seniors      | 3 Reasons for Reverse Mortgage  |
| Fri | 07/03 | How Public Adjuster Helps       | What is Holistic Health           | Helping Seniors Directory       |
| Mon | 07/06 | What Assisted Living Looks Like | Probate - What it is/How it Works | Technology & Home Care          |
| Tue | 07/07 | Twp Assisted Living Questions   | Your Legal Documents Checklist    | Helping Seniors 12 Years Later  |
| Wed | 07/08 | Too Many Teeth Extracted?       | Helping Seniors Travel Club       | Avoiding Probate                |
| Thu | 07/09 | When to Call Adult Abuse Line   | How Reverse Mortgages Work        | Assisted Living Right For You?  |
| Fri | 07/10 | The Vial of Life                | Golden Providers                  | How SRES Helps Real Estate      |
| Mon | 07/13 | Get Your Ducks in a Row         | Get Your Ducks in a Row (Pt 1)    | Get Your Ducks in a Row (Pt 2)  |
| Tue | 07/14 | Pain Relief Through Supplements | Smorgasbord of Legal Matters      | How Medical Office Team Helps   |
| Wed | 07/15 | The Dirty "D" Word - Dementia   | How Public Adjuster Helps         | Power of Attorney/Super Powers  |
| Thu | 07/16 | Finding Good Help at Home       | The Talk about Assisted Living    | Senior Travel - Safe & Fun      |
| Fri | 07/17 | Trusts                          | Value of Professional Printing    | Reverse Mortgage - Time Now?    |
| Mon | 07/20 | Put Kids on House Title?        | 3 Reasons for Reverse Mortgage    | In Home Care Giving             |
| Tue | 07/21 | Helping Seniors 12 Years Later  | How to Cruise Successfully        | Real Estate for Senior Buyers   |
| Wed | 07/22 | Things to Know Elder Law        | The Parts of Medicare             | Senior Mental Health            |
| Thu | 07/23 | Smile: Form & Function          | Checking Out Zon Beachside        | What Assisted Living Looks Like |
| Fri | 07/24 | Helping Seniors Directory       | Real Estate for Seniors           | Debt Relief for Seniors         |
| Mon | 07/27 | Reverse Mortgage - Time Now?    | Benefits of Holistic Health       | How Public Adjuster Helps       |
| Tue | 07/28 | Helping Seniors Travel Club     | Housing Foundation of America     | Great Employment for Seniors    |
| Wed | 07/29 | Staying Safely at Home          | Value of a Second Opinion         | Two Assisted Living Questions   |
| Thu | 07/30 | Golden Providers for Business   | Chefs for Seniors                 | Durable Power of Attorney       |



**90.3 FM WEJF**

### 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 | 07/06 | Focus on Elder Law        | Elder Law Attorney Bill Johnson |
| Wed | 07/13 | Focus on Your Smile       | Dr. Lee N. Sheldon              |
| Wed | 07/20 | Focus on Your Real Estate | Barbara McIntyre                |
| Wed | 07/27 | Focus on Help at Home     | Jennifer Helin                  |

JULY 4TH.. cont'd on next page

## Mixed Grill

- 1/2 cups orange marmalade
- 2 tablespoons lemon juice
- 1 tablespoon fresh rosemary, or 1 teaspoon dried rosemary leaves, chopped, crushed
- 3/4 teaspoon salt
- 6 fully cooked bratwurst, knockwurst or frankfurters
- 1 (3 1/2-pound) chicken, cut into quarters
- Tomato wedges, for garnish



1. In small bowl, mix orange marmalade, lemon juice, rosemary and salt.
2. Cut a few slashes in each bratwurst to prevent them from bursting while cooking.
3. Place chicken quarters on grill over medium heat; cook until golden on both sides, about 10 minutes. Then to avoid charring, stand chicken pieces upright, leaning one against the other. Rearrange pieces from time to time and cook until fork-tender and juices run clear when pierced with knife, about 25 minutes longer. During last 10 minutes of cooking, place bratwurst on same grill. Brush chicken quarters and bratwurst frequently with orange-marmalade mixture.
4. Garnish with tomato wedges to serve. Serves 6.

\* Each serving without tomatoes: About 613 calories, 39g total fat (13g saturated), 162mg cholesterol, 875mg sodium, 30g carbohydrate, 41g protein.

## Grill-Friendly German Potato-Salad Packet

- Grill spuds with bacon pieces, then toss with a cider-vinegar dressing.
- 2 1/2 pounds (medium) red potatoes, cut into 1-inch chunks
- 2 slices uncooked bacon, chopped
- 1/2 teaspoon salt
- 1/4 teaspoons coarsely ground black pepper
- 2 green onions, chopped
- 3 tablespoons cider vinegar
- 2 teaspoons sugar

1. In large bowl, toss potatoes with bacon, salt and pepper until potatoes are evenly coated.
2. Using 18-inch-wide heavy-duty foil, layer two 20-by-18-inch sheets to make a double thickness. Spray with nonstick cooking spray. Place potato mixture on center of stacked foil. Bring long sides of foil up and over potato mixture and fold over several times to seal well. Fold ends to seal in juices, making sure not to fold in too far in order to leave room for heat circulation inside.

3. Place packet on grill over medium heat and cook 30 minutes or until potatoes are fork-tender, turning packet over once halfway through grilling.
4. Remove packet from grill and carefully open; add green onions, vinegar and sugar to potato mixture, tossing gently to combine. Makes 8 (3/4 cup) servings.

\* Each serving: About 140 calories, 3g total fat (1g saturated), 4mg cholesterol, 180mg sodium, 25g carbohydrate, 2g dietary fiber, 4g protein.



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JULY 4TH...continued from pg 38

Finally, we pray at the fourth stanza, "God, shed your grace on thee and crown thy good with servanthood." "Servanthood" is an alternate phrasing offered in the hymnbook. I'm selecting it because it picks up the sense of some of the verses of this hymn that are not in our hymnbook. For example, there is the verse ending with, "God shed his grace on thee 'till selfish gain no longer stains the banner of the free!" What the author is calling for, and what the Bible calls for, is a life of self-care but not self-indulgence, a life of self-care and neighbor-care. We love our neighbor as ourselves. We are our brother's keeper.

Have a good Fourth of July and a good July. Make it good by thanking God for our country and praying for it. (S)

**Are you turning 65 within the next three months?**

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**Presentations will start at 6:00pm.**

|                |  |
|----------------|--|
| <b>July 05</b> | Red Lobster<br>215 E Merritt Island Causeway<br>Merritt Island, FL 32952           |
| <b>July 13</b> | Dr. Martin Luther King Jr. Library<br>955 E University Blvd<br>Melbourne, FL 32901 |
| <b>July 26</b> | Smokey Bones<br>1510 W New Haven Ave<br>Melbourne, FL 32904                        |

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# Fourth Of July Celebrations In 2022: Brevard Will Host Many In Many Forms

Independence Day 2020 had few celebrations in the midst of the initial pandemic restrictions. July 4th in 2021 saw many more, but still they seemed muted and were fewer in number than we in Brevard have come to enjoy and expect. No such worries on Monday, July 4th of 2022 as Independence Day Celebrations are Back in Brevard Big Time.

At least three major parades are planned in Melbourne, Merritt Island and Titusville, and so are numerous concerts and over a dozen fireworks displays at initial count. Not to mention the thousands of beach parties, family picnics and other celebrations.

As of early June a number of entries for MI were already signing up including: A trailer containing members of the Sons, Daughters and Children of the American Revolution in period costume; American Legion and Aux units; VMC led by Pres Dean Schaaf and a WWII era Jeep; Cape Canaveral Chapter of MOAA units; numerous special BCSO and BCFD units and much more. It should be great.

As that weekend approaches check for the events near you and CELEBRATE. While many worry about the current economic or political situation in our country, the United States of America is like no other and worthy of coming together and actively celebrating that we live here anytime, especially on the Fourth of July.

One event has a special focus in recognizing and honoring our First Responders, Active Duty Military and Veterans: The Fourth annual Merritt Island BCSO/VMC Independence Day Parade. The last two years the MI Parade

was static along route 520 in from off the Merritt Island Mall. Many cars passed by in two hours with passengers waving flags and blowing horns, but there is nothing more American than watching a Fourth of July Parade pass by in review.

This year the Parade will have BOTH: Route of March from MIHS to Edgewood Jr/Sr HS along Courtney Blvd moving south, but also static displays of many of the entrants at the Veterans Memorial Center and Park as the parade ends and the music, food, festivities and a giant VMC/BCSOP/MI Block Party begins — 1100-1230. Still plenty of time for family events and fireworks on that day!!

Check it out our just celebrate anywhere as we pause and relish what being an American is all about. ☺

## ADDING CHILDREN'S NAMES TO PROPERTY... cont'd from pg 13

from the sales price. When property is inherited at death, the date of death value becomes the basis reducing the capital gains tax when the property is sold. Fifth, when a gift exceeds the annual exclusion of \$16,000 (as of 2022), a 709 Gift Tax Return should be filed with the IRS. Sixth, a home is not counted as an asset by Medicaid, but adding a child's name on the title is a gift which may prevent obtaining Medicaid. Seventh, with the home, the parent may lose some of his/her homestead property tax exemption. Eighth, if the child dies first, the property must be probated.

With some accounts you can name a beneficiary to receive the account when you die to avoid probate. Another way to avoid probate is the Revocable Living Trust. It offers greater planning flexibility and provides for incapacity.

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. ☺

## Weekly SUDOKU

by Linda Thistle

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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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## A Jumble of Wait Times for VA Medical Care

A recent audit by the Department of Veterans Affairs Office of the Inspector General outlined what so many of us already knew -- that it's difficult to understand the wait times for appointments and medical care at the VA. It seemed to some of us that the rules changed day by day, that our appointments were at the whim of whatever program was being followed at the time and that there was no transparency about how those dates were calculated. Turns out that we were right all along.

In a perfect world, wait times at the VA always begin with an accurate starting point. If, for example, a veteran wants to seek civilian care because the wait is too long at the VA, he doesn't qualify for that outside care until he's waited a certain amount of time. Precisely when that period of time begins is at the heart of the problem.

Since 2014, the OIG discovered, the VA has used various methods of calculating wait time and figuring out when the criteria is met to seek civilian care. The rules for

those calculations were in writing back to 2014. But without following those rules consistently, wait times varied and wandered all over the place. It didn't help that the website gave misleading information about how dates were to be calculated, with differences between wait times for new patients and what was written in the scheduling directive.

Enter the OIG, with its excellent investigators who always leave no stone unturned. While the recent audit doesn't assign blame (which the OIG won't hesitate to do when it's called for), the VA knew about these problems. The OIG has officially asked the VA to respond and let them know what steps they're going to take to fix this.

To read the details, go to [www.va.gov/oig/pubs/VAOIG-21-02761-125.pdf](http://www.va.gov/oig/pubs/VAOIG-21-02761-125.pdf). Don't miss the timeline on the cardiology patient whose provider wanted him seen pronto. There was a 66 day wait. <sup>§</sup>

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SCGTV Channel 499 Mon. 3x daily - M-F 8:00 AM, 4:30 PM, 5:00 PM.

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**King Crossword Answers**

Solution time: 21 mins

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**SUDOKU Answers**

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Senior Travel Agent Chris Morse has over 35 years travel agent experience.

“Have you ever in your life seen a domestic flight so crazy?” one woman posted on Facebook. “Look at this! It stops five times between Boise, Idaho and Birmingham, Alabama!” on a direct flight! In her simple search for a flight home, the user had stumbled upon a complex itinerary marketed as a direct flight. How could this be correct? Direct means non-stop, right? Wrong.

This confusion is common, as “direct” is one of the most misused terms in modern travel. Knowing its true definition, and those of related terms like “non-stop” and “connecting,” will be the saving grace you need to avoid booking flights that may be twice as long...and twice as involved.

### Direct

A direct flight is from one airport to another but includes stops in one or more cities along the way. The flight number or aircraft and your boarding pass remain the same, however, until the final destination is reached. You may be able to stay onboard during the stop or, if local regulations call for it, made to disembark with all your carry-on luggage, only to re-board again, re-stow your luggage, and re-take your assigned seat.

Example: If you want to go from LAX (Los Angeles) to JFJ (New York) on a direct flight you might think that it is

non-stop. Wrong again. This flight goes from LAX to (ORD) Chicago, makes a stop, you have to get off the plane, wait 55 minutes or so, then get back on the same plane and fly to New York. That is what we call a “Direct flight”

Always ask for a “non-stop flight” if you want a non-stop. We avoid 'direct' flights when a non-stop is available, because direct flights involve stops and extra travel time, and it is possible to miss a connection should any portion of your direct flight be delayed or canceled.”

*Learn what to say – and what not to say – to get the flight you want.*

The term “direct” became popular in the early days of commercial air travel, when propeller aircraft had to hop-scotch around the country, or even a region, in order to travel from point A say LAX to point B say JFK. They were marketed as “direct” services in that they flew between major destinations, stopping along the way for fuel or passengers, but required no plane changes or separate tickets. Today there involves a change of planes!

Complex direct flights like this still exist and knowing to ask for a “non-stop” can save you from ending up on them. Looking to fly from Honolulu to Guam? Ask for a non-stop and you’ll be put on United Flight 201, a trip of just more

than seven hours on a spacious Boeing 777. Ask for a direct—or don’t specify a preference—and you could find yourself on United Flight 154, the infamous “Island Hopper,” a 14-hour saga of stops at tiny Pacific islands, flown with the smaller Boeing 737.

### Non-stop

A non-stop flight is from one airport to another, without any stops along the way. When airlines began adding faster, longer

NON-STOP AND DIRECT FLIGHTS... cont'd on page 50



# Tennis Is Better For Longevity!

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

**L**eonid Stanislavskiy, a Ukrainian refugee, has been recognized by Guinness Book of Records for being the oldest competitive tennis player. In early March 2022, the 98-year-old Stanislavskiy was convinced it was not safe to stay in Kharkiv (second largest city in Ukraine), and reunited with his daughter in Poland. From there, he went to south Florida in early May, where he played in the ITF Super Senior's World Individual Championship on Boynton Beach.

It seems, experts like to say the best form of exercise is whatever kind you'll actually do. But a new study finds that people who do team sports may be at the advantage over solitary exercisers. The social interaction involved in partner and team sports may compound the plentiful benefits of physical activity, adding more years to your life than solo exercise – tennis, badminton and soccer are all better for longevity than cycling, swimming, jogging or gym exercise. For both mental and physical well-being and longevity, a cardiologist in this new study understands that our social connections are probably the single-most important feature of living a long, healthy, happy life, and so perhaps the most important feature of our exercise regimen is that it should involve a playdate.

The study was based on data from about 8,500 adults, and none had a history of heart disease, stroke or cancer. The study was monitored for about 25 years, during which time about 4,500 died. Though many of the participants reported doing multiple physical activities each week, they were asked to designate one as their primary form of exercise. The researchers used these answers to look for associations with longevity, and adjusted for factors including socioeconomic background, education and drinking.

After doing so, they noticed a clear correlation between social sports and longevity. Compared to sedentary people, they found that those who reported playing tennis as their main form of exercise could expect to add 9.7 years to their lifespan, followed by badminton (6.2 years), soccer (4.7 years), cycling (3.7), swimming (3.4), jogging (3.2), calisthenics (3.1) and health club activities (1.5 years).

How long people typically spent doing these activities varied greatly – but duration didn't necessarily affect longevity benefits. Those who played tennis for primary sport got

*TENNIS IS BETTER FOR LONGEVITY! continued on pg 50*

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October 15, 2022 | 7:30PM  
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November 12, 2022 | 7:30PM  
**Tchaikovsky's Pathétique**  
**Tom Macklin, Trumpet**  
*Concert Sponsor: Dr. Richard Weber and Family*  
*Music Sponsor: Brevard Symphony Youth Orchestra*

January 21, 2023 | 2:00PM & 7:30PM  
**Inspired by Bach**  
**Kyaunnee Richardson, Soprano**  
*Concert Sponsor: the BSO South Guild*

February 4, 2023 | 2:00PM & 7:30PM  
**Comedy Tonight**  
*Concert Sponsor: Nash & Kromash*

March 11, 2023 | 2:00PM & 7:30PM  
**Mendelssohn & Beethoven**  
**Julian Rhee, Violin**  
*Concert Sponsor: Dale Sorensen Real Estate*

April 15, 2023 | 7:30PM  
**American Dream | Mark Kosower, Cello**  
*Concert Sponsor: Normile Family in memory of  
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**PLUS: Sounds of the Season Holiday Concert | November 26, 2022 | 2:00PM**  
Rich Ridenour, Piano | Karen Shriner, Soprano  
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**A.** Melanoma is a type of skin cancer. It develops in your skin's cells that produce melanin, your skin's color. It's considered the most dangerous kind of skin cancer because of its ability to spread rapidly.

**Q.** My father had skin cancer, does that make me more susceptible to getting it?

**A.** Yes, approximately 10% of people who are diagnosed with melanoma have a family member who has had it, according to the Skin Cancer Foundation.

**Q.** I look better with a tan, but hate the beach, so I go to a tanning bed. The place claims it's completely safe; is this true?

**A.** No! According to the American Academy of Dermatology, tanning beds are not safer than the sun. To underscore the point, it only takes one tanning session to increase the risk of developing various kinds of skin cancer, including melanoma by 20%, squamous cell carcinoma by 67% and basal cell carcinoma by 29%.

**Q.** My wife and I are driving our children across country in July, do I need to put sunblock on the kids?

**A.** Yes. Unless you have sun-tinted windows, sunlight filters through a window and you need to take the same precautions that you would if the children are outside. ☺



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# Hardy Hibiscus Provides Tropical Look Each Year

By Gary R. Bachman, *MSU Extension Service*

Those who know me know I have lots of favorite plants because I don't think anyone should be limited to just one or two choices. Today, I want to tell you about my late-spring to early-summer favorite, the hardy hibiscus.

As the name implies, hardy hibiscus selections are winter hardy, having been bred from the native hibiscus of the Gulf coast. The flowers of hardy hibiscus are HUGE, sometimes up to 12 inches across. They are often called dinner plate hibiscuses. Flower colors include white, pinks, reds and bicolors. Like tropical hibiscus varieties, the flowers are bright, beautiful and gaudy.

The foliage of hardy hibiscus is not as glossy as the tropical varieties. Foliage colors can vary from light to medium green, with some selections even offering burgundy and dark-purple leaves. Hardy hibiscus plants are bushy and grow from 2 to 5 feet tall. They love the sun and need moist, well-drained soil. Keep these plants watered to ensure larger flowers and lush foliage. Deadhead to improve the appearance of the plant.

For the past several years, I've grown Summerific Summer Storm and love the dark foliage and creamy white with dark pink-maroon highlights. Last year, I added several great-looking varieties to my home garden. Spinderella has 8-inch

white flowers with pink-accented edges and a dark-red eye. This plant's dark-green leaves form a tidy, dense and well-rounded bush.

Edge of Night is wonderful for late-season color. It has large, 7- to 8-inch bubblegum pink flowers that have a darker pink veining. Another outstanding feature is its large, mounding habit of jet-black foliage.

Cranberry Crush is a naturally compact selection that works well in large containers. It produces 7- to 8-inch, deep-scarlet-red flowers all over its dense, rounded clump of deep-green, leathery foliage that looks a lot like maple leaves.

In 2020, my Summer Storm set seeds for the first time. I collected them and actually got five to germinate. Each seedling had a different coloration and leaf form. Through pollination and the mixing of genes, the new plants express characteristics of the plants that went into breeding Summer Storm. This is different than what happens when you make rooting cuttings, as these are clones with the same genetic makeup.

Hardy hibiscus is always one of the last perennials to emerge in spring, so be patient. These plants have a vigorous growth rate that more than makes up for their late start. ☺

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# Improving Seniors' Lives Through Food!

Courtesy of Chefs For Seniors



**C**hefs For Seniors is a first-of-its-kind meal service on the Space Coast that connects seniors with a licensed, professional chef Jillian Zebris who prepares high quality, affordable, and nutritious meals in their home. Chef Zebris is a culinary school graduate with years of experience in the hospitality industry, with extensive background checks and licensed through the required health departments.

Chefs For Seniors mission is to improve seniors' lives through food and to use their skill-set to improve seniors' quality of life. Chefs For Seniors' goal is to help seniors remain independent and improve their quality of life through nutritious meals. Chef Zebris makes it easy to eat in your own home every week, preparing gourmet meals using the freshest ingredients with many affordable menus to choose from. We believe that healthy and nutritious food and a visit from a friendly chef is good for both the body and soul

Chefs For Seniors help those who no longer have the ability to prepare nutritious meals or find it difficult to plan nutritious meals. Chefs will also help those that may have specific dietary concerns and food preferences or are just tired of eating out. In addition Chef Zebris will help those seeking help for a friend or family member or are returning home from a hospital visit.

Chefs For Seniors specializes in preparing flavorful, nutritious meals, all using our expansive collection of menu items. We create a rotating list of seasonal, fresh meal options for you.

Chef Zebris understands that proper nutrition is very important, and can make a significant difference in seniors' wellbeing.

A friendly visit from your personal chef includes: Homemade meals prepared in your kitchen using fresh ingredients; Selection of meals from 12 seasonal menu options that rotate weekly; Customization for different dietary concerns; Packaging, labeling, and reheating instructions; Cleaned kitchen.

For more information or to schedule a free, no obligation consultation, contact us at: 321.210.6953 or [jillian@chefsforseiors.com](mailto:jillian@chefsforseiors.com), [chefsforseiors.com/melbourne-fl](http://chefsforseiors.com/melbourne-fl) ☎



## Trivia test by Fifi Rodriguez

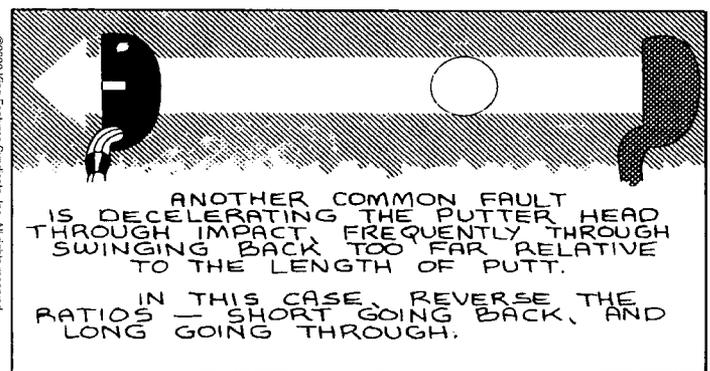
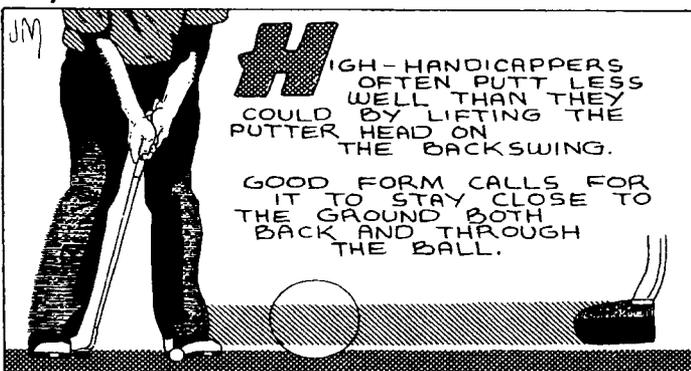
1. U.S. STATES: Which state is the smallest in land area?
2. MEDICAL: What is a common name for the medical condition called hyperlipidemia?
3. PSYCHOLOGY: What is the abnormal fear represented by peccatophobia?
4. FOOD & DRINK: What fish is the basis of Worcestershire sauce?

5. GEOGRAPHY: Nuuk is the capital of which island constituent country?
6. U.S. PRESIDENTS: Which state has produced the most presidents?
7. ART: In which major city would you find the Uffizi Gallery?
8. MOVIES: What is the main setting of the "Mama Mia!" movies?
9. MYTHOLOGY: What is the name of the Greek god of wine?
10. GENERAL KNOWLEDGE: Where is the rock formation called Giant's Causeway located?

### Answers

1. Rhode Island
2. High cholesterol
3. Fear of committing sins or imagery crimes
4. Fermented anchovies
5. Greenland
6. Virginia, with eight presidents
7. Florence, Italy
8. Skopelos, Greece
9. Dionysus
10. Northern Ireland

## Play Better Golf with JACK NICKLAUS



I am a co-op member of the Eau Gallery, in the EGAD Art District, located at 1429 Highland Avenue, The Brevard Watercolor Society, Florida Watercolor Society, Strawbridge Art League and the Brevard Cultural Alliance. I participate in "Calls for Art" whenever time allows. I've enjoy recognition for my art, but I am most thrilled and honored when someone chooses to place my creative signature in their home.

I love introducing others to the beauty of watercolor. I offer "Watercolor Techniques for Beginners". I teach all watercolor techniques. I teach watercolor lessons to patients at UF Orlando Hospital on Mondays. On Tuesday's (1-4pm) I offer classes at Sebastian River Art Club, 1 Main Street, Sebastian, Florida and on Thursday's (1-4pm) at Central Brevard Art Association at 103 Barton Blvd., Rockledge, Florida.

If you are interested in "Watercolor for Beginners" contact Lolly at 321-652-7115

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### *SINGING LEGEND JOHNNY MATHIS... continued from pg 14*

Records in 1956 and to cash in on the growing Mathis phenomenon, Miller wanted to release a new album in the late 50s but the singer was in Europe. Mathis had scored big with recent hits, so Miller bundled several together on one record and "Johnny's Greatest Hits" would spend almost 10 continuous years on the Billboard Top Albums Chart.

Ironically, Mathis's signature song, "Misty," didn't appear on the 1958 compilation since it would be featured the following year on his "Heavenly" album. Written by Errol Garner (music) and Johnny Burke (lyrics), Mathis first heard the tune at the Black Hawk nightclub in San Francisco where he grew up.

"I used to go there as a teenager to watch the singers and the owner would let me sit in the back where no one could see me," recalled Mathis who would eventually be discovered singing at the club. "Garner would perform several times a year and play this wonderful tune (Misty) on the piano with no lyrics. His piano introduction was about a minute and a half with all sorts of chord changes and, oh man, I loved hearing it."

Later, Mathis learned Burke had added lyrics to the melody. "Columbia usually chose all the songs for me to record but as soon as I got a chance to select something, I recorded Misty."

While Mathis acknowledges the influence of many professional and personal buddies throughout his career, one always stands apart.

"I began singing because my dad sang," says Mathis. "He was my best pal and my true blessing is that he lived long enough to see my success as a singer."

*Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See [www.getnickt.org](http://www.getnickt.org). ☺*

about 520 minutes of physical activity per week, and picked up racquet for about 100 of these minutes. Meanwhile, health club exercise finished last in terms of longevity, even though gym goers reported the most weekly activity overall: almost 600 minutes in total, about 150 of them at the gym.

Plenty of research supports a link between social interaction and good health. Partner sports also tend to be more enjoyable than solitary exercise, which can potentially enhance mental health and increase long-term adherence to an exercise routine. Plenty of research has also shown that moderate exercise tends to be as good as or better for longevity than vigorous activities such as running, which can take a toll on the body over time. This cardiologist, who works on this study, says when they try to just go and work out to get their heart rate up, it still feels good. But it doesn't leave you as relaxed and happy as, say, going to play a game of basketball or golf.

Tennis likely took the top spot because 'it's intensely interactive'. At every point partners are talking. It's just a very natural way to emotionally bond with people, besides getting their exercise. Activities like running and weight-lifting still extend your life, according to the study's findings, and offer plenty of other health benefits, from strength to cardiovascular health. But the optimal benefits gym goers may want to consider supplementing those workouts with activities that foster social connection.

Any exercise is better than none. But when your physical activity also allows them to play, it basically magnifies the benefits, because they get not only the musculoskeletal and cardiovascular benefits of physical exercise, but they also get that emotional bonding, which turns out to be probably just as important. For more than seventy years I have been walking every day; however, my family has been playing tennis since they had been very young! ☺

---

### *NON-STOP AND DIRECT FLIGHTS... continued from pg 44*

flying jet aircraft to their fleets in the late 1950s, the term "non-stop" became vogue.

#### **Connecting**

Connecting flights are from one city to another, with a layover stop in between to change planes. Each flight requires a separate boarding pass, but they're on one itinerary.

Examples of connecting flights include A united Flight from MCO to Palm Springs, California. It travels from Orlando to Denver, a 2-hour layover and then change planes and travel to Palm Springs.

Knowing the correct uses of "direct" versus "non-stop," and even "connecting," means you can clearly state your flight preferences to airline reservations and gate staff when making bookings or changing plans. And you won't wake up after a nice nap onboard to find you've landed on a remote Pacific island, when you should be within a taxi's ride of Waikiki. ☺

# JULY COMMUNITY CALENDAR

Provided courtesy of Brevard Cultural Alliance. For the latest event updates, visit the BCA website at [www.ArtsBrevard.org](http://www.ArtsBrevard.org).

**FESTIVALS | SOCIAL DANCING | CLASSES | EVENTS**

*Cultural events provided courtesy of Brevard Cultural Alliance - visit us at [ArtsBrevard.org/events](http://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

**Breakers Art Gallery**, Satellite Beach, 321-779-6059, BreakersArtGallery.com

**Brevard Museum of History & Natural Science**, Cocoa, 321-632-1830, MyFloridaHistory.org/BrevardMuseum

**Brevard Zoo**, Melbourne, 321-254-WILD, BrevardZoo.org

**Carolyn Seiler & Friends Gallery**, Cocoa Village, 321-637-0444, CarolynSeiler.com

**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

## JULY EVENTS

**July 1: The Playhouse Playboyz Revue**, Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

**July 1: Opening Reception: Lost & Found Take III**, Fifth Avenue Art Gallery, Eau Gallie Arts District, 321-259-8261, FifthAvenueArtGallery.com

**July 1: First Friday Reception**, Eau Gallery, Eau Gallie Arts District, 321-253-5553, EauGallery.com

**July 2: Thunder Over the Indian River 4th of July Celebration**, OUC Indian River Plant, Port St. John, PortStJohnCommunityFoundation.com

**July 2: Independence Day Celebration**, Eastern Florida State College Palm Bay Campus, PalmBayFlorida.org

**July 3: Suntree Stars & Stripes with Melbourne Municipal Band**, Suntree United Methodist Church, MMBand.org, 321-724-0555

**July 3: Cocoa Beach 4th of July Fireworks**, Fischer Park Beach, VisitSpaceCoast.com

**July 4: Symphony Under the Stars with Brevard Symphony Orchestra and Fireworks**, Riverfront Park, Historic Cocoa Village, BrevardSymphony.com, 321-345-5052

**July 4: Great American Celebration | 4th of July Fireworks**, USSSA Space Coast Complex, Viera, VieraCommunityInstitute.com, 321-255-4500

**July 4: MelBOOM Fireworks**, Front Street Park, Melbourne, melbourneflorida.org/departments/parks-recreation/fireworks

**July 4: Red, White & Boom over North Brevard**, Chain of Lakes Park, Titusville, 321-567-3775

**July 4: Fireworks Viewing at Green Gables**, Melbourne, 321-794-8901, GreenGables.org

**July 10: Daniel Tenbusch Quartet Jazz Concert**, Space Coast Jazz Society, Veterans Memorial Center, Merritt Island, SpaceCoastJazzSociety.org

**July 16: Downtown Melbourne Sidewalk Sale**, Melbourne Main Street, DowntownMelbourne.com, 321-724-1741

**July 16: BSA Summer Evenings Series: Nova Baroque**, Brevard Symphony Orchestra, Suntree United Methodist Church, BrevardSymphony.com, 321-345-5052

**July 16: Marcus Anderson with Special Guest Ilya Serov**, King Center, Melbourne, KingCenter.com, 321-242-2219

**July 16: Classic Albums Live: The Who - Who's Next**, King Center, Melbourne, KingCenter.com, 321-242-2219

**July 17: Saxophonist Paula Atherton with Special Guest Cindy Bradley**, King Center, Melbourne, KingCenter.com, 321-242-2219

**July 20 & 21: Takin' It Easy Concert**, Melbourne Municipal Band, Melbourne Auditorium, MMBand.org, 321-724-0555

**July 22: SONIC SLAM 2022 Tour**, King Center, Melbourne, KingCenter.com, 321-242-2219

**July 23: Scandinavian Road Trip Concert**, Space Coast Symphony Orchestra, Scott Center Auditorium at Holy Trinity, Melbourne, SpaceCoastSymphony.org, 855-252-7276

**July 23: The Space Coast Weavers and Fiber Artists** meet on, 9:30 am at the Merritt Island Public Library. Keith Straley will present a program on Blending Fibers and Color Theory. The group explores spinning, dyeing, weaving, knitting, rug hooking, basketry and more. For information call 321-266-1610

**July 30: Christmas in July Sip & Stroll**, Historic Cocoa Village, VisitCocoaVillage.com, 321-631-9075

**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

**July 1: The Single, Separated, Widowed & Divorced (SSWD)** group will meet for lunch at La Catrina Mexican Restaurant, 315 W. Cocoa Beach Cswy., Cocoa Beach on Friday, July 1st. at 12 p.m. All are welcome to join the group. For additional information, please call (502) 299-8949.



**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/>

**Jul 04 - Fourth annual VMC/BCSO Merritt Island Independence Day Parade** 10-1100. Staging starts at 0830 at Merritt Island High School on North Courtney with kick off at 1000 hrs. Route is South on Cortney and Left (East) on Merritt to Edgewood HS. Movement suspends but all are encouraged to continued to the VMC for Music, plenty of BBQ food and drinks and states displays of the parade vehicles as well as booths from many veteran organizations and partners. Contact 321-264-7755 (BCSO)

and 321-453-1776 (VMC) for more information and see the Poster to scan to register. Veteran organizations must register but are free this year, though donations to BCSO for shirts and much more are welcome.

**Aug 07 - Fourth Annual Military Order of Purple Heart Brick Honoring Ceremony** (1400-1600) VMC Gray Hall which will recognize and learn the stories of 10 Purple Heart Recipients then inducted into the MOPH VMC Plaza Monument Walkway.

**Aug 12 - 2022 National Veterans Homeless Support 7th Annual Dinner Fundraiser** 1730-2100 Radisson Resort at Cape Canaveral. Sponsorships available and tables at \$1000 or seats at \$100. Call 321-208-7562 or email events@nvhs.org.

REVIEW BREVARDFL.GOV/PUBLICLIBRARIES WEBSITE FOR LIBRARY EVENT UPDATES.  
CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.

**Cape Canaveral Public Library 201 POLK AVE, CAPE CANAVERAL 321-868-1101**

|   |  |   |  |
|---|--|---|--|
| <p><b>Purly Girls</b><br/>Tuesdays 10am to 1pm</p> <p><b>Body Connect Yoga</b><br/>Thursdays, 2-3pm Please bring a yoga mat. \$5/class.</p> <p><b>Intro to Stamping and Card Making</b><br/>First Thursdays, 1-2pm Just \$1 and</p> | <p>includes your supplies.</p> <p><b>Card Making with Donna Herring</b><br/>First Thursdays, 2-4pm<br/>\$5/class and an additional \$5/class for materials. Please pre-register at Artseamom@hotmail.com.</p> <p><b>Zumba Gold</b></p> | <p>Fridays 9:30-10:30am Cost is \$5 per class.</p> <p><b>Easy* Yoga with Emily Hain</b><br/>Fridays 2-3pm, \$5/session.</p> <p><b>Tech Help</b><br/>Fridays from 12-1pm<br/>Bring your own device and get one-on-one tech help from your librarian.</p> | <p><b>Book Club</b><br/>Friday, July 22 from 10:45-11:45am<br/>Come join the Cape Canaveral Library Book Club! June's selection is "Close Your Eyes and Hold Hands" by Chris Bohjalian. Copies are available for checkout at the Circulation Desk.</p> |
|---|--|---|--|

**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**

|   |   |   |   |
|---|---|---|---|
| <p><b>DeGroodt library is open 7 days a week and 2 nights, offering a range of services</b> such as free resume and assistance faxing, free</p> | <p>scanning, distributing and collecting Brevard County mortgage/rent assistance forms via the CARES Act, Census training and voter registration.</p> | <p><b>SNAP food stamp assistance program</b> on Friday's from 9-2pm in the small conference room.</p> | <p><b>Master Gardener's Free clinic</b> held on the patio Friday's from 9-11am.</p> |
|---|---|---|---|

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

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

|  |   |  |   |
|--|---|--|---|
| <p><b>Computer Basics Class</b><br/>Tuesdays, 10:00-11:00AM or 11:00AM-12:00PM</p> <p><b>Hooks and Needles</b><br/>Tuesdays, 1:00PM - 2:00PM</p> | <p><b>Line Dancing Class with "Dance Lady"</b><br/>Mondays, 12:00PM - 2:00PM Fee: \$5 per class.</p> <p><b>Gentle Yoga with Cindy</b><br/>Mondays, 3:00PM - 4:00PM. Please bring a yoga mat and a bottle of water. Fee: \$5 per class</p> <p><b>Coloring Club</b></p> | <p>First Wednesday, 2:00PM-3:00PM. Materials are provided.</p> <p><b>Book Club</b><br/>First Thursday, 1:30PM</p> <p><b>Painting Class</b><br/>First Thursday, 6:00PM Fee is \$10 and covers</p> | <p>all supplies. Registration is required as space is limited.</p> <p><b>Cook the Book Club</b><br/>Third Thursday, 6:00 PM</p> |
|--|---|--|---|

**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**

|  |   |  |  |
|--|---|--|--|
| <p><b>Sit-n-Stitch</b> 7/6 &amp; 7/20 1-3pm An embroiderer, knitting, crochet group that meets 2x a month.</p> <p><b>TGIF Seaside Piecemakers</b> 7/8 &amp; 7/22 9am-1pm A quilting group that meets 2x month.</p> | <p><b>TAPS</b> 7/9 11am-1pm Support group for those who have lost anyone in the military.</p> <p><b>Books are Always Better book club</b> 7/11 6:30pm The Woman in the Window by A.J. Finn.</p> <p><b>Investor's Business Daily</b> 7/11 10:30am-</p> | <p>1pm A group that meets to talk about stock market investments.</p> <p><b>International Plastic Modelers</b> 7/12 6-7:45pm A group who meet to show and speak about plastic models.</p> <p><b>ANA Coin Talk with Bob</b> 7/26 6-7:45pm</p> | <p>Speak with Bob about old coins you have.</p> <p><b>Non Fiction book club</b> 7/27 3pm The Library Book by Susan Orlean. This book is also the Big Read book for the summer.</p> <p><b>Suntree Library book club</b> 7/29 10am The Vanishing Half by Brit Bennett.</p> |
|--|---|--|--|

**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**

# JULY 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**

**Please Note Freedom 7 will be closed July 4th and July 14th**

**Monday:**

**11:00 am: Mahjong:** Drop in and play! Bring your board if you have one! \$2 pp

**1:00 pm: Bunco**

**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:**

**12:30 pm: Craft Time**

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

**10:45 am-11:15 am: Indoor Power Stepping** 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!!

**Wednesday:**

**11:00 am-11:45 am: 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

**12:30 pm: Games with Friends**

**1:00 pm: Scrabble**

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

**Thursday:**

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

**1:00 pm: Bingo**

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

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

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

**Karaoke: Thursdays at 12:30 till 3PM**

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

**MONDAY-THURSDAY**

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

**MONDAY**

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

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

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

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

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

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

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

**TUESDAY**

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

(321) 537-5322

**Muscle Memory Strength Balance**

10:00AM-11AM Natine (321)609-0999

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

**Connie's Card Making (2nd Tues)**

11:30AM-12:30PM \$4/\$5, Connie

(410) 598-3755

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

**Party Bridge- 12:30PM-3:30PM \$2/\$3**

Mary (321) 607-2200

**Darling Damsels Bridge-1PM-3:30PM**

\$2/\$3 Kathy (321) 268 4827

**Tai Chi, 1PM-2:30PM \$3/\$5 Ada**

(321) 848-4689

**Zumba Toning 6pm-7pm \$5/\$6 Robin**

321-514-5945

**WEDNESDAY**

**Bridge Lessons** by Appt \$10 Rick

(863)640-5798

**Zumba 9:15AM-10:15AM \$5/\$6 Robin**

(321)514-5945

**Hooks & Needles Knitting (1st Wed)**

10AM-11:30 AM \$2/\$3 Anne

(321) 917-1108

**Hurricane Rug Hooking (2nd & 4th**

Wed) 10AM-2PM \$2/\$3 Fonda

(321-298-2796

**ACBL Duplicate Bridge 12PM-3:00PM**

\$2/\$3 Judy (901) 336 1306

**Line Dance Class-Beginners 4:30PM-**

5:30PM \$3/\$4 Ferrell (321) 267-0195

**Line Dance Class 5:30PM-6:30PM \$3/\$4**

Ferrell (321) 267-0195

**Line Dance Class 6:30PM-7:30PM \$3/\$4**

Barbara (321)452-1944

**THURSDAY**

**Bingo (Play begins at 10AM) 9AM-2:30PM**

Varies (#of cards played) Cat (321)231-1135

**Singles Club Planning Mtg (1st**

Thurs)4pm Call Jean for location

(321) 352-2359

**Zumba 6:00PM-7:00PM \$5/\$6 Robin**

(321)514-5945

**FRIDAY**

**Shuffleboard 10AM-12PM \$2/\$3 Bill**

(321)544-1430

**Muscle Memory Strength Balance**

10:00AM-11AM \$2/\$3 Natine (321)609-

0999

**Billiards 9AM-12PM \$2/\$3 NBSC**

(321)268-2333

**Line Dance Social (4th Fri) 6PM-9PM \$5**

Yvette (321) 225-4872

**SUNDAY**

**Intermed./Adv'd Line Dance Class**

2PM-4PM \$3/\$4 Pat (321)268-2333

**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

## JULY 2022 ONE SENIOR PLACE EVENTS

See the complete calendar of events at  
[www.OneSeniorPlace.com](http://www.OneSeniorPlace.com)

**FREE Memory Testing, Tuesdays July 5th, and 19th, 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, Thursday July 7th, from 11 - 1pm, REPEATS Tuesday July 26th, from 2 - 4pm.** We invite you to join us for a FREE informational seminar to learn more about the benefits of preplanning your cremation. Learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. A FREE Lunch or Early Dinner will be served at: Carrabba's Italian Grill immediately following. Seating limited MUST RSVP to 321-751-6771.

**iPhone & iPad 2022, Bring your questions!, Monday July 11th, from 10am - 12pm.** MacMAD will help you learn to navigate your iPhone, iPad and Macintosh. If you are a beginner or familiar with Apple devices, you will learn something from this class. Call 321-751-6771 to reserve your seat. RSVP to 321-751-6771.

**Staying Hydrated, Ask the Doctor Lunch & Learn Series, Tuesday July 12th, 11:30 - 1pm.** Join Frederick Peterson, MD with VITAS Healthcare, as he presents ways to stay hydrated and why you should. Lunch provided by VITAS Healthcare for all registered attendees. RSVP required, call 321-751-6771.

**BINGO!, Tuesday July 12th, 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.

**Planning Your Estate to Minimize Taxes, Thursday July 14th, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. By carefully

planning, your estate and properly titling your assets you can make sure that what you worked hard to earn will go to those you designate, not the IRS. RSVP to 321-751-6771.

**Tinnitus [and Hearing Loss]?, Lunch and Learn Seminar, Friday July 15th, from 11 - 1pm.** This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AUD from Widex will center on the causes of Tinnitus, "Ringing in your ears", and what can be done to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

**Special Needs Trusts Seminar, Tuesday July 19th, at 10am.** Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

**Help Meeting, MacMAD User Group, Tuesday July 19th, from 5:30 - 7pm.** During the summer months, the MacMAD group will hold help meetings. You will get individual help with your Apple device. Hosted by Jim DeLaura, RJF, presented by MacMAD. RSVP to 321-751-6771.

**FREE Liver Scans, Wednesday July 20th, 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.

**Shoulder Pain, Thursday July 21st, from 12 - 1pm.** Presented by Aquatic Health & Rehab. Discussion on various types of shoulder pain and how to treat them. For more information and to RSVP, call 321-253-6324.

**Quit YOUR Way, Tobacco Free Florida, Friday July 22nd, from 12 - 1:30pm.** Quitting tobacco isn't easy, finding help should be! Tobacco Free Florida offers free tools and services to help you get started. For more information and to register call: 1-877-252-6094.

**Essential Legal Documents That Provide Peace of Mind, Tuesday July 26th, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. Find out what documents are the essential ones that everyone should have, what they mean, and how they can provide you some peace of mind. RSVP to 321-751-6771.

**Medicaid Planning Seminar, Thursday July 28th, 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 July 14th, and 28th, 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

## JULY SENIOR CALENDAR (continued)

Palm Bay Senior Center 1275 CULVER DRIVE NE, PALM BAY 321-724-1338 [gpsc.org](http://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.

**JRW GROUP ENTERTAINMENT**  
**and THE TRAVEL CENTER, SENIOR TRAVEL**  
 PRESENTS A 7 DAY GET-AWAY CRUISE OF MUSIC, MEMORIES & FUN!

**THE DOO WOP**  
**MUSIC CRUISE III**

**SAILING ON THE NEW DISCOVERY PRINCESS!**

TO CABO SAN LUCAS, MAZATLAN, PUERTO VALLARTA  
 SATURDAY, MARCH 18TH. THRU SATURDAY, MARCH 25TH., 2023  
 DEPARTURE FROM THE PORT OF LOS ANGELES, SAN PEDRO CA.

**Special Pricing-All Inclusive**

IB Inside Cabins \$1653.00 p/p

BW Balcony Cabins \$1833.00 p/p

MF Mini Suites \$2373.00 p/p

THE ORIGINAL  
 CORNELL GUNTER'S  
**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**

ACAPELLA AND 50'S/60'S ENTERTAINMENT AT ITS BEST

THE WOMAN OF 1001 VOICES & FACES

**BETHANY OWEN**

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 LULU | DUSTY SPRINGFIELD | PETULA CLARK"

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