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# Letter from the Publisher

**I**t's August; do you want to talk about the weather? Of course, we should not be surprised about the heat and rain, it happens every year. But it sure keeps our area lush and green! Thank goodness for fans and air conditioning.

I hope you had a chance to take part in some of the numerous 4th of July celebrations here on the Space Coast. Of the many places that I have lived around the States, I have never lived in a place with so many patriotic celebrations! We do live in a great community.

The fall months will bring more Senior and Health Fairs and Expos. So watch for those announcements in Senior Scene. These

are great ways to keep in touch with local senior organizations, seek advice in a casual environment and maybe even get some minor health checks.

We take great pride in the fact that every month, we provide valuable and entertaining articles to our loyal readers. However, since there is always room for improvement, we would like to hear from you if you would like additional topics presented. In the meantime, enjoy our August issue.

Enjoy the day and see you next month.

*John*



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# 2022 Space Coast Symposium Lineup Announced



The Greater Palm Bay Chamber of Commerce has announced the impressive lineup of distinguished speakers and panelists for their 2022 Space Coast Symposium to be held on Friday, August 26 from 8 a.m. – 12 p.m. at the Space Coast Convention Center. This year's theme is disruptive transportation and manufacturing. This is a unique opportunity to hear from and connect with the innovators and trailblazers that are shaping the future. The Keynote Speaker is the newly appointed Secretary of the Florida Department of Transportation, Jared Perdue. He will discuss what the State of Florida is doing to facilitate the impressive new technology being developed.

The Symposium also includes a one-on-one “Fireside Chat” with Gerry Gleckel, Senior Director, Launch Facility Development at Blue Origin. Blue Origin's footprint on the Space Coast continues to grow as their Orbital Launch Vehicle (OLV) will be designed, manufactured, launched, and ultimately returned to Brevard County, Florida.

Starting the Symposium will be two-panel sessions. The first session's theme is disruptive manufacturing featuring Embraer, Apis Cor, Nohbo, and Tomahawk Robotics. Embraer is a world-leading manufacturer of executive jets, and their Phenom 300 series is the world's best-selling light jet for the 10th consecutive year. Apis Cor manufactures 3D printed homes, and any design is possible, with no limitations on

the square footage, allowing curved or shaped walls. Even two-story buildings can be printed with ease. Nohbo develops cutting-edge plastic waste-free consumer goods products that dissolve without a trace. Their founder and CEO, Ben Stern, was featured on “Shark Tank”. Tomahawk Robotics built Kinesis, a platform and communications agnostic control software solution that transforms how humans work with robots and unmanned systems in the most stressful and harsh environments.

The second panel's theme is disruptive transportation and features Space Perspective, BEEP, Liliium, and UCF. Space Perspective operates Spaceship Neptune, the first carbon-neutral way to space. They take explorers on a leisurely flight, spending hours at the edge of space in luxurious style. BEEP provides safe, convenient, stress-free, eco-friendly, driverless mobility services. Liliium is the first vertical take-off and landing jet (eVTOL) with zero operating emissions and vertical take-off. UCF professor Dr. Seetha Raghavan will discuss the mechanics of aerospace structures and materials that make hypersonic flight possible.

There are so many fantastic reasons to attend the 4th Space Coast Symposium on August 26th at the Space Coast Convention Center. Tickets and sponsorships are available at [www.GreaterPalmBayChamber.com](http://www.GreaterPalmBayChamber.com). 

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# Life in Cocoa in the 1890's

From notes of Allie Hughlett LaRoche - By Norma Baird

There are happy memories of growing up in the small town of Cocoa in the 1890's. The railroad was just back of the Federal Building, now the Alma Clyde Field Historical Library. The first trains came to Cocoa in 1894; before then, transportation was by boat from Titusville.

There were many sailboats on the river and every year on May 1 the pioneers had a picnic on Oleander Point. Later the Brevard Hotel was built on that site. Now there is a large condominium complex there. Mrs. LaRoche wrote that the point was a beautiful jungle of tropical growth and later the Yacht Club was built there. Many sailboats came from Titusville and Eau Gallie for boat races on "Picnic Day." Titusville celebrated July 4th and Eau Gallie celebrated on February 22. Everybody from these towns met each year.

There were two churches - The Methodist and Episcopal. There was one schoolhouse for Cocoa and Rockledge

children. It was across the railroad and had one teacher. In 1899 our first high school was built on the corner of Willard and Florida Avenue and we were eager for it. Both the school and the City Hall were good buildings, but have long since been demolished. The Opera House was upstairs in the City Hall.

The two-room Post Office was in the first City Hall. Captain Schoonmaker (the only Republican in Cocoa at that time) was the Postmaster. There were two trains - one each way. He walked to the train everyday with the mail in a wheelbarrow. He had one helper - Rose Bracco.

When we got electricity about 1907, we only had it from 6 p.m. to midnight, but it was a treat from the dim lights we had up until then. There were advantages then over the

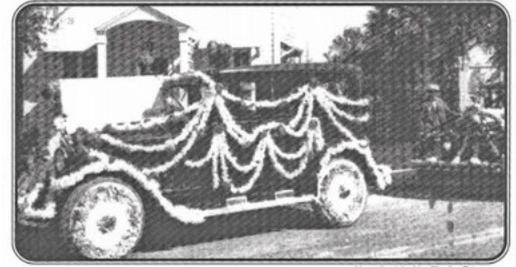


Photo furnished by Charles Orter  
Every body loves a parade - probably decorated for the Orange Jubilee .  
The first Orange Jubilee Parade was held in 1924



Photo from Brevard Historical Library  
The Cocoa Public Library was located on Delannoy Avenue  
Across from Taylor Park - on property now part of  
Bank of America parking lot

present day even though there are more conveniences now. Back then we enjoyed good home cooked food that tasted better than it does now - it was a labor of love cooked on an old wood stove - and the glow and warmth of the fireplace was wonderful. ☺

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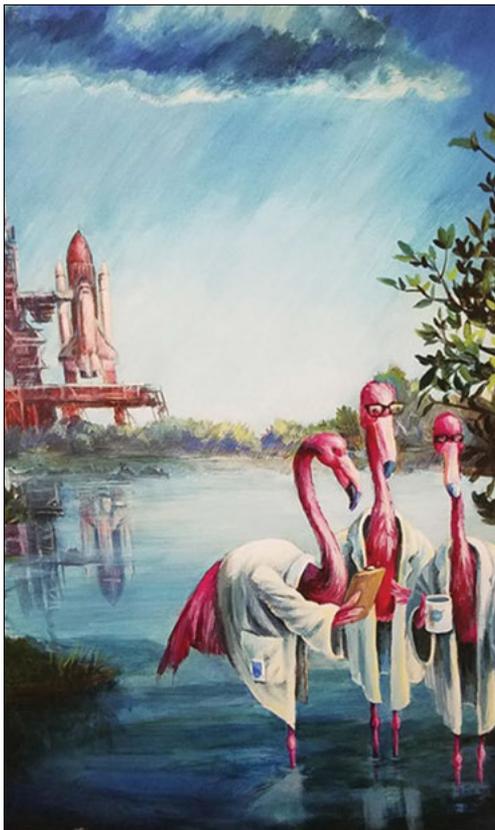
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ART WITH A DIFFERENT PERSPECTIVE**

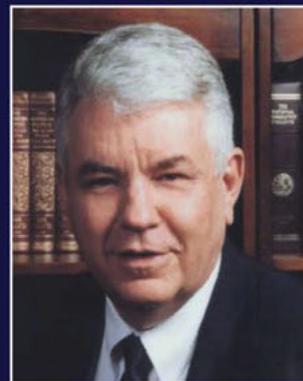
# Vanessa Bates

Vanessa Bates started her career as a graphic designer and illustrator but gravitated towards fine art as her experimentation in color drifted outside the gamut possible with traditional printing techniques. Early illustration lessons still influences Vanessa's art as each work has a simple focus and careful use of color and light to further direct attention to the subject of the piece.

Working almost exclusively in acrylic, Vanessa believes that the canvas is where the true color mixing begins. The colors on her palette are therefore loosely folded together before being applied. The subject matter itself is often chosen for humor, expressed either as visual irony or lighthearted observation. It's the sincerest hope that any of the artist's views, whether they are inspired by the political or otherwise, be apparent only to those who have an interest in that subject. Otherwise, the piece should stand on its own as an enjoyable composition. To be so cut and dry with the subject would mean that the work would fall firmly in the class of illustration. ©



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# What Should Be Considered When Excluding A Child In Your Estate Plan?

By Attorney Truman Scarborough

Except for certain rights minor children have in the home, Florida Law does not require that any part of your estate go to your children. This is not the case with the spouse. As a minimum, a surviving spouse has a right to the following from the deceased spouse's estate: a life estate or fifty percent interest in the home; \$20,000 in furniture, appliances, and furnishings; two vehicles; and 30% of all other property regardless of how it is titled.

Excluding a child is a serious decision. There can be a variety of reasons for excluding a child or giving the child smaller share. These reasons include: 1] a child may be estranged from the parents; 2] a child may not need money; 3] a child may have already received substantial sums from the parents; or 4] other children may have sacrificed much more for the aging parents. On the other hand, if a child has creditor, marital, or substance abuse problems, a parent need not exclude the child, but can place the child's share in a special trust for the child's protection.

Once a decision is made to disinherit a child, care must be taken on how it is handled in the will or trust. You could simply not mention the child. However, if you don't state

that the child is excluded, a court could be persuaded that the failure to mention the child was an oversight or drafting error and rule that the child receives an amount equal to the other children.

This raises the question when stating that a child is excluded, should you provide reasons? When a reason is given, the child could challenge the will / trust, alleging that the reason given is not factually correct. The courts have the power to overturn wills / trusts based on mistaken facts. In our documents we state that the child is excluded for reasons they will understand without giving a particular reason.

Even when there are good reasons, being disinherited can be painful. More than the money, there can be a feeling of rejection that could grow into resentment and anger against the other children as well as the parents. If the reason is not stated in the Will / Trust should the parents while still living explain the reasons to the child? This can create problems for the parents.

Contrary to popular thought, you are not required

WHAT SHOULD BE CONSIDERED... cont'd on pg 22



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# Northern Exposure's Cynthia Geary Heads To Hospice In New Series

Emmy-nominated actress Cynthia Geary was immediately drawn to her latest character Charley Copeland, a Hospice nurse in the compelling new drama series "Going Home." Season one began streaming in June on Pure Flix, a faith and family-friendly media service (see [www.pureflix.com](http://www.pureflix.com)).

"The death of a loved one is something we will all experience, but I feel like the show sends a positive message in a sad but cathartic way," said Geary from Palm Springs while traveling from her home in Seattle.



Set in a Hospice care center with Geary as head nurse, the staff tackle the emotional, spiritual, and physical challenges facing end-

of-life patients and their families, to ensure the loved ones pass on with compassion and dignity. Geary says the scripts attracted her to the role.

"They are challenging, demanding, and emotional, but so well-written," she said. "We all cried a lot on the set because I think the actors and crew could relate to the stories."



Shot in Spokane, Washington, Geary visited a local Hospice facility to prepare for the role.

"I was fortunate to meet many of the Hospice nurses whose job is to provide patients with a peaceful transition from this life," she said. "I learned how important it was not to project personal issues into the situation to avoid putting any additional stress on the patients or their families who

NORTHERN EXPOSURE'S CYNTHIA GEARY... cont'd on pg 50

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# Answer Nurse

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

**It's that time of year again, hurricane season, and the best way to weather the choppy seas and high winds is to be well prepared – and we're going to help! We cover all the main issues to be aware of and ways to stay safe this hurricane season thanks to your wonderful questions below, so read on!**

**Q. I just adopted a golden retriever and live alone near the beach. In case I need to seek shelter during a hurricane, am I allowed to bring my dog?**

**A.** Yes. Brevard County has pet-friendly evacuation shelters. Typically, the county provides a list of these shelters a week or so before the hurricane is predicted to hit. You can find this list by visiting the Emergency Management section of the Brevard County government's website at [www.brevardfl.gov/EmergencyManagement](http://www.brevardfl.gov/EmergencyManagement). Please note that you must bring an animal crate sizeable enough to comfortably accommodate a place for your pet to sleep, in addition to other items, including a collar, leash, pet food and cleaning supplies. You'll also need to show proof of a current rabies vaccination as well as a county license, if applicable.

**Q. How long does the hurricane season last in Florida?**

**A.** The Atlantic hurricane season is designated annually as June 1 through November 30th.

**Q. My family is new to Florida and we're not sure how to prepare for a hurricane. Any suggestions?**

**A.** Below is a list of ways to prepare for a hurricane suggested by the CDC. Some of these suggestions anticipate your possible evacuation. In addition, you should follow your local hurricane preparedness team for any specific alerts in your area. In Brevard County, you can sign up for these alerts by visiting [www.brevardfl.gov/EmergencyManagement/AlertSignup](http://www.brevardfl.gov/EmergencyManagement/AlertSignup).

What To Prepare For Ahead of Time In Case of A Hurricane:

- An emergency food and water supply.
- An emergency medicine supply.
- Emergency power sources such as flashlights (don't forget extra batteries).
- Safety and personal items that you cannot do without. This includes medications, hand sanitizers with at least 60% alcohol and clean masks for yourself and your family.

ANSWER NURSE *continued on pg 49*



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# Is Google's Password Manager Safe?

By Bill Ford, *Data Doctors*

The entire Internet currently operates on a trust system that relies primarily on passwords, so keeping yours secure is an essential step in cyber security. Some security experts can find a flaw in just about any password manager on the market and all of them are only as secure as you allow them to be. If you become the victim of a clever

malware attack, the hacker on the other end of the exploit can start recording every keystroke you type. This will render any password manager useless as they can see what it takes to 'open the vault' when you type the master password.

## The Real Question

The security merits can be argued by the experts, but what I suggest you consider is, will using the Google Password Manager be safer than what you are doing now. If you are one of the millions that uses the same 8-character password on multiple sensitive online accounts, then my answer is unequivocally YES.

Two critical steps for securing your accounts are to make your passwords longer (at least 15 characters) and creating a unique password for each account.

You can certainly be careless with unimportant accounts that don't store any personal information or credit card numbers, but you need some form of password management for the important ones. It's really the only way to adhere to the principles of basic online cyber security trying to remember a long unique password for dozens of accounts is just not feasible.

Many of your accounts may be those that you rarely use, which leads to the inevitable password reset dance that can be completely avoided with a password manager as well.

## Are You Already Using It?

A good number of people that use Google Chrome as their browser have likely been using the easy to use password manager without realizing it. When your browser asks you if you want to save a password for a specific site, it's essentially asking you if you want to use their password manager.

Browser-based password storage has had a shaky past as the security to protect those stored passwords wasn't the greatest. From a current real-world perspective, if you use Gmail or any of the other Google products that requires a username and password, you are already trusting Google with the goods.

## Protection Tips

A very convenient option in the Google Password Manager is the ability to sync your passwords across devices (<https://bit.ly/3bGTL2F>). This means your phone and computer can use the same password manager which is very convenient.

If your computer or smartphone has no password to keep a stranger from picking it up and using it, there's nothing keeping them from fully accessing all your saved passwords either.

PASSWORD MANAGER... cont'd on pg 39

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# CD Alternatives

By Max Vala Vanis, CFP®

A Certificate of Deposit (CD) is generally a Federal Deposit Insurance Corporation (FDIC) insured loan to a bank. Once the customer deposits the money into the bank, they will receive a “certificate” or “promissory note.” This means the deposit will be returned to the customer on time, with the stated interest rate. These CDs are popular and have been an ongoing part of many conservative investor portfolios. In case of a bank failure, the FDIC will currently insure the return of the customer’s deposits (not the interest). This very feature of insurance is the primary allure of CDs. The limit of this insurance is \$250,000 per account per depositor. So, in essence, the customer could own several insured accounts with numerous banks if desired.

CDs can be issued in any denomination and have maturities ranging from one month to five years. Generally speaking, the longer the CD maturity, the higher the interest rate. If the funds are needed before the CD matures, the investor can withdraw them with a penalty. The penalty for every bank is different and can range from a fee to a reduction of the stated interest rate, so be sure to inquire before investing.

In the past, CD rates of return were fairly attractive to conservative investors. Historically, these returns hovered be-

tween 3%-7% on average for a 1-year CD. Except for several crazy years between 1975 and 1982, where rates bounced between 10% and 17%, CD performance was steady and predictable. Now the story is strikingly different.

With a miserable stock market upon us and a checkered economic past, the current CD rates are relatively poor. Per BankRates.com, as of July 19th this year, the average 1-year and 5-year CD rates are 1.9% and 3.25%, respectively. According to the U.S. Bureau of Labor Statistics, inflation is currently 9.1%. As it stands, CDs will not keep up with the surging cost of living. In effect, you would lose money annually if you focused on CD rates alone. This begs the question, what do you do if you want to invest conservatively? It may be best to learn about the alternatives in today’s environment. Millions of other investors are reaping the benefit of higher rates, shouldn’t you? CD alternatives have always existed but are experiencing more popularity due to the plummeted CD rates.

If you are willing to accept a longer time horizon, say 5 to 10 years, and allow for some intelligent design of your

CD ALTERNATIVES continued on pg 46

**Save the Date - August 12<sup>th</sup>**  
**2022 National Veterans Homeless Support**  
**7th Annual Dinner Fundraiser**  
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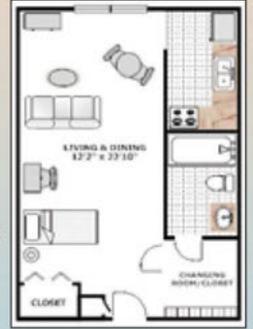
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# Social Security Is Here When You're Ready For Retirement



Securing today and tomorrow

By Kimberly Laporta,  
Social Security District Manager  
Melbourne, FL

When you think you're ready to retire, we're here to help you make an informed decision about when to apply for benefits. You should decide based on your individual and family circumstances.

Would it be better for you to start getting benefits early with a smaller monthly amount over a longer period? Or perhaps wait for a larger monthly payment over less time? The answer is personal and depends on several factors, such as your current and anticipated cash needs, health, and your family history on longevity. Most importantly, you should study your future financial needs and obligations, and estimate your future Social Security benefit.

The best and easiest way to estimate your future Social Security benefits is with a personal my Social Security account. You can create your free account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). Use your account to see how much you might receive each month based on the age at which you want to start receiving benefits.

We encourage you to weigh all the factors carefully before deciding when to begin receiving Social Security benefits. This decision affects the monthly benefit amount you will receive for the rest of your life and may affect benefits for your survivors.

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# Assistance for Family Caregivers of Veterans

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

As a veteran myself, it gives me great pleasure to make you aware of a program not often discussed that can support caregivers of veterans. It is called the Program of Comprehensive Assistance for Family Caregivers, and you can get more information than I will discuss here by calling the Veterans Administration team in Viera at 321-633-2012 or by going to [www.va.gov/family-member-benefits/comprehensive-assistance-for-family-caregivers/](http://www.va.gov/family-member-benefits/comprehensive-assistance-for-family-caregivers/).

This program is not Veterans Aid & Attendance. It is not paid to the veteran, but to the spouse or family member who assists the veteran with activities of daily living (ADLs). The program has some definitive requirements, but it is possible to make changes to your current eligibility status to qualify for the funding, which ranges from \$1,800 a month to \$3,000 a month. The periods for eligibility are for veterans with 70% disability serving before 1975 or after 2001.

Consider for a moment a veteran who retires at 20% disability but subsequently develops Alzheimer's disease and needs constant care. Since Alzheimer's is a qualifying disease, it would be possible to reclassify his disability and make him eligible for payment. Generally speaking, ADLs are those acts which the veteran must perform but cannot do so without the help of another person. These would include toileting,

showering, dressing, getting to a doctor, dressing, fixing meals, etc.

One might look at the 70% disability requirement and say, "I could never qualify". However, we must remember that our bodies and abilities change, and it is possible to reclassify a veteran's disability status. In my own work with veterans over the years, I am amazed at the higher disability numbers that we encounter. Other conditions that qualify for payment include Parkinson's, stroke, and other debilitating diseases that require special help for the individual.

It has taken me a number of years to become as knowledgeable as I am about the Veteran's Caregiver Assistance program. I am also learning that there are many other programs that are offered by the Veterans Administration about which I know little. One of these is the General Caregiver Support Program, which can open doors on many other programs such as respite, education, and other services designed to assist the veteran and his or her family.

There is help available for the 75,000 veterans in Brevard County. Our VA clinic, located in Viera, is one of the top

ASSISTANCE FOR FAMILY CAREGIVERS... continued on pg 46

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- Fri Jan 6<sup>th</sup> Leave Port Canaveral at 6:00PM • Sat Jan 7<sup>th</sup> Ocean Cay Marine Preserve
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- 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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**ask** ONE SENIOR PLACE  
Barbara Fradkin

## Q. What Exactly Are Clinical Trials?

**A.** That is a great question and a topic worth learning more about. Clinical trials are research studies with volunteers, designed to learn more about how our bodies respond to drugs, treatments or procedures.

Clinical trials often start in the laboratory, with the most promising breakthroughs moving forward into clinical trials. As trials progress, more information is gained about the treatment, its risks and its effectiveness.

Central Florida has several companies dedicated to research and clinical trials. Merritt Island Medical Research is conducting trials for potential new Alzheimer's disease treatments which may prevent, slow, or reverse the progression of memory loss. The passionate staff is working with Florida's senior community to help find a solution for Alzheimer's disease.

Clincloud is a clinical research provider with locations in Viera and the Orlando area. They are working on early detection of fatty liver disease, Alzheimer's disease, gastroesophageal reflux disease, multiple sclerosis, O.C.D. and migraines. Also in Orlando, Charter Research is working on Parkinson's disease, Alzheimer's disease, fibromyalgia, osteoarthritis, diabetic nerve pain, and sciatica. Who would have known all these were being studied so close to home?

People have many different reasons for participating

in clinical trials. Many like the idea of helping others and moving science forward. Others with significant illness or disease may want a chance at the newest treatment and/or to receive additional care and attention from clinical trial staff.

Clinical trials offer hope for many people and an opportunity to help researchers find better treatments for others in the future. Depending on the needs of the trial, researchers may seek volunteers who are healthy or who are receiving care for a medical condition. Jessica Branning, CEO from Clincloud said, "Participation in a clinical trial goes beyond a contribution to science. It provides hope for a cure."

Liver scans and memory testing are performed free of charge each month by clinical trial providers at One Senior Place. Check [OneSeniorPlace.com](http://OneSeniorPlace.com) to learn more.

*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](mailto:AskOSP@OneSeniorPlace.com), call 321-751-6771 or visit [The Experts in Aging at OneSeniorPlace.com](http://TheExpertsinAging.com). Barbara Fradkin is a Social Worker, Certified Care Manager and the Director of One Senior Place, Viera. ©*

WHAT SHOULD BE CONSIDERED... continued from pg 13

to leave the disinherited child anything. Some people mistakenly believe that you must give the disinherited child some small amount, say \$10. This can create a problem. The child will find the gift insulting and refuse the gift. When there is \$10 remaining in the estate account, it is difficult to close the estate.



Rather than completely disinheriting the child, he/she may be left a smaller share than the other children. Some people want to include a provision that if the child challenges the will or trust, he/she loses everything he/she was to receive. This is called a "terrorem

clause" because it is intended to terrorize the person not to challenge the will / trust. Both the Florida Probate Code and the Florida Trust Code state that these terrorem clauses are not enforceable in Florida, so we do not include them in our documents.

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

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## President's Message

A Word from Joe Steckler,  
Our President & Founder



While serving as president of Helping Seniors and becoming more familiar with the problems encountered by seniors, I believe that we are fortunate in having a tremendous resource such as *Senior Scene Magazine* with which to make these problems known so that solutions can be effected. I read a lot of media devoted to senior issues, but the insertion of the Helping Seniors newsletter and publication of the many articles devoted to senior issues makes this magazine of paramount interest to seniors and those who care for seniors.

Included in this issue of *Senior Scene Magazine* is a story about a veteran's assistance program that needs to be widely disseminated, as it will be of great help to many veterans in Brevard County. The article addresses a veteran's program that can give financial assistance ranging from \$1,800 to \$3,000 monthly and is paid to help offset caregiver costs. Since many caregivers are spouses of the one requiring assistance, the money is paid to the family caregiver.

It is important that we understand this is not VA Aid and Attendance, rather it is another example of the many programs about which little is known. Read the article and if you think you might be eligible call the VA office in Viera at 321-633-2012. I recommend this number because it connects you to the team that assists those needing VA help and can get you started in the right direction.

The VA clinic has an excellent hearing aid program that offers the latest in technology, and the service is excellent. There is also an eye and dental clinic. These clinic are a little more restricted, but they are available. Should you need such service, I would give the team a call at 321-633-2012 and state your problem.

You can always call us at 321-473-7770 – we might be able to give you a good steer.



Need Help?  
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## Your Aging Plan: Medically Sound

*Kerry Fink, Executive Director  
Helping Seniors of Brevard*

As we start racing the rest of summer on our run-up to fall, let's do a Medical Checkup and be sure that our Aging Plan has considered everything needed to be "Medically Sound."

The importance of getting the right convergence of insurance coverage with the right medical professionals (doctors, specialists, and more) at the right time seems to be the success behind a good plan for getting the best health (and wellness) during our senior years.

In this edition of Helping Seniors News™, we continue along our 2022 Theme "Getting Your Ducks in a Row" with the ideas about how we can best organize our Medical Aging Plan.

As you may know, our Operations Director, Nancy Deardorff, has 33 years experience as a Registered Nurse and ran one of the area's largest and most respected home health agencies for many years, so she was the perfect person to turn to for help in our key article, "You are the Captain of Your Own Healthcare Team."

The best idea, as we have talked about all along, is "don't try this on your own" - use the tips, ideas, and suggestions provided to help you build a team of medical and insurance experts that understand (and care!) about your particular circumstances AND who have the experience and expertise to help you make the best decisions in this area.

So, as Nancy Deardorff might say, "Okay, Captain, let's clear you for take-off on your Medical Aging plan!"



## Have You Thought About This?

*Nancy Deardorff, Operations Director  
Helping Seniors of Brevard*

Eight percent of the US population 65 and older take five or more medications. In healthcare we call this polypharmacy, and it includes both prescription (Rx) and over the counter (OTC) medications. Older Americans purchase 40% of all OTC medications and are three times more likely to be taking one or more OTC medications.

While we rely on medications to treat and manage health conditions, all medications have the potential for side effects, adverse effects, and interactions with other medications, food, or herbal supplements. The more medication someone is taking, the greater the chances of an adverse effect or interaction. But there are things you can do to minimize risk and maximize benefit of your medication regimen.

Make a list of everything you take including prescriptions, OTC meds, vitamins, and herbal supplements. Include the brand name and generic name, dose, frequency, reason for the medication, and who prescribed it. Keep this list up to date, make sure all your doctors know what you are taking, and bring it with you on all doctor's appointments.

### Medication Dos and Don'ts.

- Don't start or stop taking medication (Rx and OTC), without consulting your doctor.
- Don't share prescription medications.
- Don't skip doses or take extra doses.
- Do read the label. Many medications look similar, or explore prepackaged medication.
- Do use one pharmacy.
- Do ask your pharmacist to review your medication for potential interactions.

Know your medications, read labels, ask questions, and engage your healthcare team to be sure your medication regimen is working for you.



## You Are the Captain of Your Own Healthcare Team

*Nancy Deardorff, Operations Director  
Helping Seniors of Brevard*

Just thinking about going to a doctor's appointment can be anxiety provoking for many.

I practiced as a Registered Nurse for 33 years, and I am grateful for my experience and knowledge of the healthcare system. I cannot imagine how overwhelming it must be for someone that has not been in the healthcare industry.

My goal in writing this article to you is to hopefully alleviate at least a little anxiety and impart some knowledge so that you feel a little more empowered to invest in your own healthcare.

Heart disease, cancer, chronic lower respiratory disease (such as COPD), strokes, Alzheimer's disease, diabetes, Influenza, and pneumonia are some of the top health conditions effecting Americans 65 years and older.

An acute health condition is a condition that comes on abruptly and runs a short severe course. Often, an acute health condition requires immediate medical attention or may require hospitalization.

A chronic disease condition, meaning persistent or long standing, lasts for a prolonged time and may come and go.

An acute health condition can sometimes become chronic, and a chronic health condition can have an acute exacerbation (aggravation, worsening, flare up) that may lead to the need for immediate medical attention and intervention.

According to the CDC, six in ten Americans live with at least one chronic disease, and four in ten Americans have two or more chronic diseases. Chronic diseases are leading drivers of the nation's \$4.1 trillion in annual health care costs. According to the CDC, key lifestyle risks for chronic disease are tobacco use, poor nutrition, lack of physical activity, and excessive alcohol use.

There are many things we can do to prevent or

at least minimize our chances of developing some of these chronic health conditions – and prevention is far less costly than treatment. But what if you already have a chronic health condition?

The key in dealing with a chronic health condition is effective management of the condition. Effective management of a chronic health condition is a team effort.

Your team is made up of your primary care physician, specialists, other health professionals (pharmacists, physical therapists, nurse, mental health professionals, dentists) and you.

Every great team needs a team captain, and that team captain is.... YOU! While your primary care physician is a great co-captain, ultimately, you are in charge of your own healthcare.

So, what can you do to be an effective captain of your health care team? Well let's start by how to prepare for your doctor's appointment.

Start by having an accurate, up to date list of all the prescription, over-the-counter medications, vitamins, and herbal supplements you take and the name of the physician who prescribed the medication. Note the dose and frequency of the medication.

If you don't have a list or have some confusion, feel free to bring the bottles/containers with you on your visit. Also, use one pharmacy. This reduces the chances of medication errors, and your pharmacist is an important part of your healthcare team.

Next, have a list of questions ready for your physician. Your physician only has a short time with you and will appreciate it if you have your questions ready. Then make a note of the doctor's answers.

And don't be shy or embarrassed. Doctors, nurses, medical assistants, and other healthcare professionals understand that you are not in the medical profession, and in fact they want you to ask questions. Do not be embarrassed to say if you do not understand and need something more clearly explained.

*(continued on page 5)*



# Helping Seniors Of Brevard



## You Are the Captain of Your Own Healthcare Team

*Nancy Deardorff, Operations Director  
Helping Seniors of Brevard*



## The Benefits of an Assisted Living Facility (ALF)

*Samuel E. Kosmick  
Zon Beachside Assisted Luxury Living*

*(continued from page 4)*

Keep a health diary. This does not need to be anything fancy. In fact, it can be a good old fashioned wall calendar. Make notes of relevant health facts on your calendar as it pertains to your health condition. For instance, a diabetic would note blood sugar readings, a person with heart failure would note daily weights, someone with high blood pressure would jot down their daily blood pressures. Information that is pertinent to your condition or unusual for you should be noted and brought with you on your doctor visit.

Bring someone with you on your visit! It is common for people to be nervous on a doctor's visit, and many folks are not fully listening due to anxiety or may forget or not understand what is said on the visit. So, bring someone with you to advocate for you, help take notes, and be a second set of ears.

Tell the truth the whole truth and nothing but the truth. You are not there to impress anyone; you are there for your health. So, if you cheated on your diet, ate a lot of salty or fatty foods, or you went heavy on the sweets, tell your doctor. If you experienced a fall, even a fall without injury, tell your doctor. Do not tell your doctor that everything has been fine if it has not been fine. Healthcare professionals can only help you if they have a clear clinical picture.

Remember, early symptom management is key to preventing or mitigating an acute episode, so tell your doctor if you start to develop any symptoms of exacerbation of your condition, and in an emergency, call 911.

Taking on the role of captain of your healthcare team will not only empower you to make good healthcare choices, but along with your healthcare team, is key to ensuring your chronic health condition is effectively managed.

Change can be fearful, difficult, stressful, and breathtaking. Yet a new beginning can be invigorating, challenging, exciting, and an innovative life experience.

Zon is your fresh start, so let us take all your worries away. There will be no more isolation, and no more worrying on what you're going to cook. Now you need to worry about what to choose off our vast menu by our chef's specials.

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*Please come for a tour and see for yourself!*



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321-777-8840



## **Avid: The Wave of Change in Home Care**

*Traci Graf, RN  
Avid Home Care*

Avid Home Care Services in Merritt Island is a unique home care services provider in our area. It is different in many ways starting from the top down. Avid is not a chain or franchise. It is locally owned and operated by an RN and her family, along with an amazing group of caregivers sharing a passion for delivering professional, quality home care services at affordable rates.

A chance encounter that grew into a friendship between two retired business ladies and the current owners, Jeff and Traci Graf, is where the idea was born. Traci was a home care nurse for Health First. She knew first hand that “non skilled” home care was being delivered in a cookie cutter manner, with three and four hour minimums making it unaffordable for so many.

Discussions with her friends is how the client centered concept for Avid was created and started April 28, 2017. Today it is going stronger than ever in our 5th year of providing care in the area.

Like everyone providing home care, we have had staffing difficulties since Covid, but we have over 50 employees and continue to add wonderful committed people to our team every day.

We also provide something called care management to our clients at no extra charge, provided by the owner and Nurse Administrator Traci. This can include collaboration with physicians, other services, and close direction of staff for multidisciplinary methods of keeping seniors safe in their homes.

Most clients can stay safely in their own homes until the end of their lives with the right combination of services and resources and a little creative scheduling.

Of course, staff can do all sorts of tasks in the home to help keep things clean and organized; laundry, changing sheets, meal preparation and transportation are only some of the things we can do that are obvious needs. But what about the things that happen when you have a dedicated caregiver in the home that are not so clear cut?

I am talking about things that are impossible to quantify – like helping slow the progression of Alzheimer’s disease through strict routine, exercise, nutrition, and social engagement. Assisting someone in keeping their beloved pet in the home even if they can no longer walk a dog or bend over to change a litter box. Giving extended family living close or far away peace of mind that someone is seeing their loved one every day for physical and social needs.

Our services have helped extend the lives of clients over and over again. Providing proper nutrition with fresh cooked meals and treasured family recipes they no longer have the stamina to prepare can assist in successful management of chronic disease like congestive heart failure. Assistance in continuing exercise programs set by physical therapy to help maintain mobility can decrease falls.

Close supervision, direction, and consulting on complex medical issues and fact finding for decision making are all things we do really well. Talk to anyone with a loved one who needs assistance at any level and they will tell you these are the things that are invaluable.

Feel free to call us any time with questions at 321-392-3400. We would love to help you or a loved one with assistance in the home. We are fully licensed, bonded and insured, and all staff are employees, not subcontractors. We hire certified nursing assistants and home health aides with a variety of experience. No exemptions for criminal backgrounds are acceptable, and staff must have current CPR, a valid driver’s license, and car insurance.

We wouldn’t be able to call ourselves “the wave of change in home care” if home care didn’t need to change!



## The Importance of Nutrition After a Hospital Stay

*Jillian Zebris  
Chefs for Seniors*

After a hospital stay, proper nutrition is important for healing and can help prevent future hospitalizations. Malnutrition contributes to higher infection rates, muscle weakness, brain fog, and impaired wound healing.

### Why is there an increased need for nutrient-dense foods after a hospital stay?

Our body is as healthy as the food we give it. If we deprive ourselves of fresh fruits, vegetables, and high-quality proteins, and instead eat foods that are manufactured and full of preservatives (think frozen meals and fast food), our bodies are more susceptible to illness, injury, and delayed recovery.

When we are ill or injured, our bodies work overtime to heal. This requires lots of energy and, without enough nutrients, can be a very slow process. Also, many medications are dangerous to take on an empty stomach. It is essential to eat several nutritious meals throughout the day and stay hydrated.

### What can I do to make sure my loved ones are eating right after a hospital discharge?

A doctor will discuss post-discharge recovery, including diet recommendations. This can be overwhelming to loved ones and caretakers, which is why communicating with a dietician can be helpful.

A Registered Dietician or Nutritionist can explain foods to avoid and foods to eat for better recovery. If food preparation or grocery shopping is a challenge, a personal-chef service like Chefs for Seniors can help. Unlike many meal delivery services, Chefs for Seniors can work with various diets (low sodium/potassium, vegetarian, etc.) and customize meals to fit clients' tastes and preferences.

Effective discharge planning is not only beneficial for the individual, but because it reduces readmission rates (and costs), it's a positive for the caregiver, too. Call 321-210-6953



## How Care Management Services Can Help You

*Catherine Rowlands, MBA, CMC, BCPA  
Total Long-Term Care Consultant Services*

A Certified Care Manager (CM) is a professional who specializes in guiding an individual through the health care continuum for a given health situation. A CM is a problem solver with specialized knowledge and skills in assessing, planning, evaluating, coordinating, and monitoring.

The goals of a CM are to identify and meet the individual's medical care needs and preferences in the least restrictive, most appropriate, and most cost effective setting.

In the acute care setting, the CM would identify the individual's health issue and research medical practitioners who specialize in treating the identified health issue as to their training, rating, and insurance acceptance. This information would be presented to the individual to review, make a decision, and schedule an appointment.

The CM would be available to accompany the client to the appointment to be a second pair of ears to listen to the doctor's assessment/diagnosis/treatment plan.

In the long-term care setting, the CM would assist the individual in deciding where in the long-term care continuum to receive identified services: in the home or the community - a group home, an assisted living, or a skilled nursing facility.

The CM would provide information on services provided, insurance coverage, cost, and the Department of Health annual facility survey results to enable the individual to make a good decision.

In both the acute care and long term care setting, the CM would follow the individual and identify/treat medical problems to prevent a crisis from arising.

Call 321-752-0995 or email [nfo@tlcconsultantservices.com](mailto:nfo@tlcconsultantservices.com)



## Medical Prevention Tips

*Karen Wernlund, B.S. In Psy.  
Emerald Care Management, LLC*

Benjamin Franklin said, “An ounce of prevention is worth a pound of cure.” Recently I learned about the Brevard County Emergency Medical Service (EMS) Vial of Life program. It can be our a voice that we may not have in an emergency. The program allows First Responders to do their job quickly and efficiently, because your vital information is at their fingertips.

The Vial of Life program is tailor made for the 28% of the population in the U.S. who are over the age of 65 and living alone. Here's how it works; you contact the Office of EMS in Brevard County at 321-633-2056 and request a Vial of Life. You will receive the vial, with a medical information form and two green Vial of Life stickers inside. One sticker goes on the front door, and the other goes on the refrigerator where you keep the vial. Full directions and information can be found at the following website: <https://www.brevardfl.gov/FireRescue/EmergencyMedicalServices/VialOfLifeProgram>

The Mayo Clinic recognizes the leading cause of injuries in older adults is falling in our own homes in part due to the medications we take as we age. We can help prevent trips to the hospital or doctors office, unnecessary time spent healing, and higher medication costs by removing home hazards. Here are some easy fixes: keep high-traffic areas de-cluttered, remove loose rugs from the home, store daily necessities within easy reach, and use nonslip mats in the bath. Not only are you saving your own time, but that of your doctor and medical staff. You know what Benjamin Franklin always said: “Time is money.” And I can help.

Contact Emerald Care Management LLC at 321-622-8030 or at [emeraldcare21@gmail.com](mailto:emeraldcare21@gmail.com) for Home Safety Assessments and so much more. Check us out on Facebook too!



## Is Fear Keeping You Away from the Dental Office?

*Lee Sheldon, DMD  
Sheldon and Furtado, PLLC*

I know it. I hear it often. I'm afraid of the dentist. It's a real fear. Often it comes from a bad childhood experience. How I wish you didn't have that experience.

But here we are, facing the results of that fear. You finally called us because you couldn't do anything else. You're in pain. You're embarrassed. You put your hand over your mouth when you smile. That's how bad your teeth look.

Except now it's worse. Now it hurts to chew. Or you're looking for a new job, or maybe a new relationship. You now have no choice. You have to do something.

“But what will be different?” you're thinking.

First is the doctor you will be seeing. We wouldn't have chosen this profession, this office, or this team unless we enjoyed being with people like you.

I just saw Marcy last week. She had a big smile on her face. But that's not the Marcy from five years ago, barely able to confront the door handle to come into our office. Now she comes to our office for regular cleanings just like everyone else.

You get the courage to make the phone call. You then come in. You find out that maybe it's a little better than you remembered. Maybe you need sedation or maybe our dental anesthesiologist to get past the fears. And you do. Your work is done. You've spent a comfortable time in our office.

And ultimately, a switch goes off. The dental office can be a good place. You don't need the sedation anymore. Everything is fine.

You can smile and chew and laugh just like everyone else. You can enjoy being in the dental office. Isn't it time to take the first step?

Call 802-2810



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**Call (321) 473-7770 and Join Today!**





# Mom & Me

by Audrey & Kimberley

## Dear Mom and Me,

We visit our sons and their families a couple of times a year. Every time we visit we almost starve and it is always the same with each family. They never have a structured meal, so we just fake a shopping trip and go out for lunch.

Breakfast time the teens may or may not have a bowl of cold cereal. The parents a cup of coffee on the run or in their car. Lunch time the kids eat at school. The parents may have something at their office desk.

The kids may make sandwiches when they come home and the parents bring home fast food at seven or eight o'clock. They only eat when hungry and just graze around the refrigerator. Weekends the grazing continues, except that they may go to Sunday brunch at a local restaurant.

We have always had three structured meals, we are not fat and have lots of energy. Do other successful families live like this, or are our families unusual?

– ICE BOX GRAZERS

## Dear ICE BOX GRAZERS,

When mother and father both have outside jobs - many families do live as you describe.

Years ago we were always told how important it was to have three meals a day. Now the nutritionists say it is better for seniors

to eat five (SMALL) meals a day to keep up blood sugar levels for optimum energy.

We do not need as much food as we age, but it must be carefully chosen so that we get proper nutrition.. Grazing may be nutritionally acceptable, but we lose the beautiful family experience of eating (at least one meal a day) together to exchange daily happenings and share experiences with our loved ones.

You are visitors in your sons' homes. While there try to live as they do - they are not all wrong and you are not all right. Bon Appetit.

– AUDREY

## Dear ICE BOX GRAZERS,

Economic realities do define family activities and some traditions or family activities are no longer practical.

Your letter described my family life to a tee. Until I learned a lesson from your generation. At work I encourage people to tell me about their lives, to bring pictures, tell stories, whatever that would help me know them, not a patience, but people. I constantly heard about gatherings in the kitchen, talking at the kitchen table, etc.. So I decided to try it with my family. It has been a wonderful family time. We had to rearrange time and other activities but it has proved worthwhile.

It also goes to show me that generations should learn from each other, and some traditions should be held onto through generations. Thanks for your letter and thanks for the lesson everyone.

– KIMBERLEY

## UPCOMING TRIPS

**October 27th - Hamilton the Musical - \$232** - an American musical sung and rapped telling the story of our Founding Father Alexander Hamilton. trip includes roundtrip motor coach, lunch and orchestra terrace seating. Sign up by August 10th. Minimum of 35 needed for trip, but seats are selling fast.

**December 4th-7th - 16th annual Key West Holiday trip - \$678pp** based on double or \$981 for single, trip includes roundtrip motorcoach, 2 lunches, 3 breakfast and 1 dinner plus a sunset sail with live music, finger foods (enough for dinner) and open bar. 15 seats available \$100 deposit due ASAP, final payment October 1st.

**December 14th - St Augustine Night of Lights - \$99** - includes roundtrip motorcoach and narrated carriage ride to see the lights at night. Minimum of 35 needed for trip.

**January 26th - Wicked - \$181** - Top Broadway musical, see what the Land of Oz looked like before Dorothy, and what happens when she meets the Wicked Witch of the west! trip includes roundtrip motorcoach, lunch and orchestra terrace seating. Non-refundable deposit of \$25 due no later than August 12th, final due by November 1st. Minimum of 35 for trip.

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# SENIOR NEWS LINE

By Matilda Charles

## Here's How I Saved on Prescription Drugs

The price of prescription drugs has, like everything else, inched up. In some cases, the cost has made a massive, sudden jump, and it comes as a shock when you check out at the pharmacy. But there are ways around this horrible surprise.

I recently discovered a way to save a lot of money (\$80 on a 90-day prescription) by doing two things: I changed pharmacies, and I started using GoodRx. Here's how: Go to the GoodRx website ([goodrx.com](http://goodrx.com)) and put in your ZIP code so that all the local pharmacies show up. Enter the name of the drug you take, as well as the dose and number of pills. See what each pharmacy charges using GoodRx. They will vary widely.



Boy, did I get a shock. It took me all of two minutes to call a new pharmacy and ask them to have the prescription transferred. Then I printed out the GoodRx coupon showing the pharmacy name, the drug and dose, the price and so on. I took that to the pharmacy and voila! Eighty dollars saved.

Here are a few other ideas if GoodRx isn't going to work for you:

- Ask your doctor if a generic would be just as good, or if another drug would work just as well.
- Find out if you qualify for the Extra Help program to pay for your drugs by calling Social Security at 1-800-772-1213, or read the information at [www.ssa.gov/pubs/EN-05-10508.pdf](http://www.ssa.gov/pubs/EN-05-10508.pdf).
- See if you qualify for the Pharmaceutical Assistance Program. ([www.medicare.gov/plan-compare/#/pharmaceutical-assistance-program](http://www.medicare.gov/plan-compare/#/pharmaceutical-assistance-program))
- Get a different Medicare drug plan more in line with the drugs you take ([www.medicare.gov/plan-compare](http://www.medicare.gov/plan-compare)).

One note: You can't use GoodRx along with a deductible from Medicare or Medicaid, but you can use it instead of those. Beware whether you'll reach your annual deductible if you don't use a Medicare drug plan or if you're in the doughnut hole (cover gap) already.💰

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# King Crossword

- |                                       |                         |                          |
|---------------------------------------|-------------------------|--------------------------|
| <b>ACROSS</b>                         | 37 Small porches        | 19 Lummockes             |
| 1 "Dream on!"                         | 40 Spelldown            | 20 Hardly any            |
| 5 Clothing protector                  | 41 Ms. Brockovich       | 21 Verbal                |
| 8 Greet                               | 42 Oater setting        | 22 Opera set in Egypt    |
| 12 Well-read folks                    | 47 "— Lang Syne"        | 23 Is able to, old-style |
| 14 Celestial bear                     | 48 Pokey                | 25 "Recognize my voice?" |
| 15 Beatles drummer before Ringo Starr | 49 Disarray             | 26 Omit                  |
| 16 Algeria's neighbor                 | 50 Toronto's prov.      | 27 Fork prong            |
| 17 Occupation, for short              | 51 Artist Bonheur       | 29 Sporty car roof       |
| 18 Straw hat                          | <b>DOWN</b>             | 31 Lion's home           |
| 20 Young horses                       | 1 Swiss peak            | 33 Light-headed folks?   |
| 23 Printer's blue                     | 2 "Sprechen — Deutsch?" | 34 TV audience member    |
| 24 New York canal                     | 3 Addams cousin         | 36 Some wines            |
| 25 Talkers' marathon                  | 4 Weak                  | 37 Line of fashion?      |
| 28 Bankroll                           | 5 Folk singer Joan      | 38 Verifiable            |
| 29 North African capital              | 6 TGIF part             | 39 Monet's supply        |
| 30 Josh                               | 7 Gradually             | 40 Inky stain            |
| 32 Doctor's order                     | 8 Compassionate         | 43 Charged bit           |
| 34 Trellis climber                    | 9 "I smell —!"          | 44 Id counterpart        |
| 35 Missing                            | 10 Cruise stop          | 45 "Mayday!"             |
| 36 Mature, as fruit                   | 11 Hideaway             | 46 Former Delta rival    |
|                                       | 13 Baseball stats       |                          |

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# PAW'S CORNER

By Sam Mazzotta

## Fourth of July Fireworks Can Traumatize Pets

**DEAR PAW'S CORNER:** Please remind your readers that the noise and flash of fireworks can traumatize pets! Last year, my son and his partner took their dog "Bliss" to a Fourth of July festival. Someone set off a string of firecrackers a few feet from the booth they were visiting. Bliss bolted and pulled her leash out of my son's hand. She ran straight out into the road. Luckily, the cars all stopped, and one of the drivers caught her. Afterward she remained very anxious. Bliss now takes medication to stay calm, and it's difficult to take her to unfamiliar places. Please urge people not to set off fireworks; go to a professional display and leave the pets at home.

— Judith in Lake City, Florida

**DEAR JUDITH:** You told them, and I thank you! I'm very sorry to hear that Bliss was traumatized, and I hope your son is able, through medication and training, to improve her confidence.

Bliss' parents didn't do anything wrong in taking her to the festival, but their experience shows how others' irresponsibility can have consequences for pets, and

that owners have to be alert and ready to handle potential problems.

The Fourth of July can be a trying day for pets. Crowded parties and loud fireworks can really stress them out. Large fireworks displays are no different than big thunderstorms to most pets, and should be treated as such. If fireworks will be within earshot of your home this holiday, prepare a safe area for your pet to shelter where the noise will not bother it as badly. If a ThunderShirt works for your dog (or cat), use it. Don't bring pets to fireworks displays, and if you're setting off backyard fireworks, put your pets inside.

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



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# It's a Miracle

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

The New Testament book called Acts has to do with the Holy Spirit acting through Jesus' disciples. The first miracle done by those disciples after the outpouring of the Holy Spirit is when Peter and James heal a man lame from birth. This qualifies as the first miracle in the way we normally think about miracles. But

I actually sometimes think the first miracle happened just prior to this when the disciples sold all they had and gave to those in need. If each of us did that, I would be every bit as impressed as if someone in a wheelchair got up and walked! But, admittedly, that's a different order of miracle.

We usually think of a miracle as something supernatural, where the norms of nature are set aside and something really good happens – water turns to wine, blind receive their sight, lepers are cleansed, and lame walk. Sometimes the miracles have to do with hearing. A man named John came to one church's prayer and healing

service asking the pastor for help with his hearing. The pastor stuck both fingers in both ears and prayed a fervent prayer. Then he asked John how his hearing was. John replied, "I don't know. It is in the county criminal justice system court next Thursday."

Hmmm. Let's get back to things like deafness to hearing. Some people wonder if there really are such things as miracles. They think miracles are people's fancy and there are simply explanations within the laws of nature for what occurred. If you don't believe in God, then no miracles is a path you could, or even should, take. But if you believe there is a God, who is supernatural, then it would actually be unreasonable not to be open to miracles.

I wonder what it would be like if we all shared miracles we have experienced. Oh, the stories we would hear ... all the way from body parts healed to an alcoholic's money for booze turned into a recovered alcoholic's money for furniture. May you see some miracles in your life. ☺

## 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	08/01	5 Ideas for Financial Checklist	Reverse Mortgage - Time Now?	Life Enrichment
Thu	08/02	Is Assisted Living Right for You?	How a Public Adjuster Helps	What Assisted Living Can Mean
Wed	08/03	Real Estate for Seniors	Reverse Mortgages - Now?	Your Legal Documents Checklist
Thu	08/04	Employment Options for Seniors	Avoiding Probate	How the Medical Team Helps
Fri	08/05	Senior Travel: Safe & Fun	Case Management	Durable Power of Attorney
Mon	08/08	How to Have the Talk	Technology & Home Care	3 Reasons for Reverse Mortgage
Tue	08/09	Put Kids on Bank Account?	What is Holistic Health?	Checking Out Zon Beachside
Wed	08/10	Probate - What it is	The Dirty "D" Word - Dementia	Housing Foundation of America
Thu	08/11	Two Assisted Living Questions	Too Many Teeth Extracted?	Staying Safely at Home?
Fri	08/12	Helping Seniors 12 Years Later	Helping Seniors Travel Club	When to Call Adult Abuse Hotline
Mon	08/15	Senior Real Estate	Reverse - How Its Works	How a Public Adjuster Helps
Tue	08/16	the Vial of Life	Real Estate for Seniors	Smorgasbord of Legal Matters
Wed	08/17	The Parts of Medicare	Elder Law Services	Finding Good Help at Home
Thu	8/18	Power of Attorney/Super Powers	What Assisted Living Can Mean	Senior Mental Health
Fri	08/19	Life Enrichment	How to Cruise Successfully	The Importance of Evaluation
Mon	08/22	Trusts	Housing Foundation of America	Helping Seniors Travel Club
Tue	08/23	Golden Providers	Chefs for Seniors	New to Florida? What to know.
Wed	08/24	3 Reasons for Reverse Mortgage	Debt Relief for Seniors	2 Assisted Living Questions
Thu	08/25	In Home Care Giving	Periodontal Disease	How Assisted Living Benefits
Fri	08/26	All About Home Health Care	Things to Know Elder Law	Case Management
Mon	08/29	Cosmetic Dentistry	Senior Travel: Safe & Fun	5 Ideas for Financial Checklist
Tue	08/30	Elder Law Attorney for Seniors	Checking Out Zon Beachside	Reverse Mortgages - Now?



### 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	08/03	Focus on Elder Law	Elder Law Attorney Bill Johnson
Wed	08/10	Focus on Your Smile	Dr. Lee N. Sheldon
Wed	08/17	Focus on Your Real Estate	Barbara McIntyre
Wed	08/24	Focus on Help at Home	Jennifer Helin
Wed	08/31	Focus on Helping Seniors	Kerry Fink

# From the kitchen of **Good Housekeeping**

## Charred Shrimp and Avocado Salad

Turn up the tropical vibes with pineapple, avocado and shrimp.

2 1/2 pounds large peeled and deveined shrimp

5 tablespoons olive oil

Kosher salt

Pepper

1/2 small pineapple, peeled, trimmed and sliced 1/2-inch thick

2 tablespoons fresh lemon juice

1/2 small red onion, thinly sliced

1/2 English cucumber, sliced into half-moons

1/2 bunch Upland watercress

1 avocado, quartered

1. Toss shrimp with 2 tablespoons oil and 1/2 teaspoon each salt and pepper. Heat grill pan, grill or broiler. Brush pineapple with 1 tablespoon oil. Grill or broil (in batches on rimmed baking sheets) until pineapple is slightly charred and shrimp are opaque throughout, about 3 minutes per side on the grill, or 6 to 8 minutes in broiler (rotating pan and turning food over halfway through).

2. Meanwhile, in large bowl, whisk together lemon juice, remaining 2 tablespoons oil and 1/4 teaspoon each salt and pepper. Toss with onion.

3. Cut grilled pineapple into smaller pieces. Add to bowl with onion along with cucumber and shrimp, and toss to combine. Fold in watercress and avocado. Serves 4.

\* Each serving: About 420 calories, 23.5g fat (3.5g saturated), 35g protein, 1,595mg sodium, 20g carbohydrate, 4g fiber



## Grilled Shrimp Tacos with Sriracha Slaw

Smoky, grilled shrimp and spicy slaw are the keys to next-level tacos.

1/4 cup extra-virgin olive oil

3 tablespoons freshly chopped cilantro

Juice of 3 limes, divided

Kosher salt

Freshly ground black pepper

1 pound large shrimp, peeled and deveined

1/4 head red cabbage, shredded

1/4 cup mayonnaise

1 tablespoons sriracha

4 medium tortillas

1. In a small bowl, mix together olive oil, cilantro and 1/3 of the lime juice. Season with salt and pepper.

2. Add shrimp to a baking dish and pour mixture over. Toss until completely coated and let marinate 20 minutes.

3. Meanwhile, make slaw: In a large bowl, toss cabbage with mayo, remaining lime juice and Sriracha. Season with salt.

4. Heat grill to high. Skewer shrimp and grill until charred, 3 minutes per side.

5. Grill tortillas until charred, 1 minute per side.

6. Serve shrimp in tortillas with slaw.

Makes 4 servings.



For thousands of triple-tested recipes,  
visit our website at  
[www.goodhousekeeping.com/recipefinder/](http://www.goodhousekeeping.com/recipefinder/).  
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IS GOOGLE'S PASSWORD MANAGER SAFE? *continued from pg 16*

If you're going to use the built-in password manager in Chrome, there are only two things protecting you from a third party – your device password and 2-step verification. If someone acquires your Google username and password, they can 'sync' the passwords as well, which is why the extra layer of protection 2-step verification offers is critical (<https://bit.ly/3IeaSox>).

You can learn much more about how to use the Google Password Manager at: <https://bit.ly/3bJE6j5>. 



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Aug 09 1575 Palm Bay Rd  
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# Veterans Memorial Center and Park: A Short History of a Gem on Merritt Island

**F**orty Three years ago, Brevard County officially created the Brevard Veterans Council (BVC) in the aftermath of America's divisive war in Vietnam. The six founders, led by COL John Howard, USA, Ret, the son of the head of all US Army Chaplains in WWII, met in homes, restaurants, churches and training rooms at the Merritt Square Mall, as their numbers grew and as the County and Merritt Island Redevelopment Agency (MIRA) looked at a potential building site.

A real estate down turn in the late 1980's opened the door to the State and later MIRA taking over property along Sykes Creek and the Veterans Memorial Center and the BVC had their own home in 1990. The next year the Veterans Memorial Center (VMC) 501c3 was created and veterans joined in droves creating a Museum, Library and facilities to meet and rent out since from the beginning it was decided veterans and the public would not be charged to visit, but revenue was needed to operate and grow.

The beautiful Veterans Memorial Plaza was dedicated in 2011 and in 2016; the 6000 sq. foot Military Museum and 82 Acre Veterans Memorial Park were opened on that Veterans Day. Now with 500 members in the BVC/VMC, representing 72,000 veterans and 16,000 active duty military personnel in Brevard County, the VMC has become a Gem on Merritt Island and is considered by many to be the biggest and most beautiful VMC in Florida.

On 13 July 2022, the 43rd BVC/VMC annually elected team of Officers and Board Members was sworn in to guide, as part of the government/veteran partnership started in 1978, the VMC and Park into a new wave of improvements. By the end of 2023 those Park improvements will include a major amphitheater, lighting, irrigation for Memorial Trees and hundreds of other plants and trees being added, a food concession area, more restrooms, exercise stations along the existing 5K trails and much more.

All this has happened because of an amazing partnership started four decades ago that includes:

- Brevard County Commission
- MIRA
- Tourist Development Council
- 11 Tenant Veteran Organizations including the largest DAV Chapter in Florida
- Many VMC partners and supporting corporations (see the Plaza Wall of Honor)
- JROTC, Sea Cadet, etc. High School Units
- And Many More (The VMC Lobby has a great list of major donors)

Come and visit the Gem and help spread the word. The future is bright and the possibilities for events and activities in a new "Downtown" Merritt Island are endless. (S)



## Weekly SUDOKU

by Linda Thistle

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7					9	5		
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9			8		1	7		
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	3				6			5

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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## Step Up to Help Your Fellow Vets

**W**hat are you doing this summer? If you have spare hours or days, consider stepping up to help your fellow veterans. Stand Downs are a good place to start.

Stand Downs were started in California in 1988 by two veterans who saw the great need for services to homeless veterans. Over the years, the number of events and the veterans served has grown to include help from government agencies, veteran service organizations, groups and individual volunteers all across the county. The need is so great that many locations see hundreds of veterans lined up outside the door before they even open on the first day.

The list of help provided at each Stand Down can depend on the location and the length of the event (usually one to three days), but typically includes health screenings, clothing, showers and haircuts, food, legal advice, dental and eye-care services, mental health counseling, substance treatment referral, employment help, benefits counseling (both Department of Veterans Affairs and others, such as

Social Security), housing referral and more.

The schedule of Stand Downs in 2022, whether you need services or want to help, can be seen at [www.va.gov/homeless/events.asp](http://www.va.gov/homeless/events.asp). Keep an eye on that page because new events can be added at any time. Another page to watch is the National Coalition for Homeless Veterans ([nchv.org/current-stand-downs](http://nchv.org/current-stand-downs)).

Or you can call your local VA medical facility and ask what's scheduled for your area. Best bet is to call them anyway and ask if the event is still planned due to COVID playing havoc with scheduling. Ask about transportation, if you need it or can offer it. Sometimes an event will send a vehicle around to pick up veterans who have no other way to get to their local Stand Down. If you're a veteran in crisis (either homeless or about to be) and can't wait for a Stand Down, call the National Call Center for Homeless Veterans: 1-877-424-3838. ☎

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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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See ad on pg. 8

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See ad on pg. 45

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See ad on pg. 44

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**King Crossword Answers**

Solution time: 21 mins

A	S	I	F		B	I	B		H	A	I	L
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**SUDOKU Answers**

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# SENIOR SCENE MONTHLY TRAVEL TIPS

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### 15 of the Strangest Things Sent to Space (Part 1)

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

In 1783, the Montgolfier brothers — a pair of French aviation pioneers — set up a hot air balloon and placed inside the basket a sheep, duck, and rooster. Surrounded by a roaring crowd, these creatures would become the first passengers of a balloon flight in history. Ever since, humanity has been reaching higher and higher into the sky — and testing what they could up bring with them. Here’s a list of some of the strangest things to make it beyond Earth’s orbit with some of the information from our friends at Travel Genius.

#### Ham the Astrochimp

We’ve sent fruit flies, mice, dogs, squirrel monkeys, and rabbits into space. All of these creatures functioned as mere passengers — but not Ham the Chimp. He was trained to interact with the spacecraft, pulling levers in response to light cues. In 1961, he was launched into space, performed his tasks correctly (thus demonstrating that human astronauts would also be able to perform physical tasks in orbit), and survived the trip back to Earth. He lived for another 22 years, enjoying retirement at various zoos. I was this chimp that made it possible for astronauts could do their jobs in space.

#### Harmonica and Bells

In December 1965, Gemini astronaut Wally Schirra reported back to Earth: "I see a command module and eight smaller modules in front. The pilot of the command module is wearing a red suit." Schirra then began playing "Jingle Bells" on a harmonica, with his co-pilot playing the bells — the first musical instruments (and prank!) launched into space.

#### Urine Receptacle System and Defecation Collection Devices

NASA maintains a 796-item catalogue of "Manmade Material on the Moon." The list includes vomit bags and various means of collecting human excreta, which were left on the lunar surface. (Teasel Muir-Harmony, a curator at the National Air and Space Museum, once told Popular Science that "Buzz Aldrin often claims to be the first person to urinate on the moon.") Can you imagine all the defecation devices just laying on the surface of the moon? Where are the trash collector trucks?

#### A Bible

In 1971, astronaut James Irwin left a Bible on the dashboard of the Lunar Roving Vehicle. His time on the moon was, quite literally, a religious experience: One year

later, he quit the astronaut corps and founded an evangelical organization.

#### Hammocks

Sleeping on the moon was extremely uncomfortable. So starting with Apollo 12, astronauts were given hammocks made of beta cloth (the same woven glass-fiber cloth used in NASA spacesuits). "They also had blankets, insulators, and Velcro attachment pads to help them settle in, not fall, and keep warm," according to Discover

TRAVEL IS JUST NOT ON LAND ... cont'd on page 47

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# Global Aging And Care

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

People worldwide are living longer. Today most people can expect to live in to their sixties and beyond. While the increased longevity and improved health at older ages seen in many parts of the world represent one of the crowning achievements of the 20th century, these trends also present significant challenges. With the aging population, there is the potential that the world will become a huge “nursing home” needed to care for many elderly patients. This will mean a change in many nations in employment practices, pension plan structuring, health care costs, and the economic impact of an aging population.

By 2050, 80% of older people, aged 60 years and older, will live in low-income and middle-income countries, and that the rate of increase in the older adult population will surpass that of high-income countries. Approximately two thirds of people living with dementia currently live in low-income and middle-income countries.

Older adults in all countries have experienced disproportionately poorer outcomes of COVID-19, dictated by both greater age-related vulnerability and insufficient resources allocated to geriatrics. In exposing the fragility of geriatric care, the pandemic has uncovered an alarming reality:

global health-care systems are underprepared for our aging population. Aging populations will place a large demand on health-care infrastructure, given the associated increase in age-related diseases and multimorbidity. There will also be an increased need for non-medical care: the number of older people who need support for activities of daily living in these countries is predicted to quadruple by 2050. To shoulder the burden, resources need to be funneled into long-term care infrastructure, relieving financial strain for patients and families and alleviating the burden on informal caregiving, often carried out by female family members.

To ensure healthcare systems have the ability to care for aging populations, specialized knowledge in geriatrics must be increased via educational strategies to encourage careers in gerontology, such as targeted curricula that improve understanding of the field, develop skills, and assuage common concerns of medical and nursing students. Such training must balance conveying a holistic approach that recognizing the multimorbidity of the older adult population, and thereby complexity complexity of older adult care, while

GLOBAL AGING AND CARE continued on pg 50

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clinics in the state, and people drive from all over Florida to use it. The audiology department is excellent, and service is top notch. I once gave a brief at the County Health and Human Services Department, experienced a severe headache, went to the VA clinic, and was treated like a dignitary.

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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. 

portfolio, higher rates exist that are still guaranteed. Your willingness to commit to a longer time frame may be quite rewarding. Ask yourself questions like these: "How often do I need my money?" or "Am I penalizing myself by tolerating these low returns?"

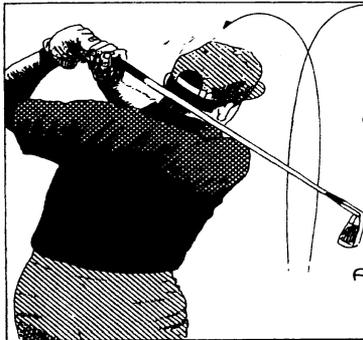
Our office helps young and old investors tailor conservative plans for your hard-earned savings. Many options exist, so give us a call and see what's cooking on the other side of the rate chart. We can help you earn higher rates without tying up all your liquid cash.

*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. *

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magazine. Much of it was left on the moon. The moon is now like a hotel, come up and sleep!

### Document Proclaiming “University of Michigan Club of the Moon”

Apollo 15 astronauts James Irwin, Alfred Worden, and David Scott all had a connection to the University of Michigan. To celebrate, they left a document proclaiming a “University of Michigan Club of the Moon,” an official branch of the alumni association, on the moon’s surface. As far as we know, it’s still up there. Can you believe, a frat party on the moon!



### Pizza

In 2001, Pizza Hut delivered a few slices of extra-salty salami pizza to the International Space Station. The lucky recipient of the delivery — which reportedly cost \$1 million — was Russian cosmonaut Yuri Usachov.

Strangest things sent to space Part 2 next month. (S)

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If you have a problem with a federal government agency or department, such as the Department of Veteran Affairs, Social Security, Medicare, IRS or the Passport Agency, etc., please feel free to contact my office.

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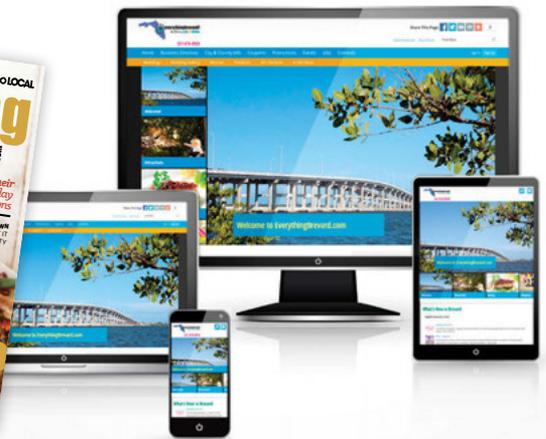
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# Various Rudbeckia Selections Take Summer's Heat In Stride

By Gary R. Bachman, *MSU Extension Service*

When oppressive heat and humidity drive gardeners indoors, there's one blooming beauty sure to bring us back outdoors: the Rudbeckia. These flowers, also commonly known as black-eyed Susans, make gorgeous cut flowers for indoor use. Rudbeckias produce an abundance of bright-yellow flowers, each with a dark, button-shaped cone in the center.

Plant all Rudbeckias in full sun for best flowering and color. They give peak performance in compost-amended and well-drained soils, but they tolerate poor, clay soils. Although these plants are known and grown for their drought tolerance, dry conditions limit flowering. For best landscape performance, keep consistent soil moisture for your Rudbeckias, and they will reward you with continued flowering. Rudbeckias are all considered lower maintenance plants, but they need deadheading, which is the removal of the fading flowers to keep the plants blooming all summer.

There are several species for gardeners to choose from. Rudbeckia, a Mississippi native wildflower, is a staple in naturalized areas and meadows. Black-eyed Susans are also reliable garden and landscape performers for the butterfly

garden. Some varieties are true annuals, others are true perennials, and the rest are somewhere in between. It really doesn't matter which you choose because all will put on a summer show in the landscape.

Rudbeckia Indian Summer, Cherokee Sunset and Prairie Sun all make great cut flowers with their large blooms and strong stems. Indian summer has flowers that reach a whopping 9 inches across with a delicious-looking, rich chocolate-brown center cone. The flowers are displayed atop stiff, upright stems, creating a breathtaking sight along perennial color borders.

Cherokee Sunset has a blend of warm autumnal colors in a mix of single and double flowers, especially when grown in full sun. The blooms of Rudbeckia Prairie Sun are very distinctive. These bicolor flowers have orange petals tipped in bright, primrose-yellow with light-green centers.

Another variety to look for is Denver Daisy, which has



*VARIOUS RUDBECKIA SELECTIONS... continued on next page*

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flower petals of pure, bright yellow with variable splotches of dark red at the base. An old standby that should not be overlooked is Rudbeckia Goldsturm. The multitudes of golden-orange flowers have dark-brown center cone. It has a clumping growth habit, making it a terrific choice for mass planting.

If you don't have these perennials growing in your landscape, you need to rethink your garden plan for next year. These plants actually shine in our summer heat, refusing to wilt like both people and many plants in the heat of summer. (S)

- Important documents, including medical documents, wills, passports and personal identification.
- A fire extinguisher.
- Stay up to date on your COVID-19 vaccines as this will minimize your chance of contracting (or spreading) the disease.
- If you use a generator, make sure you take measures to prevent carbon monoxide poisoning.

In addition to the above, the Red Cross advises that if you're asked to evacuate by local authorities, you should heed their advice and go to a safe place. To ensure you'll find safe shelter, it's important you plan in advance. Know about local shelters and/or other places you could seek refuge, and how you will get there. Please note that mobile/manufactured/trailer homes and recreational vehicles (RVs) cannot provide safe shelter from hurricane winds or tropical storms.

**Q. I have special needs. What are my options if there's a Category 4 or 5 hurricane and I need to go to a public shelter?**

**A.** Firstly, depending on where you live and where the storm is going to hit, you may be advised to evacuate and seek shelter for even a Category 1 hurricane – just something to keep in mind. But to answer your question, if you have special needs you should go to a local special-needs shelter. To ensure you get a space, complete the special-needs application ahead of time. You can find the application for Brevard County by visiting the Emergency Management section of the Brevard County Government website ([www.brevardfl.gov/EmergencyManagement](http://www.brevardfl.gov/EmergencyManagement)). For more information, call Brevard County Emergency Management office at (321) 637-6670. Please note that the Emergency Management Division of Brevard County has to approve and register all potential people for the shelter and this process takes time, so be sure to do fill out the form asap. Please note that transportation will be provided for those who may need it. And for those with pets, while the special-needs shelters don't allow them for health reasons, don't worry, an animal-safe shelter will be provided for your pet by Animal Services, who will pick your pooch up before you leave for your shelter. (S)

**VOTE** **Joanne**  
**AUGUST 23** **TERRY**

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are already suffering. I tried to bring that to Charley, my character, who will be evolving with her own back-story in the coming episodes.”

Geary’s own career back-story dates back to 1990 when she starred in the quirky CBS comedy-drama “Northern Exposure.” Her character, Shelly, appeared in all episodes over the show’s six-season run, the series remaining a cult favorite today.

“I just loved everything about that show and would have been happy to do more seasons for years,” she recalled. “There’s been talk of a reunion or new series for a long time, but nothing definite yet – I would love, love, love to do it!”

Meanwhile, despite the potentially gloomy theme, Geary is loving her new series.

“I know a show sending a message that death can be a positive experience sounds weird, but it can be an uplifting one,” she says. “Death is inevitable, but we don’t have to be afraid of it. Being part of the series has changed my perspective – if you have someone in a Hospice setting, at least you can prepare for what’s coming and have that time with them.”

*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). ©*

concurrently dismantling against notions of equating older age with decline in functioning. To provide students with ample exposure to older adult care, and thereby preventing misconceptions of older people and aging, geriatrics should be integrated into preclinical medical training. Capacity building must focus on upskilling not only medical students but also geriatric health-care professionals. It is also important to strengthening longevity medicine training that upskills physicians with expertise in Artificial Intelligence (AI) technology to promote precision medicine.

Moreover, to alleviate demands on physicians, unlicensed health-care workers can be trained as care team navigators to support older patients in navigating health-care systems. Such patient navigation systems are not only cost-effective approaches, which could in part offset limited resources in low-income and middle-income settings, but have the important benefits of ensuring timely and appropriate care, increasing health literacy, and ultimately enhancing older patients’ autonomy and engagement with their health needs. Finally, the multimorbidity and complexity of needs that characterized the older adult population require collaborative care models, particularly bridging health and social care: greater integration of health-care sectors increases consistency and quality of patient care.

Funding the care of older generations is not optional. It is an investment in the wellbeing and intrinsic capacity of older people as productive and valued members of society. ©

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# AUGUST 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](http://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](http://MyFloridaHistory.org/BrevardMuseum)

**Brevard Zoo**, Melbourne, 321-254-

WILD, BrevardZoo.org

**Carolyn Seiler & Friends Gallery**, Cocoa Village, 321-637-0444, [CarolynSeiler.com](http://CarolynSeiler.com)

**DrumLuv Dance Center**, Palm Bay, [DrumLuvDance.com](http://DrumLuvDance.com)

**Eau Gallery**, Eau Gallie Arts District, 321-253-5553, [EauGallery.com](http://EauGallery.com)

**Eau Gallie Arts District** Main Street, 321-622-4223, [EGADLife.com](http://EGADLife.com)

Field Manor, Merritt Island, 321-848-0365, [FieldManor.org](http://FieldManor.org)

**Fifth Avenue Art Gallery**, Eau Gallie Arts District, 321-259-8261, [FifthAvenueArtGallery.com](http://FifthAvenueArtGallery.com)

**Florida Historical Society**, Cocoa Village, 321-690-1971, [MyFloridaHistory.org](http://MyFloridaHistory.org)

**Florida Surf Museum**, inside Ron Jon's Watersports, Cocoa Beach, [FloridaSurfMuseum.org](http://FloridaSurfMuseum.org)

**Gleason Performing Arts Center**, Florida Institute of Technology, Melbourne, 321-674-8006, [FIT.edu/Gleason](http://FIT.edu/Gleason)

**Green Gables**, Melbourne, 321-794-8901, [GreenGables.org](http://GreenGables.org)

**Harry T. & Harriette V. Moore Cultural Complex**, Mims, 321-264-6595, [HarryHarrietteMoore.org](http://HarryHarrietteMoore.org)

**Museum of Dinosaurs and Ancient Cultures**, Cocoa Beach, 321-783-7300, [MuseumofDinosaurs.org](http://MuseumofDinosaurs.org)

**North Brevard Art League**, Titusville, [NorthBrevardArtLeague.com](http://NorthBrevardArtLeague.com)

**Pritchard House**, Titusville, 321-607-0203, [nbbd.com/godo/PritchardHouse](http://nbbd.com/godo/PritchardHouse)

**Rossetter House Museum & Gardens**, Eau Gallie Arts District, 321-254-9855, [RossetterHouseMuseum.org](http://RossetterHouseMuseum.org)

**Seaside Gallery & Gifts**, Indianalantic, 321-213-2427, [TrishStorey.com](http://TrishStorey.com)

**Simpkins Center**, Eastern Florida State College, Cocoa, [easternflorida.edu](http://easternflorida.edu), 321-433-5200

**Strawbridge Art League Gallery**, Le Galerie, Downtown Melbourne, 321-952-3070, [StrawbridgeArtLeague.org](http://StrawbridgeArtLeague.org)

**Studios of Cocoa Beach**, Downtown Cocoa Beach, 321-613-3480, [StudiosofCocoaBeach.org](http://StudiosofCocoaBeach.org)

**The Downtown Art Gallery**, Downtown Titusville, 321-268-0122, [TheDowntownGallery.net](http://TheDowntownGallery.net)

**Upside Gallery**, Downtown Melbourne, 321-414-5100, [upsidegallerymelbourne@gmail.com](mailto:upsidegallerymelbourne@gmail.com)

**Valiant Air Command Warbird Museum**, Space Coast Regional Airport, Titusville, 321-268-1941, [ValiantAirCommand.com](http://ValiantAirCommand.com)

## AUGUST EVENTS

**Aug 5: Grand Re-Opening Reception (new location), Studios of Cocoa Beach**, Downtown Cocoa Beach, [StudiosofCocoaBeach.org](http://StudiosofCocoaBeach.org), 321-613-3480

**Aug 5: Opening Reception: Textile Trends and A Fiber Show Exhibitions**, Fifth Avenue Art Gallery, Eau Gallie Arts District, [FifthAvenueArtGallery.com](http://FifthAvenueArtGallery.com), 321-259-8261,

**Aug 5: First Friday Reception: Douglas Gilbert Exhibit**, Eau Gallie, Eau Gallie Arts District, [EauGallery.com](http://EauGallery.com), 321-253-5553

**Aug 5-14: The Case of the Golden Goose**, Surfside Playhouse, [SurfsidePlayers.com](http://SurfsidePlayers.com), 321-783-3127

**Aug 5-28: The Spongebob Musical**, Titusville Playhouse, [TitusvillePlayhouse.com](http://TitusvillePlayhouse.com), 321-268-1125

**Aug 5 - Sept 11: Assassins**, Melbourne Civic Theatre, Downtown Mel-

bourne, [myMCT.org](http://myMCT.org), 321-723-6935

**Aug 6: Jake n' Sky Show Concert**, Space Coast Symphony Orchestra, Riverside Presbyterian Church, Cocoa Beach, [SpaceCoastSymphony.org](http://SpaceCoastSymphony.org), 855-252-7276

**Aug 9: Family Fun Night at Green Gables**, Melbourne, [GreenGables.org](http://GreenGables.org), 321-794-8901

**Aug 10 & 11: By Popular Request Concert, Melbourne Municipal Band**, Melbourne Auditorium, [MMBand.org](http://MMBand.org), 321-724-0555

**Aug 13: BSO Summer Evenings Series: Symphonic Strings**, Suntree United Methodist Church, [BrevardSymphony.org](http://BrevardSymphony.org), 321-345-5052

**Aug 13: Classic Albums Live: Dire Straights - Brothers in Arms**, King Center, Melbourne, [KingCenter.com](http://KingCenter.com), 321-242-2219

**Aug 14: Mike Telesmanick Quartet Jazz Concert**, Space Coast Jazz Society, Veterans Memorial Center, Merritt Island, [SpaceCoastJazzSociety.org](http://SpaceCoastJazzSociety.org)

**Aug 19: Friday Fest**, Downtown Cocoa Beach, [CocoaBeachMainStreet.org](http://CocoaBeachMainStreet.org), 321-693-3553

**Aug 20: Sound of Music in Concert**, Space Coast Symphony, Scott Center Auditorium at Holy Trinity, Suntree, [SpaceCoastSymphony.org](http://SpaceCoastSymphony.org), 855-252-7276

**Aug 21: James Taylor Experience in Concert**, Riverside Presbyterian Church, Cocoa Beach, [RiversidePres.org](http://RiversidePres.org), 386-320-6112

**Aug 26 - Sept 11: Disney's The Little Mermaid**, Henegar Center, Downtown Melbourne, 321-723-8698, [Henegar.org](http://Henegar.org)

**Aug 27: Blake Aaron**, King Center, Melbourne, [KingCenter.com](http://KingCenter.com), 321-242-2219

**Aug 28: Pipe Organ Concert: Dr. Samuel Backman**, Advent Lutheran church, Melbourne, [AdventBrevard.org](http://AdventBrevard.org), 321-259,8515

**Aug 28: Greater Palm Bay Senior Activity Center Craft Fair**, [gpbcs.org](http://gpbcs.org), 321-724-1338

## 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

**The Space Coast Weavers and Fiber Artists** will meet at 10 am, Saturday August 27 at the Merritt Island Public Library, 1195 N. Courtenay Parkway. The program is "Preparing to do a Fiber Demo." Members will also be showcasing the fiber works they have created using the grab bag of miscellaneous supplies they were given in June. Results are always amazing. Meetings are free and open to the public [Fiberworks.ann@gmail.com](mailto:Fiberworks.ann@gmail.com)

**Aug. 5 The Single, Separated, Widowed and Divorced (SSWD)** group will meet for lunch at Squid Lips Overwater Grill, 2200 S. Orlando Ave., Cocoa Beach on Friday, August 5 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/>

**Aug 01 - Brevard County Property Appraiser Q and A on Homestead and Veteran Exemptions** at VMC Library 0900-1400. Bring paperwork to process possible exemptions.

**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 12 Purple Heart Recipients then inducted into the MOPH VMC Plaza Monument Walkway. Invitation Only Please. Contact Donn Weaver, 757-871-6576.

**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](mailto:events@nvhs.org). VMC and MOAACC are setting up Veterans Tables. Please register for that table if interested and contact Donn Weaver 757-871-6576.

**Aug 13 - Special Back Brevard Heroes Fundraising Event** in Veterans Memorial Park 1600-2000 to help pay medical expenses for the family of a KSC Firefighter stricken with cancer with some bills not covered by insurance.

**Aug 14 - Special Jazz Society Concert** Gray Hall VMC 1400-1600.

**Aug 14 - Quilts of Valor Presentations** by Karmel Sowers Team to deserving veterans in the VMC Museum 1500-1630.

**Aug 27 - OASIS packing of "care boxes" for deployed overseas troops** 0830-1100 in VMC Gray Hall. Supporting will be 60 members of the Elevation Church Outreach Program who will also provide major landscaping support to the VMC grounds.

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

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

**Purly Girls**

Tuesdays 10am to 1pm

**Body Connect Yoga**

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

**Intro to Stamping and Card Making**

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

**Card Making with Donna Herring**

First Thursdays, 2-4pm

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

**Zumba Gold**

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

**Tech Help**

Fridays from 12-1pm

Bring your own device and get one-on-one tech help from your librarian.

**Book Club**

Friday, August 26 from 10:45 to 12:15pm Come join the Cape Canaveral Library Book Club! June's selection is "The Last Train to

Key West" by Chanel Cleeton. Copies are available for checkout at the Circulation Desk. Special voluntary activity for of this month's meeting - bring any Key Lime-flavored treat to share!

**Personal Finance Seminar:**

**Investing Basics**

Friday, August 5 from 11am to 12pm

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

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

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

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

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

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

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

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

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

**Computer Basics Class**

Tuesdays, 10:00-11:00AM or 11:00AM-12:00PM

**Hooks and Needles**

Tuesdays, 1:00PM - 2:00PM

**Line Dancing Class with "Dance Lady"**

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

**Gentle Yoga with Cindy**

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

**Coloring Club**

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

**Book Club**

First Thursday, 1:30PM

**Painting Class**

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

all supplies. Registration is required as space is limited.

**Cook the Book Club**

Third Thursday, 6:00 PM

**Palm Bay Library 1520 PORT MALABAR BLVD NE, PALM BAY 321-952-4519**

**Satellite Beach Library 751 JAMAICA BLVD, SATELLITE BEACH 321-779-4004**

**South Mainland Library 7921 RON BEATTY BLVD, SEBASTIAN 772-664-4066**

**Suntree-Vierra Public Library 902 JORDAN BLASS DR, MELBOURNE 321-255-4404**

**Sit-n-Stitch** 7/6 & 7/20 1-3pm An embroiderer, knitting, crochet group that meets first & third Wednesdays.

**TGIF Seaside Piecemakers** 7/8 & 7/22 9am-1pm A quilting group that meets second & fourth Fridays.

**TAPS** 7/9 11am-1pm Support group for those who have lost anyone in the military. Meets second Saturdays.

**Investor's Business Daily** 7/11 10:30am-1pm A group that meets to talk about stock market investments. Meets second Mondays.

**International Plastic Modelers** 7/12 6-7:45pm A group who meet to show and speak about plastic models. Meets second Tuesdays.

**ANA Coin Talk with Bob** 7/26 6-7:45pm Speak with Bob about old coins you have.

Meets fourth Tuesdays.

**Non Fiction book club** 8/23 3-5pm. I'll Be Gone in the Dark by Michelle MacNamera.

**Suntree Library book club** 8/24 10-11:30am. Three Woman by Lisa Taddeo.

**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**

# AUGUST SENIOR CALENDAR

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

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

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

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

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

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

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

**Monday:**

**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

## AUGUST 2022 ONE SENIOR PLACE EVENTS

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

**FREE Liver Scans, Monday August 1st and Wednesday the 17th, from 10 - 2pm.** ClinCloud is offering FREE Fibroscans the FIRST Monday (unless it's a holiday) and THIRD Wednesday of each month at One Senior Place. Please call 321-751-6771 to schedule your half hour appointment.

**FREE Memory Testing, Tuesdays August 2nd, and 16th, 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.

**Falls: Aging without Injuries, Ask the Doctor Lunch & Learn Series, Tuesday August 9th, 11:30 - 1pm.** Presented by Frederick Peterson, MD with VITAS Healthcare. Lunch provided by VITAS Healthcare for all registered attendees. RSVP required, call 321-751-6771.

**BINGO!, Tuesday August 9th, 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.

**Growing Old without Going Broke, Thursday July 11th, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. We will discuss how to pay for long term care (home health care, assisted living facility, or nursing home) privately, through VA assistance or Medicaid so that you can make intelligent, informed choices. One size does not fit all. RSVP to 321-751-6771.

**Movie Matinee with Rhodes Law, PA, Thursday August 11th, at 2pm.** Hosted by Rhodes Law, PA. Join us as we watch this classic "Peggy Sue Got Married", and enjoy movie treats! MUST RSVP to 321-751-6771.

**Senior Health Friday with Nurse Lisa, Friday August 12th, from 10 - 11am.** Join Nurse Lisa as she welcomes Marketing Liaison, Adrienne Cordero with Viera Health & Rehab, and Rockledge Health & Rehab. For more information, call 321-751-6771. RSVP required.

**Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Monday August 15th, from 11 - 1pm, REPEATS Thursday August 25th, 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. Seating limited MUST RSVP to 321-751-6771.

**Estate Planning Seminar, Tuesday August 16th, 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 August 16th, 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.

**Ask the Attorney, Wednesday August 17th, at 4pm.** We all have questions about the law, bring yours! Join Ruth C. Rhodes, Esq. for a free Educational Elder Justice Seminar. Light refreshments served. RSVP to 321-751-6771.

**Therapeutic Laser, Thursday August 18th, from 12 - 1pm.** Presented by Aquatic Health & Rehab. Presenting ways to decrease pain, help heal fractures, increase circulation, and treatment for peripheral, idiopathic and diabetic neuropathy. For more information and to RSVP, call 321-253-6324.

**Hearing Loss [= Brain Stress?], Lunch and Learn Seminar, Friday August 19th, from 11 - 1pm.** This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AUD from Widex. During this presentation, you will learn how living with hearing loss negatively affects our ability to think and what we can do about it. Boxed lunch provided, must RSVP to 321-751-6771.

**How to Bullet Proof Your Estate Plan from a Contest or Challenge, Tuesday August 23rd, 10 - 11:30am.** Presented by the Estate Planning & Elder Law Centers of Brevard. The goal of this seminar is to help you eliminate surprises, avoid mental anguish, and minimize expenses for your family. RSVP to 321-751-6771.

**Medicaid Planning Seminar, Thursday August 25th, at 10am.** Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

**Prostate Health Alternative to Surgery, Lunch & Learn Seminar, Monday August 29th, from 11 - 1pm.** When most men diagnosed with an enlarged prostate, they are typically given just one treatment option. Come to this informative seminar to learn the other options that may be available to you. Hosted by Vascular & Interventional Physicians, presented by Dr. Derek Mittleider, Interventional Rad. RSVP to 321-751-6771.

**Senior Expo: Making the Move to Independent Living, Tuesday August 30th, 10am - 12pm.** Presented by Barb Asinari with Oceans Realty. Thinking of selling your home and considering independent living communities? Come meet our independent communities

and learn what they have to offer. For more information, call 321-751-6771.

### SUPPORT GROUPS

**Loss, Grief & Bereavement Support Group, Thursdays August 11th, and 25th, from 10-12pm.**

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

**Parkinson's Discussion Group, Wednesday August 17th, 10 - 11am.** Come and share ideas, make new friends at the Parkinson's Discussion Group. Bring your questions and let us discuss our experiences and feelings as we deal with Parkinson's disease. RSVP to 321-751-6771.

**Alzheimer's & Dementia Support Group, Wednesday August 17th, from 2 - 3pm.** The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia. Sponsored by Market Street Memory Care, to RSVP call 321-751-6771.

### RECURRING EVENTS

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

**Ask the Realtor, Oceans Realty Florida, Every Monday from 9 - 12pm, and 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

## AUGUST SENIOR CALENDAR (continued)

Palm Bay Senior Center 1275 CULVER DRIVE NE, PALM BAY 321-724-1338 [gpbcs.org](http://gpbcs.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)** 12-3:30pm  
**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 !**

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**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**

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**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**

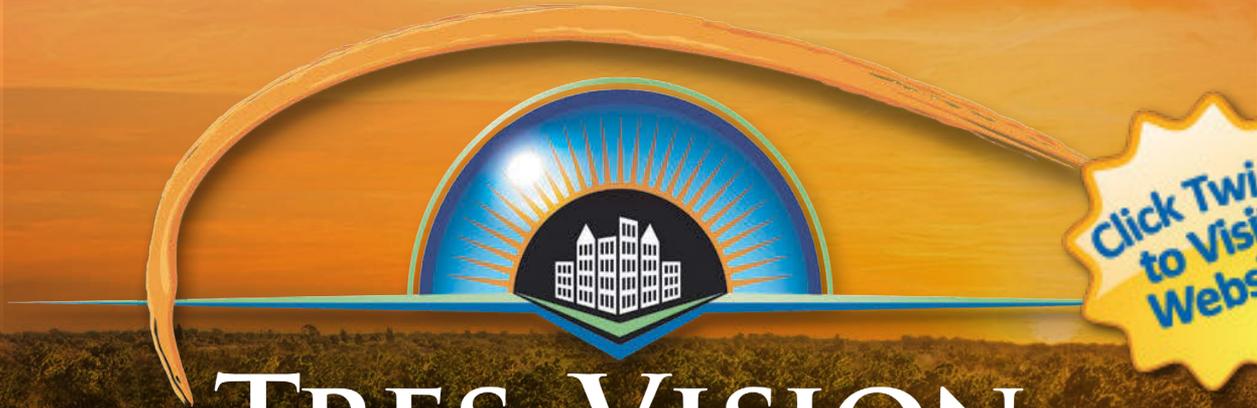
**"A TRIBUTE TO WOMEN OF THE 60'S"**  
**LULU | DUSTY SPRINGFIELD | PETULA CLARK**

**ENJOY A 7 DAY CRUISE THAT INCLUDES HEADLINE THEATER SHOWS / CABIN / FOOD / SPECIAL LOUNGE EVENTS / TAXES / GRATUITIES / PORT EXPENSES / TRAVEL INSR.**

**CALL: THE TRAVEL CENTER, SENIOR TRAVEL AT (818) 430-1480 OR (818) 618-1211**

**SEE MORE OF THE FUN ONLINE AT [WWW.DOOWOPCRUISE.COM](http://WWW.DOOWOPCRUISE.COM)**

DOO WOP MUSIC CRUISE IS PRODUCED BY JIM WHIRLOW JRW GROUP ENTERTAINMENT IN ASSOCIATION WITH CHRIS MORSE TRAVEL CENTER / ACTS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE



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