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September 2022



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Kent McCord**

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LIGHTS OUT! BLUE LIGHT AND THE EYE

By Maria Sonnenberg

Our love affair with technology can wreck our vision, not to mention our sleep, thanks to blue light.

One of several colors in the visible light spectrum, blue light is abundant in sunshine, and in your flat-screen television, computer, laptop, tablet and smartphone, as well as in compact fluorescent lightbulbs and LED lights. The body needs blue light, but in moderation, to boost both memory and alertness, enhance mood and improve attention span and reaction times, plus regulate circadian rhythm that allows for restful sleep. However, it can be too much of a good thing.

"The problem is that, with technology, we are being overexposed to blue light," said ophthalmologist Dr. Rafael Trespalacios of Tres Vision Group in Melbourne, Merritt Island and Suntree.

Although exposure from sources such as laptops and phones is small when compared to exposure from the sun, the close proximity of these screens and our dependence on them is cause for concern from the experts.

"Because all blue light reaches the retina, it can affect vision and prematurely age the eyes," added Dr. Trespalacios.

Too much exposure to blue light can cause eye fatigue, dry eyes, and difficulty focusing. Even worse, research suggests that extended exposure can damage retinal cells, leading to life-

changing disorders such as age-related macular degeneration, or AMD, the leading cause of irreversible blindness in older adults in developed countries, affecting more than 200 million individuals around the globe.

An additional issue with overexposure to blue light during the evening hours is that can negatively affect your sleep cycle, causing insomnia and daytime exhaustion. Before the advent of artificial lighting, people would live in relative darkness once the sun went down. Now, the world is illuminated well into the night. The blue light of artificial lighting can suppress secretion of melatonin, the hormone that regulates circadian rhythm. Research has pointed to insufficient sleep as a culprit in developing depression, diabetes and cardiovascular disorders.

To decrease the negative effects of blue light, Dr. Trespalacios recommends decreasing screen time and making time for frequent "eye rest" breaks. Screen filters, available for computer screens, tablets and phones, can decrease the amount of blue light given off by these devices. Yellow-tinted computer glasses can help by increasing contrast.

Anti-reflective lenses in reading glasses can also increase contrast; they also serve to block blue light from all sources.

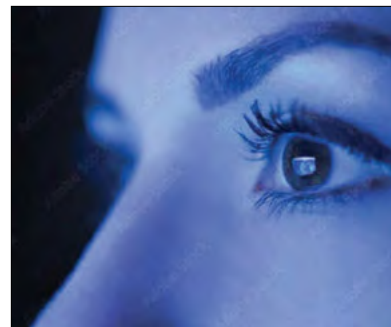
Cataract surgery can significantly protect eyes and retina from blue light and all ultraviolet light with blue-blocking intraocular lenses that replace the eye's own original but now cloudy lens.

Patients now have the option to choose blue-blocking intraocular lenses to replace the yellow, aged lenses during cataract surgery. These yellow-tinted lenses block both U V light and the blue-violet wavelengths, mimicking healthy crystalline lenses. Both animal and experimental studies have demonstrated the significant protective effect of these lenses, particularly with patients at higher risk of blue light overexposure.

In the past, exposure to blue light was primarily limited to daylight hours, when the sun was shining. However, the current technology and state-of-the-art lighting with which we live have increased our exposure to blue light, putting our eyes at risk around the clock. Returning to a world lit by candles is not an option, but we need not be as dependent on blue light.

"We cannot live in the dark, but we can minimize our exposure to blue light," said Dr. Trespalacios.

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



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Letter from the Publisher

September brings us Labor Day and the first day of autumn. Hard to believe that summer is “officially” over, we know better. But this does bring up an important item to remember, please watch out for school zones. Our future generation of seniors will thank us. And can the return of our snowbirds be far behind?

Have you had a chance to buy raffle tickets from our partner Helping Seniors of Brevard’s car raffle? The winner gets to select from several exciting NEW autos. Plus your purchase gets you into the American Muscle Car Museum for the winner drawing event. Sure to be fun. This nonprofit civic organization is key to assisting the seniors in need here in Brevard. You can learn more by going to www.helpingseniorsofbrevard.org.



We would like to invite you to view our website, www.seniorscenemag.com. You will find a comprehensive presentation of our current and past issues, along with featured articles. You can also see our latest news as published on our facebook page. It’s easy to navigate and user-friendly. Enjoy!

The fall months normally bring more Senior and Health Fairs and Expos. 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.

Take care and please be safe.

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Buena Vida Estates Turns 40 Years Old This Month! What An Accomplishment!!



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Always a Continuing Care Retirement Community, Buena Vida Estates has been welcoming families for 40 years! We offer our residents the peace of mind and security knowing that with our Type A Contract, they will never be asked to leave—regardless of medical or financial changes to come.

Buena Vida Estates has gone through two major renovations and expansions in the last 15 years. In 2009, we expanded with larger apartments in Phase II which gave Buena Vida 9 apartment floorplans to choose from. Also included in this expansion was the new Sullivan Center which houses our Assisted Living apartments, our Wellness Center, Medical Clinic and Therapy, Fitness Center, Chapel and Guest Suites.

This year, we built and opened our newest expansion, The Cottages at Buena Vida! This gated neighborhood combines an expansive clubhouse with pool, fitness room, card room, bar and meeting space and outdoor kitchen. Other amenities include pickle ball, bocce ball, and walking path that encircles the large pond.

The 24 cottages are equipped with metal roofs, impact windows, smart home technology as well as generators for the entire community should the power go out. These beautiful homes include high end appliances, large screened porch, extra sound-proofing in their two-bedroom, two bath, den, and two car garage floor plans.

Beautiful surroundings on our 21-acre property is important, but ask the residents what they love about their home and they will tell you it's the people! Buena Vida Estates is a

Nonprofit, stand alone community. With just under 300 residents, Buena Vida is small enough to offer quiet and serene, but big enough for our residents to find something to do at any time if they prefer. Currently, Buena Vida has eight 'legacy' families living in our community—they all had parents or family living at Buena Vida in the last 40 years.

Many of our residents find volunteering opportunities

BUENA VIDA ESTATES TURNS 40... continued on pg 47

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Hometown History - Where Is It?

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

Clues to the past are subtle in Brevard, but you can find them. Tides of people have lived here to be replaced by subsequent cultures, each leaving traces of the past.

Florida, "the land of opportunity", attracted people to explore and defend territories, to seek resources from free land, or even just to run away, to get lost.

The first settlers we know of in the Indian River Lagoon region, the native Ais, inhabited and defended land south of Cape Canaveral to St. Lucie. Without agriculture, these tall, well established people sustained themselves entirely on the bounty of the lagoon and Atlantic. In the Ais language the lagoon was called "Mother" the sustainer, defended heartily against all intruders.

While Spanish believed they owned Florida after 1513, the Ais most certainly did not agree. Spanish explorers and authorities found these people ferocious and defensive. Some Spanish soldiers and priests assigned along the lagoon were never seen agam.

With improved relationships with the Spanish, Ais visited the Capitol, St. Augustine. Friendly exchange brought the demise of the tribe via disease, alcohol and disintegration of tribal cohesion.

Spanish territory was turned over to the English in 1763. The last beleaguered Ais were moved to Cuba with the Spanish.

The signature of the Ais for us here today is their garbage dumps and burial mounds. Some remain, although many were used as roadbed material from 1890 into the 1920s. So you may be driving on them. Or you could see remains of one at Shell Pit Road and US1 in Grant.

What of the Spanish? Where is the evidence of three hundred years of Spanish holdings? A disputed landing site has been established at Melbourne Beach and there are place names we use based upon Spanish maps- Canaveral, Pineda, St. Lucie. But the lack of resources valuable to the Spanish and a plethora of wetlands and distance from St. Augustine attracted no settlement.

But there was GOLD! Spanish treasure fleets with gold and silver from South America and ceramics from the Far East gathered in Cuba. Sailing the Florida coasts wrecks along the shoreline reefs were not uncommon. The disaster of the Plat Fleet in 1715 scattered bounty along the beaches.

HOMETOWN HISTORY - WHERE IS IT? continued on pg 39

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**COVER STORY – BREVARD SYMPHONY ORCHESTRA IS BACK IN A BIG WAY
FOR THEIR 69TH SEASON**

Bright Lights, Big Music

By Virginia Anzengruber



There's nothing that compares to the thrill of a live performance. The energy that fills a space with the beautiful convergence of artist and audience is one that crackles with the knowledge that it can never be exactly replicated. The magic lives in the uniqueness of the moment. Navigating the last few years of the COVID-19 pandemic has made much of that magic come to a standstill. But Brevard County residents can celebrate the big and bold return of the Brevard Symphony Orchestra, a fan-favorite musical experience that's bringing the magic back to the Space Coast for another season of world-class concerts.

Returning for their 69th Season - "Bright Lights, Big Music" - the Brevard Symphony Orchestra is the only fully professional orchestra in Brevard County and home to many of Central Florida's finest classical musicians. Under the musical direction of lauded conductor Christopher Confessore, the upcoming season will feature six Signature Series concerts, all taking place at the BSO's resident theater, the King Center for the Performing Arts in Melbourne, on the Eastern Florida State College campus.

"The new season is full of some of my favorite pieces of music, and we're welcoming back some returning guest artists like violinist Julian Rhee, as well as introducing a few new artists like soprano Kyaunnee Richardson and cellist Mark Kosower, who will surely become new BSO favorites. We've also got an incredibly fun POPS concert this season that comedy fans will love, featuring music from classics like The Pink Panther, works by Stephen Sondheim, and even music from the Larry David-led HBO sitcom, Curb Your Enthusiasm. I can't wait to get this season started and be back with our wonderful audiences once again," says Mr. Confessore.

While all the Signature Series concerts have evening performances, the January, February, and March concerts will also have a matinee offering, perfect for those who are more interested in midday activities. Additionally, the Brevard Symphony Orchestra is once again performing its annual holiday concert, Sounds of the

Season, on November 26 at 2PM at the King Center – a performance of Christmastime classics that is perfect for the whole family.

"Our holiday concert is the perfect opportunity for families to get together and create a new tradition for themselves. It means so much to us when concertgoers tell us that we've become a part of their family's holiday season.

BRIGHT LIGHTS, BIG MUSIC continued on pg 22

ESTATE PLANNING BOOKLET



By Attorney

TRUMAN SCARBOROUGH

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BREVARD SYMPHONY ORCHESTRA'S 2022-2023 SEASON

Bright Lights Big Music



Christopher
Confessore,
BSO Music
Director



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When Is Probate The Better Way To Settle An Estate?

By Attorney Truman Scarborough

Probate is required when property is titled just in the decedent's name without any beneficiaries. A will by itself does not transfer property to the heirs. Probate is needed to access and finally distribute the assets to the heirs. Normally, we try to avoid probate because of the cost, time, and aggravation involved in the court process. Formal Probate takes six months or longer. Expenses include attorney fees at around 3% of the gross assets.

With a trust the probate court process can be avoided shortening the time and reducing expenses to settle an estate. The successor trustee of the trust has immediate control of assets and can settle the estate without court supervision. However, there can be risks with a trust if your choice for successor trustee does not have the time or ability to settle the estate or if his/her appointment would create conflicts. A financial institution could be named to serve as successor trustee. But if the estate is small, a financial institution may not be willing to serve or their fee could consume a large portion of the estate. One option is to have the Probate Court supervise the settling of the estate.

With Probate, the Court must be shown that everything

is proceeding in accordance with the Florida Probate Code. To understand why there are advantages in having the court involved in settling an estate, we need to look at the issue from both the beneficiaries' and the administrator's perspectives.

Why probate may be helpful from the beneficiaries' perspective: With a trust, except for annual accountings, the trustee is under few time restraints. On the other hand, the Probate Code sets forth a number of timelines for providing the beneficiaries information throughout the process. The Personal Representative (Executor) must provide beneficiaries with copies of the all the court pleadings which include an inventory and accounting. If an estate is not closed in one year, the Personal Representative must explain the reason why to the court. Since the probate court automatically enforces these requirements, no action is generally required by a beneficiary. If something is not right in probate, all a beneficiary has to do is file an objection with the court. But with a trust, if something is wrong or nothing is happening,

WHEN IS PROBATE THE BETTER WAY... cont'd on pg 46



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TINSELTOWN TALKS By Nick Thomas

Turning 80, Adam-12's Kent McCord Still On Duty For Fans

Not even a pandemic could slow down Kent McCord's desire to interact with admirers, even if only through virtual fan conventions.

"I've done several of these online over the last two years and always enjoy talking with fans," said McCord, who turns 80 in September, from his Los Angeles home.

Best known as one half of the crime-fighting police duo on "Adam-12," McCord's Hollywood career can be traced to college days in early 1961 when a fellow student invited him to participate in a friendly game of touch football. The two teams were captained by Ricky Nelson and Elvis Presley!

The informal match led to a friendship with Nelson that sparked McCord's five-decade-long film and television career including a recurring role in "The Adventures of Ozzie and Harriet" and most notably co-starring alongside



Martin Milner (1931-2015) in "Adam-12" (see www.kentmccord.com).

"I got a 5-year role playing Rick's fraternity brother in Ozzie and Harriet," noted McCord, who still recalls his only line – "Rick who?" – during a 1962 episode ('Rick, the Host'). It was his first on-screen speaking part.

The popular series was produced by patriarch Ozzie Nelson, who also wrote and directed many episodes. "Ozzie could have picked anyone for the role and I'm sure he chose me because I was Rick's friend," he said. "But those two little words I first spoke changed my life."

Initially, that included uncredited roles in five Elvis Presley movies, followed by more substantial parts in film and television, and eventually meeting "Dragnet" creator



ADAM-12'S KENT MCCORD STILL ON DUTY ... cont'd on pg 46

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Answer Nurse

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Fall Prevention Awareness Month

September is Fall Prevention Awareness month making it an ideal time to review your home and make sure it's fall-proof-safe. Your questions below include tips on how to ensure a safe home.

Q. Lately, I've been reading a lot about 'fall prevention,' but do I really need to be concerned? While I'm within an "at risk" age group for falling (Senior citizens), I am quite steady on my feet and frankly, don't feel "at risk" at all. What is the story?

A. According to the CDC, falls are the leading cause of injuries for Seniors, and they often result in fractures. Plus, falling when you're older can be more serious compared to when you're younger because an older person's bones are more brittle and will break easier.

Q. My dad lives alone. What are some things I can do to help prevent him from falling in the first place?

A. The number one thing you can do is create a safe living space. Begin by removing clutter from his home, particularly things strewn about on the floor that he can trip over, including

slippery rugs (or place a non-skid surface underneath the rug). Encourage your father to avoid wearing loose fitting clothing which can get caught on something or drag on the floor. And if he likes to wear socks, make sure he only wears the kind with grips on the bottom. Also install non-slip mats in his shower and bathtub to prevent falls on wet surfaces. In addition, make sure the house is adequately lit. Lastly, install guardrails throughout his home, including along stairs and in the bathtub/shower.

Q. Are older adults the only group that's at high-risk for falling?

A. Actually, children are also a high-risk group for falls. But parents can easily implement safeguards for their children to make the possibility of a fall occurring much less likely. These include:

- Installing guardrails on a child's bed (or baby crib).
- Place a non-slip bathmat for the bottom of the tub.

ANSWER NURSE continued on pg 49



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The Log4j Problem

By Bill Ford, *Data Doctors*

In what is considered one of the most widespread and dangerous vulnerabilities to be discovered in a very long time, the Log4j problem is going to be a threat that will likely linger for a long time.

The reason this discovery is considered a nightmare scenario is because of the ubiquity of the tool that is being

compromised and the difficulty in determining where it is being used.

Free Logging Tool

At the heart of the problem is a very popular open-source tool (Log4j) used to log activity - it can be easily compromised on millions of devices that connect to the Internet.

The tool can be instructed to allow what is known as 'Remote Code Execution', which can allow a remote user to take control of the device.

The good news is that it will be a pretty easy thing to fix but the bad news is that it's going to take a long time to determine where it's being used.

Anyone along the manufacturing process of any device or the development of any software program could have used the logging tool, so it's many needles in many haystacks.

The best analogy that I've heard is to think of it as a common nail used by millions of construction companies on millions of construction projects and the nail has been found to deteriorate to the point that it could fail.

This means every construction company has to figure out where they used this nail on every construction project they or any of their subcontractors has ever completed.

Active Attempts To Exploit Log4j

For cyber criminals, exploiting this tool's vulnerability is like shooting fish in a barrel because it's so widespread.

Security firm Cloudflare posted (<https://bit.ly/3pdV3Xr>) that it saw the first attempts to exploit the vulnerability just nine minutes after the problem was disclosed publicly.

To date, millions of hacking attempts have already been made and we can expect them to grow in popularity and sophistication.

Of particular concern is the ability to launch a ransomware attack without the need to trick a user into doing something that allows them in.

What You Need To Do

The majority of the work to fix the vulnerability has to be done by the manufacturers and developers of the exposed products, which then need to be distributed to all of their users.

If you're a small business, you or your IT resources should be checking the support website for your software programs and hardware devices for posted updates or alerts.

THE LOG4J PROBLEM cont'd on pg 49

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The Risk of Living Too Long

By Max Vala Vanis, CFP®

Do you remember growing up and wishing you would live to age 100? Maybe it was the passing of a grandparent or just the pure endless imagination of youth that instilled this dream. Unfortunately, as we age, this dream does not appear to be as attainable. Workers and senior citizens alike have to ask themselves; how can I afford to live this long? If my health prevails, will I eventually run out of money? These are important questions to ask yourself when planning for retirement. Sadly, not enough people do!

The risk of running out of money is called “superannuation”. Yes, you can check off your “Word of the Day” now! This is the primary risk for most retirees, and it is growing. For countless years, employers provided their workers with a pension plan in retirement. When retired, this savings program gave the ex-employee a steady stream of income for their entire life. In fact, usually spouses received all or part of the benefit at death. Sounds like a great deal, right? What happened? Why are corporate pensions so rare? The answer is (surprise!) the cost. Companies despise being tethered to their employees. They would rather deposit funds into a 401(k) or a 403(b) and turn a blind eye to the financial well-being of their former employees.

Unless you work for the government or one of the few companies that still utilize pension plans, the risk of superannuation rests upon your shoulders. According to the Society of Actuaries, there is a 50% chance that a 65-year-old couple where one will live to the age of 92. This is assuming both retirees are in average health. As a result, most people should plan to live into their 90’s. If you retire at 65 years old, living to the age of 92 would mean 27 years of retirement. Imagine planning that fifty years ago! Being retired results in a wide array of responsibilities most youth don’t anticipate. For example, health care expenses rise considerably, which includes medical, dental, & vision insurance. There is also an additional cost for a Medicare supplement plan. All this, plus household and miscellaneous expenses, will need to be funded through your 401(k), 403(b) or other sponsored plan. There is no guarantee that this money will supplement your entire life. However, with a pension plan, the guaranteed income could very well pay for your expenses all the way to your grave.

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THE RISK OF LIVING TOO LONG continued on pg 50



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By Kimberly Laporta,
*Social Security District Manager
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Affordable Housing

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

It is a beautiful day outside, but my non-walking body remains chained to a wheelchair. So, it's a good time to write about a topic we continue to kick down the road – affordable housing.

Little is written about disabled persons and affordable housing, so here is a short sidebar. Recently I received a call from a disabled lady in her 60's who has been a caring and productive member of our community. On January 1st she tried to renew the lease on her apartment, where she has lived and paid rent for the past 12 years. Instead of a new lease, she was given an eviction notice.

Having suspected something was afoot, she had already started looking. And, we are talking about a senior woman on Social Security looking for Section Eight housing. She was given a smaller rental with a tub, rather than the walk-in shower she needed due to her disability. Now let me tell you the rest of the story.

The lady had been living in Section Eight housing that cost her \$130 a month. The new place, smaller and with a tub, would cost \$330 a month. She DOES not complain, other than to berate a landlord who sold her home of 12 years, causing her rent to double in an apartment that does not have a walk-in shower.

Fast forward to already limited affordable housing. By that I mean housing that mid-income families need to rent – housing that used to be rented for \$1,200 a month and now costs \$1,600 or more. For many, this is not really affordable... especially for the disabled lady. She has no resources to meet increased costs and, if there is no longer any Section Eight housing, she could easily become homeless.

Can we solve this problem? Yes. The City of Palm Bay received \$12 million in American Rescue Plan (ARPA) funds, \$5 million of which was recently offered in a Request for Funding to for-profit and non-profit organizations assisting homeless persons and those needing affordable housing. At the same time, there is an empty building in Palm Bay, a structure that was first a hotel, then an assisted living facility, which might be converted to affordable housing for temporary renters facing homelessness.

Now, consider this scenario: the Director of Brevard's Housing and Human Services steps forward and says, "We will form a county coalition to convert this building in Palm Bay into affordable housing and build other affordable housing on County land. We will use the \$5 million from Palm Bay, monies from other Brevard cities if available, and the \$12 million left over from the County's \$125,000,000 in ARPA funds." Then our legislators could seek matching funds from the state's Sadowski Fund, which is earmarked for affordable housing (and received \$400 million in 2022).

Without such leadership, we will never build affordable housing. The money is there if used wisely. Earlier I mentioned \$12 million in County funds. That \$12 million, my fellow Brevardians, was spent for County pay raises.

We have long needed a plan to build affordable housing. We want people to come to Brevard, but will they come if they cannot afford to live here? And, we will always need a way to assist those about to become homeless. That structure in Palm Bay could have been a starting point.

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

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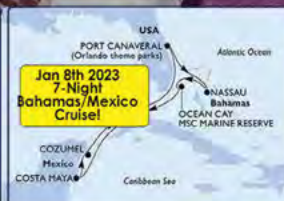
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Q. Should I Change My Plan During Medicare Open Enrollment?

A. This is a great question, and one that comes up every year. The Medicare Annual Enrollment Period lasts from October 15 until December 7. The changes you make during this period take effect on January 1 of the following year.

Why make a change at all? Your situation may have changed! According to Mike Kowalchuk, owner of Viera Insurance Professionals, Medicare Open Enrollment is an important time to review your current plan and see if other available plans might be a better fit. He is fond of saying, "When it comes Medicare, "one size definitely does not fit all."

Lots Of Choices

The dizzying array of Medicare choices can cause information overload for even the smartest seniors. You need to understand your coverage, the difference between Part A and Part B, (don't forget Part D - your prescription plan) and Medi-gap. If you have a Medicare Advantage Plan- that is Part C! See what I mean about the confusion?

Every year, Centers for Medicare & Medicaid Services (CMS) comes out with a new list of insurance plans approved for your Medi-gap, prescription plans and Part C. In Brevard County alone, there are 26 companies offering 10 different Medi-gap plans, 32 different plans for Medicare Part C and 28 plans for Medicare Part D. The policies are all structured through Medicare guidelines, but with differences.

Plan Shopping

You can do this on your own, starting with the CMS website. But brace yourself: it's no simple trick to understand the differences and cost. Are you a snowbird? Travel outside the country? If you choose a Part C network-based plan, make sure your doctor is included. Unique prescription

plans vary with your needs, medication types and of course, the cost. Medi-gap plans all have the same coverage- just not the same price.

And be careful about leaving your personal information with the websites you are visiting. This authorizes the agents of the companies to call you (and call you) to sell their product. This is how you can get the wrong coverage.

Or You Can Go Easy On Yourself

Starting in September, One Senior Place will host several Medicare Open Enrollment educational seminars, where you can pick up a free copy of the booklet, "Medicare with Confidence." You can sit down with an independent insurance expert, get your options and find your best price for every plan available in our area. For free. If you're chomping at the bit to do it now, just call me at 321-751-6771.

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

BRIGHT LIGHTS, BIG MUSIC continued from pg 11

We love being in Brevard County and are so proud that our community supports us so passionately," says BSO Executive Director David Schillhammer.

Even though so much has changed and shifted in the past few years, one comforting constant has been the incredible talent that the Brevard Symphony Orchestra showcases year after year, including their annual free 4th of July concert in partnership with the City of Cocoa, which was once again in full swing this past July. The upcoming season is sure to be no exception – bringing big music to Brevard County residents and visitors in a big way. Those interested in purchasing season subscriptions can do so now by calling the Brevard Symphony Orchestra directly at (321) 345-5052. Single concert tickets go on sale via the King Center's website on September 12, 2022. Learn more at BrevardSymphony.com. ©

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Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

September 2022



Helping You Get Your Ducks in a Row!



Let's Talk Medicare.

**Inside: 5 Tips for Getting
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President's Message

A Word from Joe Steckler,
Our President & Founder



I have written a lot lately about affordable housing and homeless people. We all seem to have different takes on the issue. After much research, I have come to the conclusion that it is a major problem that needs to be addressed now. The can has been kicked down the road long enough.

These two related problems—homelessness and affordable housing—require local government action to resolve. Our County Commissioners are elected to govern Brevard according to a duly enacted charter. And, they are given the staff needed to develop plans for implementing their guidance. In this case it is the Brevard Housing and Human Services Department.

I have watched the county double in size in the time I have lived here. The problem of affordable housing is not new, nor is the homeless problem. At the same time nothing has been done to develop a solution to either.

People come to Brevard and search for affordable housing. Other people who we call homeless are here in increasing numbers. Why? There are laws that would prevent much of the homeless issues if they were enforced.

Resolution of the affordable housing crisis is more difficult and will not happen overnight. It will require leadership, development of public housing, and a funding mechanism shared by local, federal, and private resources. Costs must be built into the county budget; this will require a tax increase or lowering of current services, most likely a little give and take of both.

I assure you however, that nothing will be fixed until we develop a county plan to address both the problem of homelessness and affordable housing, along with associated costs. Then a resolution dialogue can be started. If this is not done, then the can will continue to roll down the road, and it has rolled far enough!!!



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Helping Seniors Of Brevard



Let's Talk Medicare (& Your Stuffed Mailbox!)

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

As we start to move into Fall, we also start to move into Medicare Annual Enrollment Period - it's that time of year when your mailbox gets stuffed with colorful offers from Medicare plan providers who want to inform you of the plans available to you for 2023.

That's a great and exciting moment - and it sounds like some help could be on the way for some costs related to Prescription Drugs and more, BUT, for the average person, the information that we get can be very difficult to sort through to figure the best idea for each of our individual circumstances.

Our theme this year has been "Getting Your Ducks in a Row" - meaning taking the time to carefully consider and plan for your best life in Seniors years. A corollary to that is "Don't Try this on Your Own" - meaning why try to sift through mountains of information, often highly technical and detailed, when excellent expert advice and assistance is often so close at hand, and in the case of Medicare information, typically at no cost.

In this issue of Helping Senior News, we want to encourage you to review our "key" article - 5 Tips for Getting the Best Medicare for You. Carefully reviewing your personal situation can really help you plan ahead for 2023 - including avoiding spots like the "donut hole" and/or learning about extra assistance that might be available for you as well.

Let's get ahead of the Aging Curve! Read this issue carefully and then give us a call - (321) 473-7770 or email at info@helpingseniorsofbrevard.org. We are here to serve you!



Have You Thought About This?

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

Medicare Open Enrollment season is October 15th through December 7th. Understanding Medicare coverage and options can be overwhelming and confusing. Making informed choices when it comes to your Medicare coverage is of utmost importance to ensure you have the coverage you need, and to not only understand the benefits you are entitled to under your plan, but also to understand what is not covered that can lead to out of pocket expenses.

Making informed choices starts with educating yourself. There are four types of Medicare:

1. Medicare Part A (Hospital Insurance)
2. Medicare Part B (Medical Insurance)
3. Medicare Part C (Medicare Advantage Plan, or MA) which is issued by private insurance companies and combines the coverage of Part A and Part B, and often covers benefits Original Medicare does not, such as hearing, dental or vision services
4. Medicare Part D (Prescription Drug Plans)

Medicare Open Enrollment is your chance to choose Original Medicare or explore a Medicare Advantage Plan (MA).

There is far too much information for me to share with you in this short article but educate yourself now BEFORE you make your choice. For detailed information so that you can make an informed choice, go to www.Medicare.gov, or call me on the **Helping Seniors Information Line at 321-473-7770** and I can connect you to a trusted expert in our network who can educate you to help you choose the coverage that is right for you.



5 Tips for Getting the Best Medicare for You

Victoria L. Moore
The Integrity Group Insurance

Now that the grandchildren are settling back into school and fall days are approaching, it is the perfect time to start thinking about your current plan coverage and needs. The Medicare Annual Enrollment Period (AEP) runs October 1st– December 7th but what should you be thinking about now?

Annual coverage limits. If you currently have a Medicare Advantage plan, there is certain coverage, such as dental, in which you should schedule appointments now to utilize any remaining benefits you may have for the year. You can start a dental procedure at the end of the year and finish in the beginning of the next year when your benefit coverage is refreshed with your current plan or you are beginning a new plan. For eye glass benefits make sure to obtain your new glasses before the end of the year. If you don't have dental and vision benefits with your current coverage, there are plans that offer these options that you can consider during this time.

Special Enrollment Periods. Sometimes you may be eligible to enroll into a plan or switch coverage outside of the annual enrollment period. These special election periods can occur because you moved, have Medicaid or LIS, have a chronic condition such as diabetes, or want to enroll in a five star plan. If you have reason to make plan changes before January 1, 2023, then consult a trusted and licensed sales agent to find out if you qualify for this.

Annual Notice of Change. This month, September, you will get a letter from your current carrier spelling out the changes in your plan benefits from 2022 to 2023. The letters are usually very detailed and can be confusing. This is the time to reach out to a licensed sales agent that you trust to conduct an annual plan review or needs analysis to be sure your current plan is still your best option for the upcoming plan year. This is also highly recommended

if you have original Medicare and a prescription drug plan (Pdp). Drug plans, including cost, drug tiers, and formularies, can change every year, and so it is important to review to be sure you are on the most appropriate and cost efficient plan to meet your needs. I am currently scheduling plan reviews for October. Feel free to schedule with me at 321-272-0218 or your own trusted, licensed sales agent.

Employer Coverage. If you are receiving health plan coverage from an employer, or former employer, and you are eligible for Medicare, it is very important to understand your options and the impact of your decisions. Again, be sure to contact a trusted, licensed sales agent to review your benefit options, and always be sure to consult with your benefits administrator at your former or current place of employment. If you are working strictly to provide insurance coverage for a non-Medicare eligible spouse, know that there are non-Medicare health plan options for your spouse which would then allow you to enroll in a Medicare plan that could very likely reduce your family healthcare costs. Retirement could be closer than you realized!

Get Good Help. There are many resources to help Medicare beneficiaries select a health plan, and all of them should be without a fee or charge. However, many of the resources represent only one health plan or aren't specifically trained and appointed to present all of the health plans. Be sure that you choose a trusted, licensed insurance agent. It can be helpful to choose an agent in your demographic area that is more familiar with your provider network and that you know you can rely on for followup and assistance throughout the year, rather than a random person at a call center that you may never hear from again. Whether you are turning 65 soon or anticipating AEP, be prepared to be bombarded with mailers, TV ads and phone calls. If something sounds too good to be true, it most likely is, and if you're just not sure or totally confused on your options, then take a deep breath and as I've mentioned several times call a trusted, local sales agent. I am happy to assist! I can be reached at 321-272-0218.



Helping Seniors Of Brevard



Let's Talk Medical!

Marissa Mitchell

Happy summer neighbors! While summer may feel like it's endless, Fall is still on the way. With Fall comes the one of the most important times of the year for your medical planning: Annual Election time. Why is it so important? Because it is a crucial time to evaluate your Medicare Health and Prescription plan for 2023.

I meet so many neighbors that are frustrated and confused because insurance, especially Medicare, can be hard to understand. Deductible? MOOP (Maximum Out Of Pocket)? Prior Authorization? How and why are Referrals needed? All of these are included in your Summary of Benefits and can be hard to miss, until you must wait for care because of a "Prior Authorization" or pay higher for services because you have to meet a deductible.

Drug costs can change yearly as Prescription Formularies change, and what is covered now may not next year. Drugs are covered typically on 5 tiers from 1-5. Did you know that the same medication can vary on different carriers? They can!

Plan now to plan for your Annual Medicare Review. Update your drug list, list any upcoming procedures, and see what works and what doesn't. Prepare and schedule your review of benefits because after December 7th you are locked in for 2023.

I'm happy to answer any questions, at no cost. Call 321-361-1040.



How a Care Manager Can Help

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

As a Care Manager my priority is the respect, compassion, and dignity of a client. I am a type of navigational person. In this complicated world I am someone who can help with decisions. Not make the decision for you, but help by providing a road map that clearly indicates what a client feels they need.

Through a series of assessments I can research just how a client's home and life are functioning for them.

One is Daily Living. Are there areas in the home that could be supported for better safety and service? Is the kitchen set up for ease of cooking and cleaning up? De-cluttering not only makes a home safer, it lightens the load on the client's mind, and a healthier mind makes a better decision.

A Financial assessment reveals what a client's concerns are for their important records and documents. Are you able to keep track of your bills? Do you have a living will, power of attorney, and health care surrogate? Would you like to speak with an Elder Attorney?

A Physical Well-being assessment discloses information about mobility and social activities. Are you getting out as much as you would like to? What is your ability for getting out and about? And yes, how do your shoes fit?

These questions and much more will lead to our Plan of Care. A master road map that shows what services are wanted by the client, who is qualified to do the work, when it can be done, how much it will cost, and follow-up of the outcome.

For more information and a free Share and Care consultation, contact Karen at Emerald Care Management LLC at 321-622-8030.



To donate or for information and resources call us!
Helping Seniors is here to serve you, call us anytime at **321-473-7770** or visit us at

www.HelpingSeniorsofBrevard.org



Home Care and Medical Care

Jennifer Helin
Seniors Helping Seniors

Joe Steckler often talks about the continuum of care in home care. As a “homemaker companion” company, we are at the beginning of that continuum. Because of our licensing, we are prohibited from doing any medical care. So why write an article on medical? Our clients come to us when they start needing some help. We walk alongside our clients on their aging journey, and we see a huge difference in those that take good care of themselves medically and those that do not.

What we have learned from our clients: Taking medications accurately and on time is incredibly important. Missing medications can be disastrous, cause hospitalizations, early entry into nursing care, or worse. Following up with doctors is equally important. Many issues, when dealt with promptly, are kept as minor inconveniences. Left unchecked, even a minor issue can develop into a major problem. Our clients who have kept social, exercise, take their medications regularly, and schedule routine visits are much healthier and happier than those that do not.

This is one of the reasons we brought in the Electronic Caregiver to supplement our services. Most of our clients are still active, and we want to keep them that way. Yes, it is an emergency alert, but it can also be so much more. The Pro Health series is an easy-to-use health monitoring system that can include several devices: Pulse Oximeter, Glucometer, Non-Contact Thermometer, Blood Pressure Monitor, and Weight Scale. The information from these devices is transferred via Bluetooth to the doctor’s office, care manager, or family caregiver. Trends can be spotted, and medications adjusted, proactively. It helps people stay out of the hospital and at home, where they want to be. Call us today: 321-722-2999



National Fall Awareness Day

Ginger Snead, DPT, GCS
Fyzical Therapy & Balance Centers

The National Council on Aging started National Fall Awareness Day on the first day of fall in 2008 to bring attention to fall-related injuries among seniors. This year’s observance is on September 22nd.

More than 25 percent of older people fall each year, sending 3 million seniors to the ER annually and resulting in 800,000+ hospitalizations. Falling occurs when your balance is disrupted through your sensory and/or motor systems. The brain processes input from several types of senses to maintain balance:

- Vision helps orient you to your environment
- Joint position sense tells your brain where your body is in space
- Your inner ear senses motion, equilibrium, and the position of the head, to coordinate different muscles that help maintain balance

Most of the time your brain can correct conflicting information from your sensory systems to keep you on your feet. But occasionally, you may get off-balance and fall due to a sensory conflict or muscle weakness leading to a dysfunction in balance.

Exercise that improves muscle strength and balance works to help keep the body’s systems functioning in harmony. Benefits include avoiding injuries associated with falls or dizziness, increased confidence with footing and movement, and reduced pain from poor posture or walking.

FYZICAL Therapy and Balance Center - Melbourne Beach and FYZICAL Therapy and Balance Center - Indialantic are “Fighting Falls this Fall”. Fall prevention is the cornerstone of our mission; “Balance” is part of our name after all! Our goal is to help our neighbors prevent falls from poor balance, stumbles, slips, tumbles or trips, which will reduce the likelihood of serious, and even life-threatening injuries. Call 321-372-3090



Following Doctor's Orders for your Diet

Jillian Zebris
Chefs for Seniors

Deciding what to eat for dinner is already a task. When we are told by our doctor to eat a certain way, that task becomes even more challenging.

At Chefs For Seniors, we take the hassle out of mealtime and help navigate through the confusion of a special diet. Our menus can be customized to fit the doctor's orders. The types of diets on our menu include Low Sodium, Gluten-free, Vegetarian, Vegan, Dairy-Free, Low-Carb, Diabetic Friendly and Low Cholesterol.

We also implement a revolutionary nutrition plan called the MIND diet, which can have an impact on Alzheimer's prevention for seniors. The name MIND diet surprisingly isn't in reference to the diet's supposed ability to improve cognitive functioning. Rather, it stands for Mediterranean-DASH Intervention for Neurodegenerative Delay.

The MIND diet meal plan is essentially a combination of two popular diets, the Mediterranean and DASH, with an emphasis on brain foods shown to improve cognitive functioning.

Our services start with a free consultation to discuss your food likes and dislikes and any dietary concerns. Afterwards, we build your customized meal plan and schedule your chef visit. For your visit, you can sit back and relax while your personal chef does the rest! Call 321-210-6953

Thank you to Jillian for providing barbecue for Automotive August at Boniface Hiers - it was a delicious treat to enjoy while greeting folks at A.J. Hiers' Mazda, Kia, Chevy, and Dodge! Be sure to get your car raffle tickets at www.helpingseniorscaraffle.com!



The 12 Principles of our Practice

Lee Sheldon, DMD
Sheldon and Furtado, PLLC

How do we define our practice? We adhere to the following twelve principles:

The Principles of Our Practice

1. You will be fully informed of the work that we are doing and the reasons for that work.
2. You should expect a logical sequence of treatment for your entire mouth, with infections always given the first priority.
3. You should expect that we are thinking about your entire dentition when we make decisions.
4. You should expect that if we can do a treatment plan in phases, rather than do the whole thing at one time, we shall if you desire.
5. You should expect treatment plan alternatives with the risks and/or rewards as well as the finances clearly spelled out.
6. You should expect no pressure exerted by us in our presentation to you, just the facts as we see them.
7. You should expect that we are fully competent to do the work that we are doing and, if not, that we will refer to a specialist who is.
8. You should expect that the teeth that we are choosing to treat are healthy or can be made healthy as a result of treatment.
9. Where we have doubts, we will tell you.
10. If you don't need treatment, we won't recommend treatment.
11. You will receive a full range of anesthesia options.
12. You should expect to be treated kindly and fairly.

Call 802-2810



Helping Seniors Of Brevard



Helping Seniors of Brevard

NEWSLETTER SURVEY

Helping Seniors was recently awarded a grant by the Space Coast Health Foundation (SCHF) to support our educational outreach. We are most grateful to the SCHF for their generosity! In keeping with their guidelines, we ask you to take part in this quick survey to evaluate our efforts. You may mail your responses to Helping Seniors at P.O. Box 372936, Satellite Beach, FL 32937, or email to us at info@helpingseniorsofbrevard.org. Thank you.

1. Has *Helping Seniors News* provided you with useful information about healthcare?

Yes ☐ No ☐ N/A ☐

2. Which topic(s) were most helpful to you?

August issue:

(available at www.helpingseniorsofbrevard.org)

- ☐ Medical Aging Plan
- ☐ Polypharmacy
- ☐ Your Healthcare Team
- ☐ Benefits of Assisted Living
- ☐ Home Care
- ☐ Nutrition After a Hospital Stay
- ☐ Care Management Services
- ☐ Medical Prevention Tips
- ☐ Fear and the Dental Office

September issue:

- ☐ Medicare Open Enrollment
- ☐ Medicare Tips
- ☐ Medicare Annual Review
- ☐ Care Manager
- ☐ Home Care and Medical Care
- ☐ Fall Awareness
- ☐ Special Medical Diets

3. What healthcare topic would you like to learn more about? _____

Konnect @ Kia!

4pm-7pm - Wednesday - September 21st

Hibiscus Court and Helping Seniors of Brevard
Cordially Invite You to Wine Down Wednesday
VIP Business Professional Networking & Fundraiser Mixer



If you are doing business in Brevard County, you are invited to join us for the **Konnect @ Kia** VIP Business Professional Networking & Fundraiser Mixer that takes place 4pm-7pm Wednesday September 21st at Boniface Hiers Kia, 3890 W New Haven Ave, Melbourne.

Accessing the event is free and it is all part of the effort to fundraise for Helping Seniors of Brevard via the 6th Annual Helping Seniors Car Raffle. Call Helping Seniors at (321) 473-7770 to RSVP for this event or get more information at HelpingSeniorsofBrevard.org.



You're Invited to
Konnect at Kia!





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Call Helping Seniors today to get signed up!

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Mom & Me

by Audrey & Kimberley

Dear Mom and Me,

Our two sons-in-law are very disappointed in us as grandparents. We do not conform to what they think grandparents should be like. They would like us to be like their grandparents were, Dressed in black like Whistler's Mother, cookie makers, enjoying our rocking chair, old people at sixty-five.

Instead we are healthy vibrant love to travel and not too often available to baby sit.

We think we are the products of improved health care and our own healthy life style. We are having a blast in our retirement and our health is so much better than theirs, it seems to overwhelm all of them. What do you think of this difference of opinion?

– Young Oldies

Dear Young Oldies

Times have changed - but your sons-in-law do not seem to know it. They do not realize how lucky they are to have in-laws like you.

According to Harvard researchers people who are physically active, socializing, involved in their community,

volunteering, enjoying a weekly card game are all happier and live longer.

You probably in addition look ten years younger than your friends who do not live this kind of life style. People who enjoy jokes and laugh a lot also enjoy life more.

You are setting a fine example for all of your family and maybe one day they will wake up and start to live the new modern active life style.

Go enjoy a joke on the way to the bridge game.

– AUDREY

Dear Young Oldies,

I think it is great that you are active and enjoying life. If the boomer generation are self centered because we are in involved with a lot of activities, you also seem to me to be very spoiled and self indulgent. You have forgotten that despite your age there are family responsibilities. Maybe not to baby sit, but to allocate some time from your busy life style to devote to your children and grandchildren - they are your legacy.

– KIMBERLEY

UPCOMING DAYTRIPS

Men are from Mars, Women are from Venus LIVE! - October 22nd - \$117 - this live comedy show will keep you laughing for 90 minutes! Topics from dating to marriage to the bedroom! Sign up by September 15th.

The Nutcracker - December 11th - \$175 - a not to be missed holiday tradition for the entire family. Sign up by October 15th.

Mt Dora Craft Fair - October 22nd - \$62 - enjoy the day with over 400 crafters and artist. Sign up by October 1st.

St Augustine Night of Lights - December 14th - \$99 - enjoy a day of shopping in St Augustine then a horse and carriage ride through the Night of Lights. Sign up by November 1st.

Hamilton, an American Musical - October 27th - \$232 - includes orchestra terrace seating and lunch. Sign up by October 1st.

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SENIOR NEWS LINE

By Matilda Charles

Managing Stress

An informal poll of senior friends makes one thing clear: We are anxious and stressed, and no, it isn't getting any better.

Turn on the news and there's another tragedy. Buy groceries and there is serious concern that you might not get to the end of the month before running out of money. And, of course, there's the pandemic, which, despite the boosters, just isn't going away.

There are, however, small ways to combat the anxiety and stress we feel.

Writing in a daily journal can help focus our thoughts. What, exactly, is it that's making us anxious today? A few lines that target the problem can shrink it and keep the source from being so large and overwhelming. But then finish with a few gratitude lines. What are we thankful for today and what has gone right? It might be something as small as a friend telling a truly funny joke.

Adopting a pet can be a lifesaver, in more ways than one. Many people are giving to shelters the pets they adopted two years ago, pets that now need new homes. Consider the benefits of both cats and dogs. A cat stays inside and might even make you laugh. Dogs need to be walked, but a senior dog might not need long walks.

Explore a new hobby, ideally one that is soothing and engages your mind.

Change your routine in small ways. Yes, you can have pancakes for dinner. Yes, you can sign up for the online music appreciation class at the college.

And don't forget the basics. Get some kind of exercise each day, even if it's just lifting hand weights. Look for yoga videos on the internet that are aimed at seniors. Monitor your diet. Limit caffeine, aim toward increasing fruits and vegetables and drink the right amount of water.

Just take it one day at a time. ©

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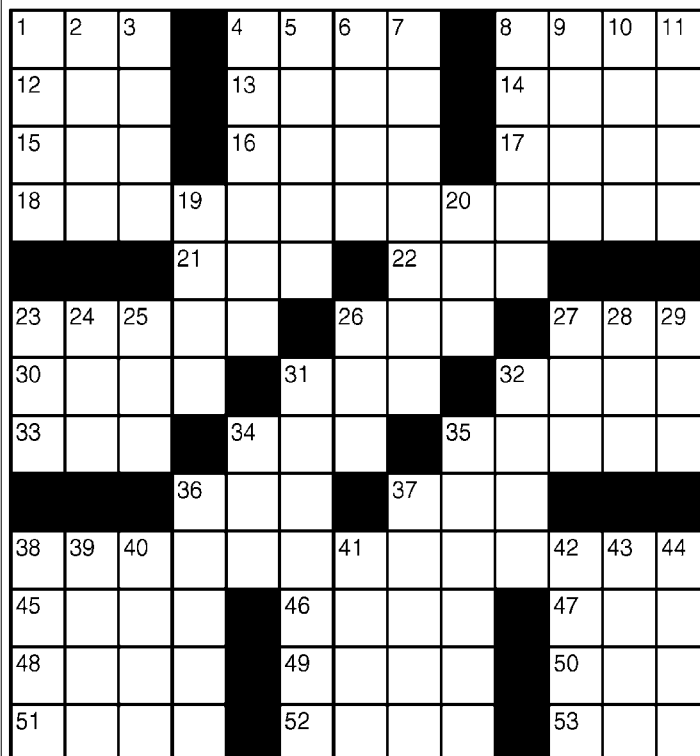
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PAW'S CORNER

By Sam Mazzotta

Summer Heat Can Be Deadly to Pets

DEAR PAW'S CORNER: Yesterday, our beloved corgi mix, Shemp, was laid to rest. I feel so guilty. He passed from heatstroke after being out in the backyard for just one hour. I never realized that just the heat outdoors could be deadly to dogs. I always was conscientious about dangerous situations; I never once left Shemp in a hot car or walked him on hot sidewalks. Yet a few minutes of inattention, and my Shemp was suddenly in great distress. I rushed him to the veterinarian, but he just didn't make it. Please warn your readers to keep their dogs inside on hot days and to monitor them closely for signs of heat stress.

— *Devastated in Houston*

DEAR DEVASTATED: I am so sorry for the loss of your beloved Shemp. Thank you for warning other readers of the dangers of summer heat.

Being outdoors during the extreme temperatures that we've experienced this summer, often passing 100 degrees in many states, is dangerous for dogs and other pets. Here are a few ways to keep them safe from heat injury.

■ Walk dogs before sunrise and after sunset. Under a hot sun, sidewalks can quickly burn a dog's paws, and heat and humidity can take a toll on their health.

■ Do not leave pets outside unsupervised. Even if they're just in the backyard, you might not notice their distress until it's too late.

■ Provide a shelter from the sun. A shelter with open sides and a solid top allows airflow and protects from the sun when your dog is outside.

■ Make water available all day, everywhere. Carry water on walks, keep their indoor bowl full and provide a water bowl outside.

Send your questions, comments or tips to ask@pawscorner.com. (S)
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He Ain't Heavy, He's My Brother

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

God asks, very early in the Bible, where is your brother? When Cain retorts, not trembles or blames or confesses but retorts, he retorts with, "Am I my brother's keeper?" The answer, not explicitly stated but nevertheless completely clear, is, "Yes."

The New Testament adds to Genesis 3 – "For this is the message you heard from the beginning (Genesis is the beginning): We should love one another. 12 Do not be

like Cain, who belonged to the evil one and murdered his brother. And why did he murder him? Because his own actions were evil and his brother's were righteous. (I John 3:11)

The simplest point now is, "Don't be like Cain." Or, put in the positive, "Love and take care of your brother." If somehow there is strife between brothers so they are enemies. Guess what? Jesus said, "Love your enemies." Love your

brother, love your sister, love other human beings in the human family, even ones you have differences with, and love means care for and protect. Reference the Jesus-parable called The Good Samaritan for further commentary on the matter.

So love your white, yellow, brown, red brothers. Your Democratic and Republican brothers. Your Islamic and Buddhist brothers. The female in the human family, the male in the human family, the gay in the human family, the wealthy in the human family, the poor in the human family, even the selfish and the malevolent and the bent in the human family. We're not parsing who's right or wrong but rather what is the bottom-line ethic for how human beings, and most certainly for Christians, are to treat each other. We're not discussing how love works in each situation. But we are saying that our wills are to be set to working on behalf of the welfare and best interests of the other. ☺

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
Thu	09/01	Durable Power of Attorney	How Medical Office Team Helps	Life Enrichment
Fri	09/02	Reverse - Now is the Time?	Elder Law Services	What Assisted Living Can Do
Mon	09/05	Total Long Term Care Consultants	Helping Seniors Travel Club	Put Kids on Bank Account?
Tue	09/06	The Talk About Assisted Living	Things to Know About Elder Law	Too Many Teeth Extracted?
Wed	09/07	Checking Out Zon Beachside	3 Reasons for Reverse Mortgage	Great Employment for Seniors
Thu	09/08	How Public Adjuster Helps	All About Home Health Care	Chefs for Seniors
Fri	09/09	Living Beyond Your Current Home	Five Idea for Your Financial List	Get Your ducks
Mon	09/12	How to Cruise Successfully	Two Assisted Living Questions	Senior Mental Health
Tue	09/13	Trusts	Golden Providers	Housing Foundation of America
Wed	09/14	Comprehensive Dental Exam	The Parts of Medicare	Probate - What it is
Thu	09/15	Technology and Home Care	What Assisted Living Can Do	How Reverse Mortgages Work
Fri	09/16	Real Estate Transactions	Helping Seniors 12 Years Later	Medicare - Questions & Answers
Mon	09/19	Get Your Ducks in a Row - Part 1	Senior Real Estate	What an Elder Law Attorney Does
Tue	09/20	Get Your Ducks in a Row - Part 2	Chefs for Seniors	When Assisted Living?
Wed	09/21	Dirty "D" Word - Dementia	Your Legal Documents Checklist	How Assisted Living Benefits
Thu	09/22	Power of Attorney/Super Powers	Cosmetic Dentistry	Total Long Term Care Consultants
Fri	09/23	3 Reasons for Reverse Mortgage	Finding Good Help at Home	Helping Seniors Travel Club
Mon	09/26	Staying Home Safely	Senior Information Magazine	How Public Adjuster Helps
Tue	09/27	New to Florida? Elder Law Items	Senior Travel: Safe & Fun	Assisted Living Right For You?
Wed	09/28	What Assisted Living Can Do	Reverse - Now is the Time?	In Home Care Giving
Thu	09/29	Assisted Living & Memory Care	Real Estate Transactions	Top 3 Public Benefit Questions
Fri	09/30	Medicare - Questions & Answers	Guardianship	Periodontal Disease



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	09/07	Focus on Elder Law	Elder Law Attorney Bill Johnson
Wed	09/14	Focus on Your Smile	Dr. Lee N. Sheldon
Wed	09/21	Focus on Your Real Estate	Barbara McIntyre
Wed	09/28	Focus on Help at Home	Jennifer Helin

Jambalaya Sausage Kebabs

This bayou blast offers up smoky, savory flavor -- stacked with kielbasa, veggies and Cajun-spiced rice. Precooked sausage helps you get the meal on the table in about 30 minutes.

- 8 (12-inch) wooden or metal skewers
- 2 small zucchini, cut diagonally into 3/4-inch-thick slices
- 1 red pepper, cut into 1 1/4-inch pieces
- 1/2 small Vidalia onion, cut into 4 intact wedges
- 1 tablespoon olive oil
- 1 teaspoon olive oil
- 2 teaspoons Cajun seasoning
- 1 package (16 ounces) fully cooked kielbasa or other smoked sausage, cut into 1-inch diagonal chunks
- 1 large stalk celery, chopped
- 1 package (8.8 ounces) white rice, fully cooked
- 1 medium tomato, chopped
- 2 tablespoons water

1. Prepare outdoor grill for covered direct grilling over medium heat. (Soak wooden skewers in water 15 minutes.)
2. In large bowl, toss zucchini, pepper, onion, 1 tablespoon oil and 1 teaspoon Cajun seasoning. Alternately thread vegetables

and kielbasa onto skewers.

3. Place skewers on hot grill rack. Cover grill and cook 10 to 12 minutes or until kielbasa browns and vegetables are tender-crisp, turning skewers occasionally. Remove skewers to platter; keep warm.

4. In nonstick 10-inch skillet, heat remaining 1 teaspoon oil over medium heat. Add celery and remaining 1 teaspoon Cajun seasoning. Cook, covered, 5 minutes or until celery softens, stirring occasionally. Stir in rice, tomato and water. Cover and cook 3 minutes or until rice is hot. Serve rice with kebabs.

* Each serving without rice: About 320 calories, 18g protein, 9g carbohydrate, 26g total fat (8g saturated), 2g fiber, 76mg cholesterol, 1,160mg sodium.

* Each serving rice: About 85 calories, 2g protein, 17g carbohydrate, 1g total fat (0g saturated), 1g fiber, 0mg cholesterol, 150mg sodium.



Sunshine Trifle

A light, no-bake dessert, this citrus-infused (from thrifty orange juice concentrate) trifle recipe is a perfect treat after a heavy dinner or whenever your sweet tooth kicks in.



- 1 1/2 cups prepared vanilla pudding
- 1/3 cup thawed orange juice concentrate
- 1/2 cup heavy cream
- 1 teaspoon sugar
- 1 (3/4-ounce) frozen pound cake

1. In a bowl, combine vanilla pudding and thawed concentrate. In another bowl, whip heavy cream and sugar until soft peaks form.
2. Cut half of frozen pound cake into 1/2-inch cubes. In four 8-ounce parfait glasses, layer cake, pudding and cream; repeat. Chill 2 hours. Serves 4.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.
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HOMETOWN HISTORY - WHERE IS IT? continued from pg 10

Spanish salvers recovered treasure as quickly as possible before Caribbean pirates could invade.

Even today after a hurricane or northeaster you may still find gold doubloons or silver pieces of eight along our Atlantic beaches. The McLarty Museum, south of Sebastian Inlet, is the site of the Spanish salvers camp and houses fake gold. The real stuff was stolen by modern American pirates in 1976. They made off with \$750,000 worth of gold, silver and jewelry once on display.

At the end of the French and Indian War, Spain ceded Florida to England. Groups of English investors established sugar, banana and indigo plantations and mapped their colony in English. The Spanish "Great Lagoon of the Ais" became the Indian River thus describing the place as a fresh water stream rather than the shallow, brackish estuary. That name continued until the 1990s when the U.S. Bureau of Geographic Names changed it to Indian River Lagoon.

More change came with the American Revolution. English Florida decided not to join the rebellious thirteen

colonies to the north in the betrayal of their king. The English, called Tories by the Americans, rushed to safe haven in St. Augustine, leaving the thirteen to war. Once the Americans won the war, the peace treaty gave Florida back to Spain. Hard pressed to maintain military authority and a loyal population, the Governor granted far reaching land grants to those who declared Spanish citizenship and the Catholic faith.

There were several grants north of the lagoon i.e. the Delespine near Titusville, and one in South Brevard, the Fleming Grant. Hence you may be familiar with Fleming Grant Road in Micco. From the time Spain ceded Florida to the United States in 1821, lawsuits over the ownership at Fleming Grant laws persisted until the 1950s.

From the millennia of Native American existence here, to three hundred years of Spanish culture and twenty critical years as England, what will be our two hundred year legacy? Perhaps that from this place mankind set off to explore the universe. §

MORE THAN A GENERATION: Never Forgetting 9/11/2001

Forty 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, chs, exercise stations along the existing 5K trails and much more.

There are virtually no high school students, nor even many college students who went straight to college who were alive when terrorists struck the World Trade Center, the Pentagon and tried to hit the Capitol on September 9, 2001. The attacks changed America and ended up costing not only nearly 3000 lives that day, but also over 13,000 since then who have died from toxic exposure or in the fight against the Al Queda network and other terrorists that followed weeks later and continues to this day.

In Brevard County there will be several Patriot Day, 9/11 Remembrance Ceremonies, but none bigger than the one at the Veterans Memorial Center on Sunday, September 11, 2022 starting at 4 pm. We hope many in Brevard will attend, especially parents with their children and grandparents with theirs.

Remembering that day is important not only to honor the sacrifice, but also to teach Americans of all ages about the price of freedom and balancing that freedom against the risks that open, democratic societies face. There will be special exhibits, wreath laying and talks by some who were there during the

attacks and who served afterwards as well as Sheriff Wayne Ivey. Drinks will be available for the outdoor ceremony along with special music and solemn pageantry. Bring lawn chairs. Golf Carts will help shuttle those needing such assistance.

Active duty and retired Police, Fire, Military and Veteran units and members will be there with a moving ceremony planned. The Program is the result of partnerships with active and retired First Responders and with active duty military and veterans. Club 1013 (Code on the radio for "Officer Needs Assistance") of retired NYPD and NYFD; the Veterans Memorial Center; and the Good Deeds Foundation of the Cape Canaveral Chapter of the Military Officers Association of America are again teaming up to make it happen.

Contact the VMC on 321-453-1776 for any questions. Please See the Poster and spread the word. ☺

Weekly SUDOKU

by Linda Thistle

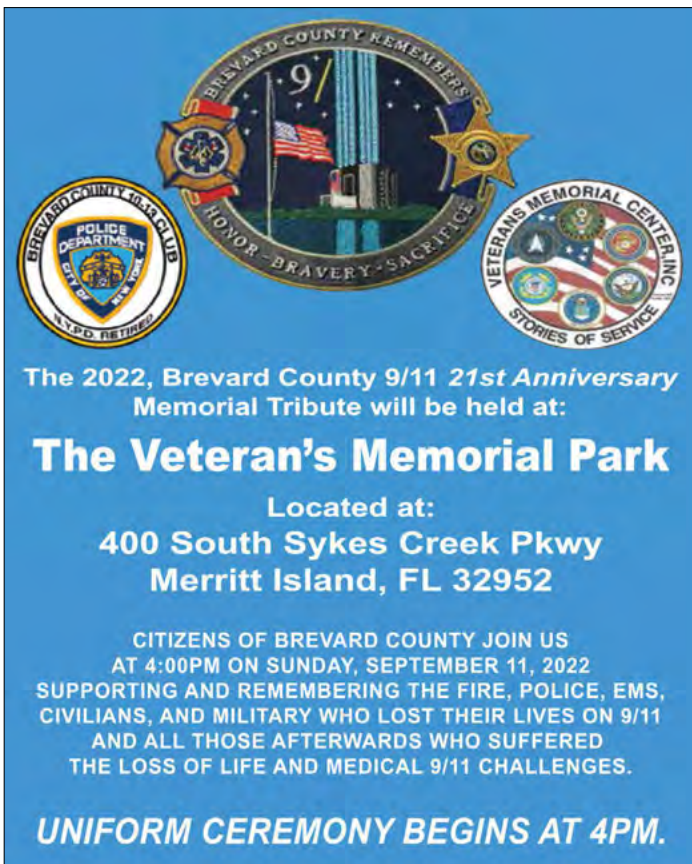
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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The 2022, Brevard County 9/11 21st Anniversary Memorial Tribute will be held at:

The Veteran's Memorial Park

Located at:
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UNIFORM CEREMONY BEGINS AT 4PM.

\$240 Million Worth of Fraud

The owner of several construction companies has been nailed for fraud. His crime: Defrauding the Service-Disabled Veteran-Owned Small Businesses (SDVOSB) program for the purpose of grabbing up government contracts that he wasn't eligible for.

The scam went on from 2004 to 2017 and netted the thieves \$240 million in contracts over the years.

Unfortunately, one of the scammers was a veteran. He was talked into pretending that he, a service-disabled veteran, was the majority owner (at least 51%) of the company for the purposes of qualifying for the contracts.

The head criminal in this venture is going to have a good long time to think about it. Depending on how the sentencing turns out, he could be looking at 20 years for each of six counts of wire fraud, not to mention the \$250,000 fine for each one.

One of the co-crooks pleaded guilty to his part in the long-running theft. He's since lost his money to bankruptcy and his wife to divorce.

The disabled veteran also has himself in a world of hurt.

He lied about the company as well as everything else, even signing the documents stating that he was the majority owner. At least he manned up when they were caught and pleaded guilty, not bothering with a trial.

One thing that stands out for all three of the criminals: TITLE: None of them was lacking in skills or talent. One of them, for example, was a local shining star in developing low-cost housing out of defunct properties and was seemingly well regarded.

If you know of similar fraud that's happening, taking money away from legitimate small business veterans in the Service-Disabled Veteran-Owned Small Business (SDVOSB) and/or Veteran-Owned Small Business (VOSB) programs, you can report it by calling the Veterans Affairs Office of Inspector General at 800-488-8244. For more information on reporting fraud, go online to www.va.gov/oig/hotline/default.asp. Click on the FAQ page to learn what types of complaints the OIG doesn't normally handle. You'll find a long directory of resources there. ®

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King Crossword Answers

Solution time: 21 mins

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SUDOKU Answers

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15 of the Strangest Things Sent to Space (Part 2)

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 testinon from our friends at Travel Genius.

A Wad of 100 \$2 Bills

The crew of Apollo 15 brought two wads of cash onto the moon with the intention of selling them as souvenirs back on Earth. Unfortunately, they forgot one pack of bills. No we will have Moon Collectors like our treasure hunters here on earth!

Gene Roddenberry

The creator of the original Star Trek series, Roddenberry was the first person to make space his permanent resting place.

In 1992, some of his ashes were launched into orbit aboard the space shuttle Columbia. More of his ashes went to space aboard a private spacecraft in 1997. Gene really loved space, it was his last frontier!!

Wrist Mirrors

Apollo astronauts had a tough time leaning over. This made reading the frame counter on their cameras difficult, since it was fixed to the front of the spacesuit. The wrist mirror, however, helped the Apollo 16 and 17 astronauts read how much film they had left. (The mirrors were also useful for shining lights into dark areas.) When they lifted off, they left some of these mirrors on the moon. You might see their reflections on a clear night?

A Family Photograph

The youngest man to walk on the moon, Charles Duke, left a picture of him with his wife and two children on the lunar surface. On the back is written: "This is the family of astronaut Charlie Duke from planet Earth who landed on the moon on April 20, 1972."

Used Wet Wipes

The used wet wipes discarded on the lunar surface were rather useless when it came to their original purpose. Moon dust is surprisingly static. According to the Soil Science Society of America, "Cleaning the resulting charged particles with wet wipes only makes [the dust] cling harder to camera lenses and helmet visors."

Golf Balls

When Alan Shepard visited the moon with Apollo 14, he used a modified sample device to wack some golf balls. Shepard joked that his second shot traveled "miles and miles." (More like a couple yards.) While the balls are still sitting in the lunar sand traps, the "club" now rests at the USGA Museum in New Jersey. Look for Tiger Woods to hit a few balls on the moon!

Laser Range Reflector

Nearly every item left on the moon is junk, discarded to lighten a return trip's load from all of the explorers. One exception: The Laser Range Retroreflectors on the moon's surface. These devices (special mirrors that reflect light in a particular way) are still used to measure the



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Monkeypox and Us

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

Monkeypox is a rare disease caused by infection with monkeypox virus. Monkeypox was first discovered in 1958 when two outbreaks of pox-like disease occurred in colonies of monkeys kept for research. The first human case of monkeypox was recorded in 1970. Since then, monkeypox has been reported in people in several central and western African countries, but it has appeared in other countries before. Usually this has been isolated cases or outbreaks closely connected to travel to Africa or the international pet trade (as it happened in U.S. in April 2003, with 47 people confirmed monkeypox virus in six states).

Rarely seen outside Africa before the spring 2022, the monkeypox virus, a less deadly cousin of smallpox, was confirmed in early May 2022, beginning a cluster of cases found in the United Kingdom. Since then worldwide there have been more than 30,000 cases (August 10, 2022) in 81 countries (not including Africa), with maximum cases of nearly 22,000 in combined five countries – United States (\pm 9,000), Spain (\pm 4,900), UK (\pm 2,900), Germany (\pm 2,900), and France (\pm 2,400).

Monkeypox is a part of the same family of viruses as

smallpox; however, smallpox virus had been eradicated to human worldwide in 1980. Symptoms of monkeypox can include fever, headache, muscle aches, swollen lymph nodes, chills, exhausted, a rash that look like pimples or blisters in all places in the body, including mouth, genitals and anus. The illness typically lasts 2-4 weeks. Unusually, most cases so far have been concentrated in a specific community – those who identify as gay, bisexual, or other men who have sex with men (MSM). It doesn't fully understand the reasons of this, and further research is needed to understand why this community is particularly affected.

Unlike the coronavirus that causes Covid-19, monkeypox is not thought to be infectious during a person's incubation period, meaning people are not thought to spread the disease if they don't have symptoms. It also requires close contact to spread. Combined, these factors are likely to limit how widely the disease is transmitted. However, it can infect different animal species. There is a worry that monkeypox could become endemic in new parts of the world if there comes poor surveillance, if it manages to become established

MONKEYPOX AND US continued on pg 50

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the beneficiary will have to initiate a separate legal action. The services of an attorney would be needed to file the lawsuit which could be expensive.

Why probate may be helpful from the administrator's perspective: A trustee is liable for damages resulting from a failure to fulfill his/her duties. To be released from further responsibility and liability a trustee needs to bring the administration of the trust to a conclusion and obtain releases from the beneficiaries. If a beneficiary refuses to cooperate, it can delay settling the trust and distribution to other beneficiaries. The trustee can send a notice to beneficiaries stating that if they wish to object, they must file a lawsuit within six months. In contrast, closure is simple and direct with probate. Beneficiaries are given



30 days to object to the Petition for Discharge and proposed distribution. If no objections are filed, the court enters an Order closing of the estate and releasing the Personal Representative from further liability.

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. §

Jack Webb who brought McCord in to play Officer Jim Reed in several episodes of the revival series "Dragnet 1967" and subsequently "Adam-12."

"The charm of 'Adam-12' was its simplicity," said McCord. "Just two cops in a black-and-white patrolling the streets of Los Angeles. The moral of the stories was simply – crime doesn't pay."

McCord recalls meeting Milner, some 10 years his senior and already a seasoned actor, in the Universal parking lot as the pair waited for a ride to shoot the pilot on location.

"Marty was yawning and told me how he couldn't sleep the night before beginning a new show," recalled McCord. "I'd had a restless evening too, so hearing that from a veteran actor was very reassuring. From that moment on our relationship was cemented."

While his "Adam-12" role brought recognition from audiences around the world, he and Milner also inspired young viewers as well as police organizations that used episodes as training videos.

"To this day I get police officers telling me they became cops because of 'Adam-12,'" said McCord. "Others remember how kids approached them differently before and after the show aired. Its positive impact meant a lot to Marty and me."

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. §

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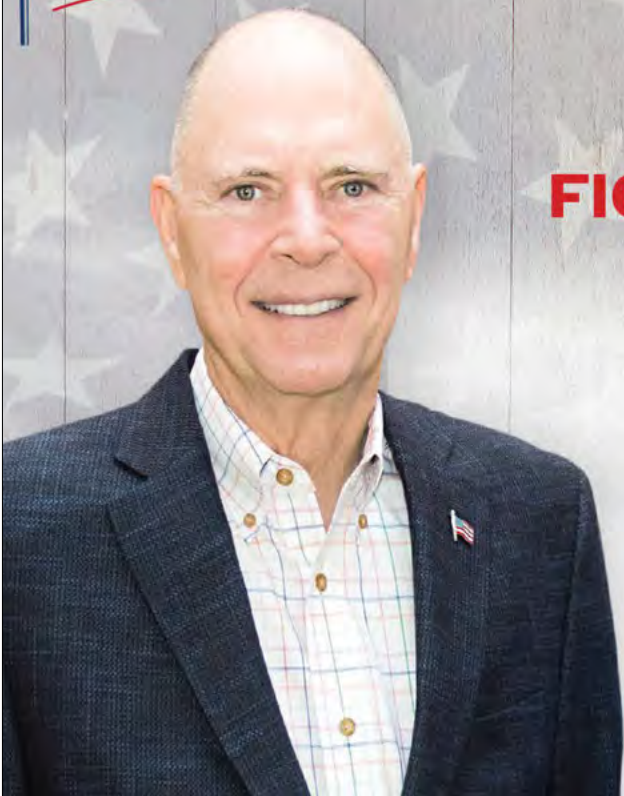
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BUENA VIDA ESTATES TURNS 40 continued from pg 9

right in our community. From directors on our BV Residents Board and BV Foundation, to a few hours working in the Country Store, the Library, or simply volunteering to drive a friend, there are a multitude of ways to help and give back in our neighborhood!

Because Buena Vida Estates is a nonprofit and the only one, our residents benefit because their money stays in this community. Our Board of Directors, Management team and our Executive Director work to maintain the excellence of services Buena Vida is known for. Our residents will never hear that we “can’t do something” because there is another location that needs money!! Our décor, our expansions and upgrades show this well.

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Buena Vida Foundation, another not for profit here at Buena Vida Estates, supports our residents, scholarships for our staff and their families, and gives back to support the needs right here in Brevard County. Since 2000, our Foundation has been supported

by our residents and their families and has continued to help Buena Vida Estates thrive.

We are proud of our 40 Years and can't wait to see what the next 40 look like.

For more information, call 321-360-4814. ☎

Summer Pentas Also Can Thrive In The Fall

By Gary R. Bachman, *MSU Extension Service*

As the time nears for summer to turn to fall and temperatures drop, I get excited thinking about the changes this will bring to the landscape. Depending on where you garden, September, October and November can be filled with some of the brightest colors of the year.

I like to watch warm-season, flowering annuals that have been struggling a bit from a long, hot summer season get what I call their second wind and start to produce really pretty flowers again. Pentas are a good examples. While they have good tolerance for our summer heat and humidity, they are absolutely among the best fall color annuals. These plants are known not only for the pretty flower colors, but also for being pollinator magnets.

In the fall, as the weather is changing, an environmental signal tells the pollinators that it's time to get ready for winter. I love seeing all the different species of butterflies and bumblebees vying for position on the broad penta flowerheads. You can even see hummingbirds harvesting nectar while they get ready to migrate south.

The name penta comes from the Latin word for "five," since each small flower has five petals. The other name

commonly used for these plants is

Egyptian Starflowers. Each penta plant frequently has up to 20 clusters of flowers at any given time.

Pentas need to be planted in an area that gets full sun, typically at least 6 hours a day. They can be planted in raised landscape beds, and I think they look great massed in a big container on the porch or patio. Either way, good drainage is important, as pentas don't like wet feet. Pentas also like a consistent level of fertilization.

I use a controlled-release product at planting and then a water-soluble fertilizer every two to three weeks through the flowering season to keep the blooms coming. Be sure to deadhead the spent flower clusters, as this will promote more flowering through the season.

Pentas are usually planted in late spring or early summer, but this past week, I saw some at the local garden centers that were still looking good. I wouldn't hesitate to plant some pentas this fall. Then sit back and watch the butterflies, bumblebees and hummingbirds that will be drawn to your garden and landscape. ☺



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- Place a non-skid surface under all throw rugs.
- Install window safety locks.
- Anchor furniture, including large flat-screen TVs. That may sound odd, but according to the U.S. Product Safety Commission, these kinds of accidents happen approximately every 43 minutes!
- When your child's outside, opt for a playground with impact-absorbing surfaces under equipment.

Q. Is it true that falling can lead to brain injuries?

A. It's absolutely true that falls can, and often do, cause brain injuries. In fact, falls are the number one cause of brain injuries according to the Brain Injury Association of America.

Q. My dad lives alone but does have a caregiver who stops in a few hours every day and who has already 'fall-proofed' his house, including no clutter, no slippery rugs and guardrails installed. But I want to be sure I've covered all my bases; is there anything else my dad's caregiver should be doing to help prevent him from falling (I live in another state)?

A. It sounds like you've done a great job helping ensure a safe house for your dad, but to make certain it's super safe, you can focus on your dad himself. Meaning, ensure that his health is optimal, because people who are in better physical health tend to fall less. Conversely, people who have high (health) risk factors are at greater risk for falling. The good news is that most health risk factors can be modified to help prevent falls. So, make sure your dad gets a physical (at least once a year) and that it includes (but not limited to) the following:

- Check his balance.
- Go over the medications he's taking as some medicines can affect balance.
- Check his vision.
- Check for vitamin D deficiency (commonly overlooked), as vitamin D helps with balance.
- Check for foot pain (or footwear), as painful feet can be clumsy.

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

THE LOG4J PROBLEM cont'd from pg 16

In some cases, there may be some temporary mitigation steps that can be taken until a patch has been developed.

If you are using really old technology that no longer gets updates, you may need to consider replacing it altogether or make sure it's no longer connected to the Internet.

Don't Ignore Update Notices

Large businesses are a more attractive target at the moment,

but as time goes on, we're likely going to see attempts to exploit the average user.

Make sure to install security updates when they are made available on any and all of your computers, smartphones, tablets, software programs and 'smart home' devices to plug the holes that could allow you to be exploited. §

TRAVEL IS JUST NOT ON LAND... continued from pg 44

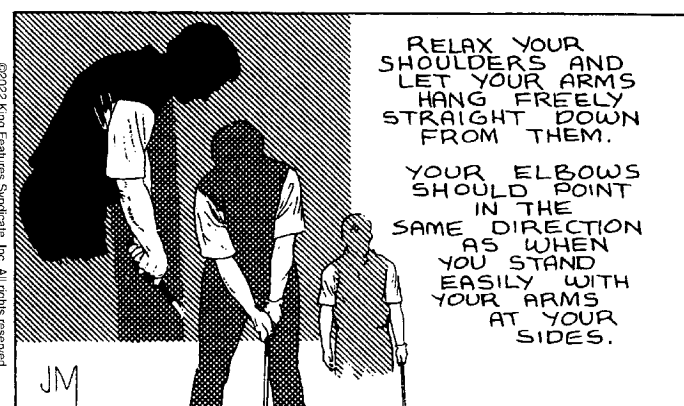
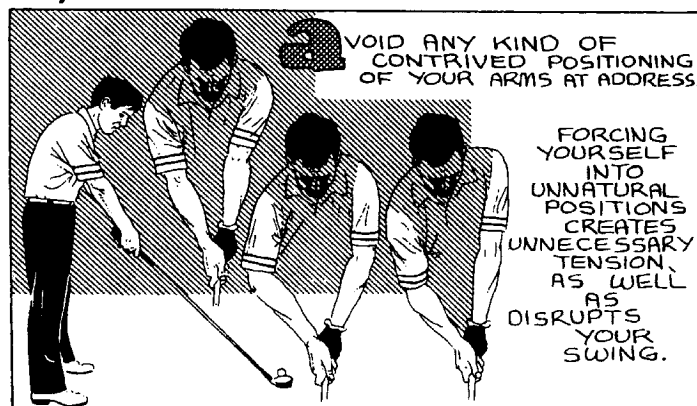
distance between Earth and the moon to an accuracy of three centimeters. The data has even helped test Einstein's theory of relativity.

Tesla Roadster

In February 2018, SpaceX launched a Tesla Roadster

and a mannequin wearing the company's namesake spacesuit into orbit. The launch was, ostensibly, a demonstration of the Falcon Rocket. But it was also a publicity stunt, with the car playing David Bowie's "Life on Mars" on loop. The car is still in orbit going around Mars and space. I guess they are testing the ability of Tesla to travel without a driver! §

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MONKEYPOX AND US continued from pg 45

in animal populations. So, while it's unlikely that monkeypox will become the next pandemic, if it were to enter new animal populations there is a small but real risk that we could see further outbreaks outside of its historically endemic range.

Already the scientists have key tools to control the disease – effective vaccines and treatments. There were primarily developed to control smallpox, not monkeypox, so research to understand how well these work against monkeypox is a priority in the current outbreak. Although data is limited, it's thought the smallpox vaccine provides 85% protection against monkeypox. Many governments have historically maintained stockpiles of smallpox vaccine for emergency use, which are now being assessed to combat the spread of monkeypox. The USA, EU, UK and others have also requested additional purchases of vaccines.

Vaccines prevent infection, but we also need drugs or treatments for people who are sick with monkeypox. Because the disease is so rare, it's difficult to test drugs in the real world. However, a drug called tecovirimat or 'TPOXX'

has been shown to be safe and effective in animal studies at treating disease. This is now being used on a limited level in those who get sick, which allows us to further understand how effective it is for treating people.

The expanded use of TPOXX and a smallpox vaccine in preventing monkeypox is an important opportunity to collect data on the effectiveness of these tools. As more cases of monkeypox are reported in new areas globally, disease surveillance, contact tracing and preventing will be controlling this outbreak and others in the future!

On July 23, 2022, The World Health Organization and the United Nations had declared monkeypox a global emergence. Although the current strain of the virus appears to be mild, monkeypox can cause severe disease and, rarely death. Monkeypox is not new. It has been causing illness (and death) in large numbers for decades. Now is a key moment. The United Nations warrant the strongest medical, scientific, and political global efforts. §

THE RISK OF LIVING TOO LONG continued from pg 17

Vanis Financial can help you create a pension of your own. If you are interested in creating your own guaranteed income in retirement, give us a call. We offer a no-cost, secret, and pain free consultation that may uncover solutions you can use. Let's make that wish come true!

Max Vala Vanis 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. §

SEPTEMBER COMMUNITY CALENDAR

Provided courtesy of Brevard Cultural Alliance. For the latest event updates, visit the BCA website at www.ArtsBrevard.org.

FESTIVALS | SOCIAL DANCING | CLASSES | EVENTS

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

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

ONGOING EVENTS

American Police Hall of Fame, Titusville, 321-264-0911, APHF.org

American Space Museum & Walk of Fame, Titusville, 321-264-0434, SpaceWalkoffame.org

Art Consignment & Gallery, Melbourne, 321-610-7374, dowgialloclaire.wixsite.com/artconsignment

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

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

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

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

DrumLuv Dance Center, Palm Bay, DrumLuv.com

vDance.com

Eau Gallery, Eau Gallie Arts District, 321-253-5553, EauGallery.com

Eau Gallie Arts District Main Street, 321-622-4223, EGADLife.com

Field Manor, Merritt Island, 321-848-0365, FieldManor.org

Fifth Avenue Art Gallery, Eau Gallie Arts District, 321-259-8261, FifthAvenueArtGallery.com

Florida Historical Society, Cocoa Village, 321-690-1971, MyFloridaHistory.org

Florida Surf Museum, inside Ron Jon's Watersports, Cocoa Beach, FloridaSurfMuseum.org

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

Green Gables, Melbourne, 321-794-8901, GreenGables.org

Harry T. & Harriette V. Moore Cultural Complex, Mims, 321-264-6595, HarryHarrietteMoore.org

Museum of Dinosaurs and Ancient Cultures, Cocoa Beach, 321-783-7300, MuseumofDinosaurs.org

North Brevard Art League, Titusville, NorthBrevardArtLeague.com

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

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

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

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

Strawbridge Art League Gallery, Le Galerie, Downtown Melbourne, 321-952-3070, StrawbridgeArtLeague.org

Studios of Cocoa Beach, Downtown Cocoa Beach, 321-613-3480, StudiosofCocoaBeach.org

The Downtown Art Gallery, Downtown Titusville, 321-268-0122, TheDowntownGallery.net

Upside Gallery, Downtown Melbourne, 321-414-5100, upsidegallerymelbourne@gmail.com

Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, 321-268-1941, ValiantAirCommand.com

SEPTEMBER EVENTS

Thru Sept 11: Assassins, Melbourne Civic Theatre, Downtown Melbourne, myMCT.org, 321-723-6935

Sept 2: Opening Reception: Face to Face: Exhibition by Eliza Pineau Casler and Local Color by Emily Neel, Fifth Avenue Art Gallery, Eau Gallie Arts District, FifthAvenueArtGallery.com, 321-259-8261

Sept 2: First Friday Reception: Life On Our Lagoon Exhibit, Eau Gallie, Eau Gallie Arts District, EauGallery.com, 321-253-5553

Sept 7 & 8: Fall into Music Concert, Melbourne Community Orchestra, Melbourne Auditorium, 321-285-6724, MCOOrchestra.org

Sept 9 - Oct 2: Ain't Misbehavin', Titusville Playhouse, 321-268-1125, TitusvillePlayhouse.com

Sept 10: Remembering September 11 Concert, Space Coast Symphony, Scott Center Auditorium at Holy Trinity, Suntree, 855-252-7276, SpaceCoastSymphony.org

Sept 11: Conductor's Favorites Concert, Community Band of Brevard, Merritt Island High Auditorium, 321-338-6210, CommunityBandofBrevard.com

Sept 16: Michal Tyler in Concert, King Center, Melbourne, 321-242-2219, KingCenter.com

Sept 16 & 17: Space Coast Mural Festival, Downtown Cocoa Beach, CocoaBeachMainStreet.org

Sept 16 - Oct 2: Glorious, Surfside Players, Cocoa Beach, 321-783-3127, SurfsidePlayers.com

Sept 18: Daughtry: The Dearly Beloved Tour, King Center, Melbourne, 321-242-2219, KingCenter.com

Sept 18: A Heart for Ukraine Concert, Space Coast Symphony, Eastminster Presbyterian Church, Indianalantic, 855-252-7276, SpaceCoastSymphony.org

Sept 18: Dexter Wilborn Quartet Jazz Concert, Space Coast Jazz Society, Veterans Memorial Center, Merritt Island, SpaceCoastJazzSociety.org

Sept 21 & 22: The Water is Wide Concert, Melbourne Municipal Band, Melbourne Auditorium, 321-724-0555, MMBand.org

Sept 22: Downtown Melbourne Sip and Shop, Historic Downtown Melbourne, 321-724-1741, DowntownMelbourne.com

Sept 23: Rock & Roll Revue Sock Hop, Melbourne Municipal Band, Melbourne Auditorium, 321-724-0555, MMBand.org

Sept 23 - Oct 9: Grease, Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

Sept 24: Classic Albums Live: U2 - The Joshua Tree, King Center, Melbourne, 321-242-2219, KingCenter.com

Sept 24: Harvest Festival, Green Gables, Melbourne, 321-794-8901, GreenGables.org

Sept 24: Harvest Moon Sip & Stroll in Historic Cocoa Village, 321-631-9075, VisitCocoaVillage.com

Sept 25: Greater Palm Bay Senior Activity Center Craft Fair, gpbasc.org, 321-724-1338

Sept 30 - Oct 2: Cultiober - Hedwig and the Angry Inch, Titusville Playhouse, 321-268-1125, TitusvillePlayhouse.com

CLUBS AND ORGANIZATIONS

Fiber Artists Meet September 24. The Space Coast Weavers & Fiber Artists will meet at 10 am on Saturday, Sept 24, at the Merritt Island Public Library, 1950 N. Courtenay Parkway.

Sherry Randolph will present a program on Corn Husk Dolls and help attendees create one just in time for fall decor. \$1 supply fee. Meetings are free and open to the public. For more information call Jeanie McCormack at 321-266-1610

Sept. 2: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at the Pig & Whistle, 240 N. Orlando Ave., Cocoa Beach on Friday, September 2 at 12 p.m. All are welcome to join the group. For any questions, please call (502) 299-8949.

Sept. 29: The Single, Separated, Widowed and Divorced (SSWD) group will meet for a potluck lunch at the Angel Room, Church of Our Saviour, 5301 N. Atlantic Ave., Cocoa Beach on Thursday, September 29 at 12 p.m. All are welcome to join the group. Please bring a dish to share. For additional information, please call (502) 299-8949.

The GFWC Community Woman's Club, 5 Rosa Jones Drive, Cocoa, is celebrating its 100th Anniversary on Saturday, October 15, from 10 a.m. to 2 p.m. on the clubhouse grounds and in our lovely historic building, Magnolia Hall. We will feature antique cars and a fire truck of the era, free musical entertainment, displays, demonstrations, a huge cake, plus food trucks, and the library Bookmobile. Suzanne Bennitt, President, 321-258-6541

The Indian Harbour Beach GC will be kicking off their 22-23 year on September 21st at the Gleason Park Community Center. The Speaker is My Gypsy Gardner. Doors open @ 9:30. A light luncheon will be served. Contact Linda Kuhl (908) 892-4426 or koolkottage64@gmail.com for further information.

The NASA Alumni League (NAL) next meeting: Tuesday, September 20, 11:00 am, Debus Center, KSC VIC. After a 45 minute social/ lunch served by the DN chefs, Rich and Marilyn Nelson will share their experiences from a visit to the Galapagos Islands, and their talk will be followed by a Welcome Back briefing on new venues and coming events you won't want to miss. A shuttle bus will transport members and guests to the Debus Center from Lot #4 and handicapped parking will be provided in Lot #1. Costs are \$23 for members, spouses and adult family members; and \$25 for invited guests. For reservations, contact Cheryl Thornton, cheryl@cfi.rr.com, (321) 626-7119, by noon, September 16th. Reservations priority: members & guests; each member up to 3 guests. For more information, see our web site at www.nalfl.com, with online registration/pre-payment by PayPal. Confirmed reservations may also be paid for at the door. We will follow DNC/CDC COVID Guidelines.

The Space Coast Weavers & Fiber Artists will meet at 10 am on Saturday, Sept 24, at the Merritt Island Public Library, 1950 N. Courtenay Parkway. Sherry Randolph will present a program on Corn Husk Dolls and help attendees create one just in time for fall decor. For information contact jeaniemccormack@cfi.rr.com



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

CALENDAR OF EVENTS

Contact VMC for any additions or other information.

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

Sept 11- Remembering 9/11, 21 Years Later: Honoring The Fallen on that Day and those who fell later as a result of exposure to hazardous materials from those attacks; as well as those who went to the fight for over 20 years thereafter. VMC Center, Outdoor Ceremony 1700-1900. SEE POSTER

Sept 17- Unveiling and Dedication of America's Monument to Fallen Allies in the VMC Gray Hall and Plaza 1000- 1230 hours.

Sept 17- Seminar 1300 - 1700 VMC Gray Hall to inform rising High School Juniors about the admissions process for US military academies and College ROTC scholarships. Sponsored by MOAACC Good Deeds Foundation. Contact Donn Weaver, VMC and GDF (757-871-6576) for more information.

Sept 30- Second Annual NVHS Golf Tournament Fundraiser to support homeless and at risk veterans at Rockledge Country Club 0700-1400. Sign up

as sponsor, player or supporter at nvhs.org/events.

Oct 7-8- The Central Brevard "Veteran Stand Down to Stand Up" (Formerly known as Stand Down) event will be held at the Cocoa Armory on 07 October (set up) and 08 October for the actual activity. This event, with a 25 year history, was postponed due to COVID 19 in 2020/21. As many as 250 homeless and at risk veterans usually attend the event with more than that number of volunteers providing a wide range of services from the private sector, the VA, the Medical Community, charitable organizations, etc. The Veterans Memorial Center (VMC) is the primary organizer of the event, but partners with National Veterans Homeless Support (NVHS), Volunteers of America, the Veterans Administration and dozens of others to help the program support many veterans in need. This event will focus on homeless and at risk veterans and their families, while also matching the veterans with job options on the Space Coast

Oct 8- Raider Challenge JROTC County Meet #1 in Veterans Memorial Park (0700-1230)

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

**Sea Turtle Preservation Society:
Turtle Talk**

Saturday, September 17, 11am-12:30pm
Come & learn about sea turtles and how we are helping them survive. stpsturtletalk@gmail.com

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, September 23 from 10:45-1:45am
Come join the Cape Canaveral Library Book Club! September's selection is "When Breath Becomes Air" by Paul Kalanithi (Memoir). Copies are available for checkout at the Circulation Desk.

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

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

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

**DeGroodt library is open 7 days
a week and 2 nights, offering
a range of services**

such as free resume and assistance faxing, free

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

**SNAP food stamp assistance
program**

on Friday's from 9-2pm in the small conference room.

Master Gardener's Free clinic

held on the patio Friday's from 9-11am.

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

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

Computer Basics Class

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

Hooks and Needles

Tuesdays, 1:00PM - 2:00PM

Line Dancing Class with "Dance Lady"

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

Gentle Yoga with Cindy

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

Coloring Club

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

Book Club

First Thursday, 1:30PM

Painting Class

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

all supplies. Registration is required as space is limited.

Cook the Book Club

Third Thursday, 6:00 PM

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

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

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

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

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 Women 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

SEPTEMBER 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 martinandersenseniorcenter.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 nbcs.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

**SUNFLOWER HOUSE,
MERRITT SQUARE MALL**

**Transitions Matter Workshop, Sep
28, 1 PM,** by Sally Deane Norton,
helping people navigate through
chronic illness, death and grief.

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-min-
ute 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

SEPTEMBER 2022 ONE SENIOR PLACE EVENTS

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

VA Seminar, Thursday September 1st, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

FREE Memory Testing, Tuesdays September 6th, and 20th, 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.

What You Need to Know During the Second Half of Life, Thursday September 8th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will cover the documents that will give you assurance that you are prepared and your family knows your desires. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday September 8th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "The Book Club", and enjoy movie treats! MUST RSVP to 321-751-6771.

Consequences of Worry, Senior Health Friday with Nurse Lisa, Friday September 9th, from 10 - 11am. Are you an excessive worrier? Perhaps unconsciously think that if you "worry enough" you can prevent bad things from happening. Join April Boykin, MSW, LCSW and owner of Counseling Resource Services as she talks about the consequences we face when dealing with worry. RSVP to 321-751-6771.

Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Fridays September 9th, from 2 - 4pm, REPEATS September 23rd, from 11 - 1pm. 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.

Get your Medicare questions answered!, Monday September 12th, from 2 - 4pm, REPEATS Tuesday September 20th, 10 - 12pm. Medicare coverage can be confusing and it is important to make the best decision for you and your health. Get a trained professional to help you by answering all of your questions. Hosted by Viera Insurance Professionals. This event is for educational purposes only. No plan or benefit information will be shared. For accommodation of persons with special needs at meeting, call 321-253-6323 TTY: 711

Respiratory Issues, Ask the Doctor Lunch & Learn Series, Tuesday September 13th, 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 September 13th, 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.

What You Should Do When Facing a Bear Market, Wednesday September 14th, from 5:30 - 7pm. Hosted by One Senior Place, presented by Special Guest Speaker Kenneth A. Whittaker, Branch Manager, RJFS, Raymond James. Reserve your seat by calling 321-751-6771.

Top 10 Tips for Aging Well, Thursday September 15th, from 12 - 1pm. Presented by Aquatic Health & Rehab. 10 tips that could change your life for the better. For more information and to RSVP, call 321-253-6324.

Tinnitus [and Hearing Loss], 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. This presentation will center on the causes of Tinnitus, "Ringing in your ears", and what can be done to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

Living Healthy Workshops - Diabetes, Tuesdays September 20th and 27th, from 1:30 - 4pm. This is a 6 week class, FREE! Workshop is every Tuesday (except for October 11th) starting September 20th and ending November 1st. Registration required by calling 407-514-1806.

MAC User Group Meeting, Tuesday September 20th, from 5:30 - 7pm. If you have questions about your iPad, iPhone, MacBook or Apple Watch, or you want to know how some apps work, this meeting is for you. RSVP to 321-751-6771. Presented by Jim DeLaura, RJFS and MAC Mad.

FREE Liver Scans, Wednesday the 21st, 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.

Having that difficult conversation. Where do you start?, Wednesday September 21st, at 2pm. Join Attorney Ruth C. Rhodes as she explain some ways to start the necessary conversation. Light refreshments served. RSVP to 321-751-6771.

Medicaid Planning Seminar, Thursday September 22nd, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

Veterans Benefits & Resources, Thursday September 22nd, from 1 - 2:30pm. Learn about benefits and resources exclusive to U.S. Veterans and their spouses. Hosted by One Senior Place sponsored by VITAS Healthcare, National Cremation Society, and MOAA (Cape Canaveral Chapter). RSVP to 321-751-6771.

AARP Smart Driver Course, Monday September 26th, from 9 - 4pm. This driving refresher course from AARP Driver Safety will be offered at One Senior Place. This course is open to drivers of all ages and costs \$20 for AARP members and \$25

for non-members. The class will be taught by certified volunteer instructor Ernie Edwards, RSVP to 719-648-1052.

Guardianship - Start to Finish, Tuesday September 27th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Whether you are a guardian of an incapacitated person, have been asked to be a guardian, or know someone acting as a guardian, this seminar will be informational. RSVP to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays September 8th, and 22nd, 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 September 21st, 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 September 21st, 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. 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 or to make an appointment 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

SEPTEMBER SENIOR CALENDAR (continued)

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

MONDAY PROGRAMS

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

TUESDAY PROGRAMS

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

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

WEDNESDAY PROGRAMS

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

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

THURSDAY PROGRAMS

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

FRIDAY PROGRAMS

Bargain Thrift Corner 3-6pm

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

SATURDAY PROGRAMS

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

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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"

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"ONE FINE DAY" | "SWEET TALKIN GUY"

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

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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
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"A TRIBUTE TO WOMEN OF THE 60'S"
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