

THE PREMIER SPACE COAST MAGAZINE ESPECIALLY FOR ADULTS 50+

SENIOR SCENE[®]

FREE

December 2022



**Christmas With
Ilene Graff**

**Cover Artist:
Richard Ficker**

Christmas Nearby

Wreaths Across America

Holiday Grief



FINANCE | HEALTH | ENTERTAINMENT | COUPONS | NEWS

321.339.0551

8085 Spyglass Hill Road

Viera, Florida 32940

Monday – Friday 8:30 am – 5 pm

Visit OneSeniorPlace.com for
up to date event information.



The Experts in Aging

Happy Holidays from our family to yours.



One Senior Place: The Experts in Aging.



Helping
SENIORS
TRAVEL CLUB

2023 FOUNDATION CRUISE HELPING SENIORS OF BREVARD

Jan 6th & Jan 8th 2023 - 2- 7- or 9-Night Cruise Round Trip Port Canaveral

3 Cruises to Choose From!



Sail with your friends and your Helping Seniors friends from Brevard County on the luxurious MSC Meraviglia! Choose our 2-night quick getaway to Ocean Cay Marine Preserve, our 7-night sailing to Costa Maya, Cozumel and more, or come with us for the entire fun sailing!

Take a 2-night getaway,
Explore the 7-night sailing
or join us for 9-nights
of fun and luxury!



BACK TO SEA SPECIAL:
Limited Time Offer
Book an Outside Cabin
& receive FREE Upgrade
to BALCONY CABIN!

Let's Go Sailing!

MSC Meraviglia - January 2023
from Port Canaveral with your friends from Brevard County!

2-night getaway Jan 6th, 7-nights sailing Jan 8th
or join us for all 9-nights!
Call Chris or Betty at 321-978-5211 for Details.

**2022 Foundation Cruise
Helping Seniors of Brevard**

Travel is Better with Friends.
HelpingSeniorsTravelClub.com

Special Musical Guest on 7-night Sailing

Recording Artist
Lori "I'd Like to Teach the World to Sing" Hafer
of the "Hillside Singers"

Lori Hafer, Jazz/Big Band Singer, who toured the world with the Glenn Miller Orchestra, The Tommy Dorsey Orchestra and Les Brown's Band of Renown & husband/keyboardsist Mike Hafer bring listening/dancing musical enjoyment to our group on the MSC Meraviglia.

**Special MSC Meraviglia
7-Night Cruise Price Includes**

- * Cabin * All Port Charges * All Taxes * Gratuities
- * MSC Drink Package (valued at \$343/person)
- * Wifi Package (valued at \$134/person)
- * All Meals * All Entertainment * Special Events
- * Private Cocktail Party * Admin Fee
- * Fundraising Donation - Helping Seniors of Brevard
- * Work-Out Facilities * World Class Spa * Great Dancing

Itinerary

- Sun Jan 8th Leave Port Canaveral at 4:00PM • Mon Jan 9th Nassau Bahamas
- Tue Jan 10th Ocean Cay Marine Preserve • Wed Jan 11th Fun Day at Sea
- Thu Jan 12th Costa Maya Mexico • Fri Jan 13th Cozumel Mexico
- Sat Jan 14th Fun Day at Sea • Sun Jan 15th Arrive Port Canaveral

EARLY BOOKING INCENTIVE - Book outside & receive free upgrade to Balcony!

2-Night Getaway Balcony at \$264/person (double)
7-Night Balcony (w/ Wifi & Drink Package) at \$842/person (double)
9-Night Balcony (w/ Wifi & Drink Package) at \$1106/person (double)
(Pricing available on a space-available basis. Call today for best pricing)

Contact: Helping Seniors of Brevard Travel Club Office 321-978-5211
or Chris Morse 818-430-1480 Cell
Cruising the Sea of Excellence

SeniorTravel
Your Senior Travel Specialist
a division of The Travel Center
CST# 2000881-10 FST# 14672

Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit. Helping Seniors of Brevard - Senior Resource Center - 1894 S Patrick Dr - Indian Harbour Beach FL 32937. The Helping Seniors Travel Club is operated by Senior Travel division of The Travel Center - CST # 2000881-10 FST # 14672 - who is solely responsible for all travel arrangements. A portion of travel commissions from Helping Seniors Travel Club Members travel funds the Helping Seniors Endowment.

A Place to Call Home

“COME FOR THE LIFESTYLE AND STAY FOR A LIFETIME”



NOW ACCEPTING APPLICATIONS

Westminster Asbury is a retirement community for seniors age 62 or older. Rent includes all utilities. Fees are established using either 30% of the resident's monthly income or a low basic rental fee depending upon the ability to pay under program rules. We operate on a philosophy of excellent service and quality living, with the goal to provide quiet, comfortable surroundings, while offering stimulating recreational and educational opportunities. The lifestyle fostered by this philosophy encourages self-sufficiency and privacy, in addition to providing opportunity for fellowship and friendship.

AMENITIES

You'll find a variety of enjoyable planned activities such as parties, banquets, cookouts, crafts and worship services. Fun times shared with good friends will enhance your quality of life. Enjoy many opportunities for companionship, plus all the privacy you desire. Activity room, library, Chaplain, shuffle board, social and entertainment programs. Nearby bus lines, meal program, laundry, pet friendly, smoke free campus, assigned free parking, courtesy call system, fire sprinklers, fourteen passenger bus for outings, Service Coordinator on-site.

Professionally Owned and Managed by Westminster Communities of Florida.



**Westminster
Asbury**



(321) 632-4943 • TTD # (800) 545-1833 ext.#922

HealthFirst
Health Plans

Feeling well starts with Health First Health Plans Medicare Advantage.

BENEFITS DESIGNED WITH YOU IN MIND

Enhanced benefits for 2023.



\$0 primary care copay.



Health First and AdventHealth providers in-network.



In and out-of-network dental benefits.



\$0 hearing exams and hearing aid fittings.



Save more on prescriptions at preferred pharmacies.

Discover more, call now.



321.408.5313,
(TDD/TTY 1.800.955.8771)

From October 1 to March 31, we're available seven days a week from 8 a.m. to 8 p.m. From April 1 to September 30, we're available weekdays from 8 a.m. to 8 p.m. and Saturdays from 8 a.m. to noon.

These are not member sessions. Seminars intended for prospective members only. Health First Health Plans is an HMO plan with a Medicare contract. Enrollment in Health First Health Plans depends on contract renewal. Other providers are available in-network. Y0089_EL10286_M Accepted 08282022

11092022

COVER STORY

- 11 Self-Taught Artist – Richard Ficker



AROUND THE HOUSE

- 16 Tools For Learning How to Spot Phishing Attacks – Bill Ford
- 37 Helping a "Found" Cat Get Home – Sam Mazzotta
- 39 From the Kitchen of Good Housekeeping
- 48 Abundant Poinsettia Colors Bring Beauty To Holidays – Gary R. Bachman



COMMUNITY

- 38 Calendar Highlights
- 51 Community Calendar
- 54 Senior Calendar

ENTERTAINMENT

- 36 Crossword Puzzle
- 40 Sudoku Puzzle
- 42 Crossword Solution
- 42 Sudoku Solution
- 44 Senior Monthly Travel Tips
- 49 Better Golf with Jack Nicklaus

FINANCIAL ADVICE

- 13 Can Specific Bequests Disrupt An Estate Plan? – Truman Scarborough
- 17 Legacy Gifting for the Holidays! – Jason ValaVanis
- 19 Social Security Column – Kimberly Laporta

GENERAL INTEREST

- 20 Costs of Long Term Care – Joe Steckler
- 23 HELPING SENIORS OF BREVARD NEWSLETTER
- 35 Mom & Me – Audrey & Kimberley
- 36 Social Security Benefit for 2023 – Matilda Charles
- 38 Was Jesus A Teacher? – Rev. Jeff Wood
- 40 Honoring Veterans Through Wreaths Across America: Biggest Ever Program On The Space Coast, December 2022
- 41 Veterans Post – Freddy Groves

NOSTALGIA

- 10 Christmas Nearby – Diane Barile
- 14 Christmas with Ilene Graff – Nick Thomas



SENIOR HEALTH

- 15 VNA Answer Nurse – VNA
- 22 Ask One Senior Place – Barbara Fradkin
- 45 Risk Factors And Cancer Deaths – Dr. Arvind M. Dhople, Ph.D.
- 47 Nutrition and Eye Health – Courtesy of TresVision

CREDITS:

Senior Scene® Magazine is locally owned & operated made possible through the participation of local advertisers & distributors.

Please remember to thank them.

Senior Scene® Magazine, Inc. is a national publication with 27 years publishing service.

PUBLISHER:

John Frederiksen

ASSOCIATE PUBLISHER:

Fran O'Hara

ART DIRECTION:

Bernadette de Isaza

PRODUCTION:

Seadragon Creative – Dan Lee

EXECUTIVE EDITOR:

Charlotte McQueen

ASSOCIATE EDITOR:

Jill Fulford

PHOTO JOURNALIST

Cheryl Clermont

BROADCAST AUDIO

PRODUCTION:

Pirate Alley Studios

Senior Scene® Magazine & its publishers are not responsible or liable for misinfo, misprints, typographical error, opinions, etc. herein contained. The entire contents of this publication are copyrighted by Senior Scene® Magazine, Inc., all rights reserved.



ELDER HELPLINE For info about or referral to a service provider, (407) 514-1800 or 1 (800) 963-5337

Brevard Veteran's Services
Office: 321-633-2012

Florida Senior Scam Helpline:
800-962-2873

Click Twice
to Visit
Website

BUENA
VIDA
ESTATES

EXCEPTIONAL LIVING AT BVE — 40 YEARS — ANNIVERSARY

This is Buena Vida...

Buena Vida Estates, the only Continuing Care Retirement Community in Brevard, has 40 years of experience serving the most independent seniors. Knowing you have **PEACE OF MIND** both medically and financially makes all the difference in your later years. Regardless of changes, Buena Vida is there for you!

Enjoy the GoodLife™ unlike any other Retirement Community in Brevard County!

BuenaVidaEstates.org 
(321) 360-4814 • Toll-free (800) 742-0060
A 501(c)(3) Not For Profit Organization

2129 West New Haven Avenue
West Melbourne, FL 32904
— Entrance on Doherty Drive —

Letter from the Publisher



With the feast of Thanksgiving weighing on our minds (and elsewhere), can more Holidays be far behind? I hope you remembered to reflect on everything that we can be thankful for. It's so easy to forget the good in life and the people we cherish, when we are bombarded by gloomy news every day. So be smart, stay safe and be mindful of what is positive and good.

On this month's cover, we are especially proud to have Rich Ficker return as our featured artist, a truly talented artist that Brevard can call its own. We want to thank him for joining us this month, along with many great artists that have graced our covers before him. Remember to support our local artist every chance you get.

I want to especially thank the Greater Palm Bay Chamber of Commerce for recently recognizing Senior Scene Magazine as a partner in support of this great organization. We all should thank the Chamber staff for their tireless efforts in support of our business community. Great job!

It is especially important this time of year to help those less fortunate than us. Whether it's a Tot or a Senior, a donation of treasure or time, please be generous. What can be better than the feeling of helping someone? So enjoy your family and friends; and enjoy this month's issue.

Merry Christmas, Happy Holidays and see you next year!

You Deserve Better Hearing



FINANCING AVAILABLE | INSURANCE ACCEPTED

Serving all of Brevard

A Respectful Experience, We Listen to You and Hear What You Say

**Can't come to us?
We can come to you.**

Full service & testing in your home.

- Full line of 100% Digital Hearing Aids
- 30 Day Money Back Guarantee
- We Service All Makes & Models
- Over 25 Years Experience
- Latest Technologies with Bluetooth & Rechargeable Batteries
- Call to Attend Our Monthly Seminar

**PERSONAL
HEARING
SOLUTIONS**



Sandra Wagner, BC-HIS

253-6310

**VIERA OFFICE:
One Senior Place
8085 Spyglass Hill Rd**

See page 42 for valuable coupons.

Get local help with your Medicare questions.

I'm Stefanie Fariss, a licensed sales agent in Brevard and surrounding counties. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs.

It's time to take advantage.



Stefanie Fariss
 Licensed Sales Agent
321-759-5535, TTY 711
 stefaniefariss@gmail.com
 www.MyUHCagent.com/stefanie.fariss



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. ©2022 United HealthCare Services, Inc. All rights reserved.
 Y0066_23SPRJ55189_C



SPRJ55189



TOUR TODAY
 BY CALLING 321.220.0295



and be entered into
 a monthly drawing
 for a raffle basket.

Inspiritas of West Melbourne is devoted to residents with impaired memory, offering a unique holistic program designed to celebrate life with residents, while maintaining their safety and comfort.

- ▶ Respite Stay offered with 30, 60 & 90 day options with a rate that is all inclusive of rent, amenities and level of care
- ▶ Activities designed to engage residents and build community
- ▶ Veterans receive a discount on the community fee



2395 MINTON ROAD, WEST MELBOURNE, FL 32904 • 321.220.0295 • RUI.NET/INSPIRITAS-OF-MELBOURNE-1 • #AL13553
 A RETIREMENT UNLIMITED, INC. COMMUNITY • FRAIL IN & WAI DRON FAMILY-OWNED AND OPERATED IN VIRGINIA AND FLORIDA FOR FOURTY YEARS



Christmas Nearby

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

Never far away from us is Christmas, the town, that is. All year long, over one thousand cheerful souls live beside the restored Seminole War Fort Christmas. The village is hosting a cracker Christmas and posting Christmas cards with its unique postmark.

On December 25-27, 1837, on the site of an abandoned Native American village, the fort was quickly constructed of pine tree trunks by two thousand American soldiers. The Second Seminole War pitted the U. S. Army against Native Americans protecting themselves from the incursion of settlers on lands once reserved for the tribes. The fort was active for only a few months before it, too, was abandoned. Then by 1842 the Army gave up after many losses, going back up North, leaving only about three hundred Seminoles hiding in wild Florida.

With the Homestead Act pioneer ranchers, citrus growers, hunters or fisher folk became settlers around the fort. Homes among the pine and oak forests housed families: the Taylors, Tanners, Tuckers and Smiths. In 1892 Emmett

Tanner, an Orange County Commissioner with ten acres donated by Cracker descendent Mike Smith, created the "Old Picnic Ground" as a county park. Expanding through the years, the village has become a living history site and museum. On Cracker Days, December 3-4, you can visit the houses, church and replica of Fort Christmas. Craftsmen and women in the dress of early 1900 will be busy as blacksmiths, storekeepers and making rope, brooms, baskets and even lace. The hometown crew will have plenty of barbeque and country music at the ready.



For years people from Brevard have come to Christmas to mail Christmas cards from Christmas, Florida. You can rest assured, the Postmaster and cheerful staff will carry the Christmas spirit of Christmas, Florida on the hand marked cards sent around the world.

Oh yes, you could also see the world's largest alligator shaped building as Jungle Adventures. There are community tributes to cowboy sculpture from Christmas. James Hugh

CHRISTMAS NEARBY continued on next page

It's a New Day in Palm Bay!



Click Twice
to Visit
Website



PALM BAY MEMORY CARE is now managed
by  KR MANAGEMENT

Come find out why everyone is talking
about what a difference a day makes.

Did you know that PALM BAY MEMORY CARE has:

- Doctors on site regularly
- Physical & Occupational Therapy onsite
- Extensive Activity Program
- Chef Prepared Meals
- Flexible Respite Program
- Large Courtyard
- Quake Global Tracking System

CALL TODAY 321-574-6290



350 Malabar Road
Palm Bay, FL 32907
Assisted Living Facility #12617

COVER STORY – SELF-TAUGHT ARTIST

Richard Ficker



We are pleased to have Richard Ficker return to our December cover. In his own words –

I'm fundamentally a self-taught artist. I did take a variety of art classes in high school, and dabbled in commercial art soon after, but as life would have it my art career got put on a back burner, while I traveled the world, and later worked and raised a family.

I've always loved art, and thought like an artist, studying light, shadow, shape, and form. I would read about it, and frequent museums, always meaning to get back to painting. At the age of 49 realizing that no one really knows how much time they might have on this earth, I made the commitment to start painting, and in doing so rekindled an old passion.

I love to paint a variety of subjects. Some of my paintings have true heart felt

meanings, some contain hidden images, some are for the pure joy of expressing my love for nature, and her many magical colors. You will find the reoccurring theme of water, and the ocean, in most of my work, as a lifelong surfer it's what I know, and love.

My work is currently in: Breakers Art Gallery in Satellite Beach. You can also see my work at www.richardficker.com.

I hope you enjoy my work, as much as I do creating it. ©



CHRISTMAS NEARBY continued from pg 10

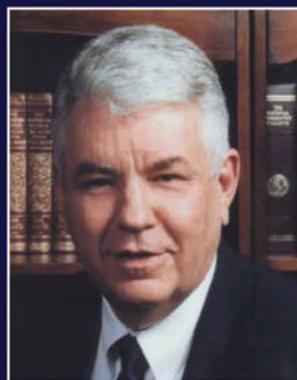
Lette is famous for the statue of Will Rogers.

So you could go to Christmas any day of the year where Seminoles, the Army and Florida pioneers found home. But this time of year you see Christmas in Christmas of 1900. If you like, you can send Christmas to friends with best wishes from the heart of the real town of Christmas.

May you enjoy the Pioneer Christmas any day, but especially on December 3-4 (west off-95 on SR 50).

May your Christmas be white with Florida snow lawn. And, may your hearts be Merry and Blessed through the New Year. ©

ESTATE PLANNING BOOKLET



By Attorney

TRUMAN SCARBOROUGH

239 Harrison Street, Titusville, FL

For A Complimentary Copy
Phone 321 - 267 - 4770

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



"Dr. Chenet and staff provided me with the utmost professional service I ever experienced in a dental office." – Arthur G

Dr. Chenet
Retired US Air Force Dental Officer

- Serving Brevard County for over 17 years
- Over 2000 five star verified reviews
- 97.9% of our patients would refer friends and family to us!

Let our team take care of your
Dental Health. CALL TODAY.



321-319-8738

336 BABCOCK ST,
MELBOURNE, FL 32935
www.dentalexcellencemelbourne.com

CEDRIC C. CHENET DDS, PA
Excellence in Dental Healthcare

2 Locations to Better Serve You

321-369-9103

7331 OFFICE PARK PL. STE 100
MELBOURNE, FL 32940
www.ChenetDental.com

Quality Pharmacy
Care Is More Than
Just Prescriptions!

*The Medicine
Shoppe*
PHARMACY
*Caring beyond prescriptions.*SM

We offer FREE
Prescription
Delivery Service

For a Healthy Dose of Care

NOW OFFERING A FULL LINE OF CBD PRODUCTS*



- CBD is a Natural alternative support for overall well-being gaining rapid popularity
- A remarkable response from customers for uses including: sleep, mood, pain and memory
- Our product is Non GMO, Gluten Free, Third Party Lab tested quality

■ Stop in and talk to our pharmacist about any questions or concerns

*These statements have not been evaluated by the FDA. CBD is not intended to diagnose, treat, cure, or prevent any disease. It is advised you check with your physician before starting any new dietary supplements

321.242.2440

2176 Sarno Rd, Melbourne
HRS: Mon-Fri 9-6 & Sat 10-1

Melbourne.MedicineShoppe.com

- Now accepting United Healthcare and Health First insurance
- COVID Vaccines/Boosters available
- Preferred Pharmacy for Health First
- United Healthcare Pharmacy Provider



Can Specific Bequests Disrupt An Estate Plan?

By Attorney Truman Scarborough

A specific bequest can be a sum of money, the home, a car, shares of stock, jewelry, etc. that is given to a particular individual. It allows an estate plan to better reflect personal desires on how specific property is distributed. It also allows disputes over who receives particular items covered by multiple beneficiaries to be avoided, providing for a more amicable settlement of an estate.

Specific bequests, however, can result in confusion. What if a particular car has been replaced with another vehicle? What if there is no XYZ stock because the company was acquired by another company? What if the bank where a savings account is located was acquired by another bank? What if the stock in XYZ Corporation split and there are now 200 shares rather than the original 100? Does the beneficiary get 100 or 200 shares of stock? What if the beneficiary received the \$10,000 promised in the will or trust from the decedent before he/she passed away? Is the beneficiary entitled to an additional \$10,000 from the decedent's estate? While these kinds of issues are addressed in the Florida Statutes, discuss them with the attorney who

is preparing your estate plan to be sure that they are handled the way you want.

There is also the problem on how specific bequests affect the overall estate plan. A common concern is what happens if there are not enough funds to pay all the intended bequests. Specific monetary bequests (like \$10,000) are, as a rule, paid first leaving the residual beneficiaries to pay the expenses and divide what might remain. If the value of the whole estate significantly decreases in value, a specific dollar amount intended to be just a small portion of an estate could become quite large in comparison to the residual gifts. This could substantially alter an estate plan from what was desired. One way to address the problem is by defining larger gifts as a percentage of the total estate rather than giving a specific dollar amount. Defined as a percentage, it increases and decreases with the overall size of the estate. If there is a concern it may be too large, it could be capped at a dollar amount. For example, the plan could provide that a

CAN SPECIFIC BEQUESTS DISRUPT... cont'd on pg 22

SENIOR SCENE® Magazine

DISTRIBUTOR WANTED

PART TIME OR FULL TIME

Will train

Supplies provided

Great supplemental income

Call Senior Scene Magazine

321-777-1114

or email to bcfl@seniorscenemag.com



TINSELTOWN TALKS By Nick Thomas

Christmas with Ilene Graff



Perhaps you remember her as TV mom Marsha Owens in ABC's popular 80s sitcom "Mr. Belvedere" starring alongside baseballer-turned-actor Bob Uecker and British actor Christopher Hewett in the title role. But Ilene Graff is also an established singer whose career began in musical theater. In recent years her live festive Christmas special, "The Ilene Graff Holiday Show," has delighted audiences at 54 Below, a supper club in the basement of New York's famed Studio 54 theater.

"We couldn't do it because of COVID for a couple of years, but I'm thrilled to be back on stage December 28 with a new show," said Graff from Los Angeles. "I loved the holiday



specials of the 60s and 70s on programs like 'The Andy Williams Show,' so that's the mood I've always tried to bring to my shows. I have special guests, we chat, sing holiday songs, and just try to

keep it warm and friendly with a family feeling including some light-hearted moments of reflection and love."

A native of Queens, New York, Graff lives in Los Angeles but always enjoys returning "home" to the East Coast where she and her husband, composer Ben Lanzarone, maintain an apartment.

"I love celebrations and hosting parties, and I do love the holidays," she said. "So a few years ago I pitched this idea to my family and we put together the first holiday show which was a huge success. It just became something I wanted to continue."

That first show was a real family affair also featuring brother Todd, an actor, writer, and director, her Tony Award-winning cousin Randy, actress/dancer daughter Nikka, as well as Ben. But with their busy schedules, only her husband could regularly join her in subsequent December holiday presentations.

"I love working with him so that's another reason I wanted to continue doing them," she said.

Ilene says she still encounters people unaware of her musical background.

CHRISTMAS WITH ILENE GRAFF continued on pg 37

BREVARD SYMPHONY ORCHESTRA'S
2022-2023
MATINEE SERIES

2:00 PM CONCERTS

Inspired by Bach
January 21, 2023
Kyaunnee Richardson, soprano

Comedy Tonight
February 4, 2023
22-23 Season POPS Concert

Mendelssohn & Beethoven
March 11, 2023
Julian Rhee, violin

TICKETS AND MORE INFORMATION AT BREVARDSYMPHONY.COM OR BY CALLING (321) 345-5052



VNA
VISITING NURSE ASSOCIATION

Answer Nurse

A monthly column to help answer your home healthcare questions

Grief During the Holidays

When you've lost someone, the holidays can be a very challenging time. Below, we answer your questions about how to navigate them.

Q. I recently lost my aunt, who was like a mother to me. She had terminal cancer, and it wasn't a surprise, but I'm still extremely sad and don't know how to get through the holidays without her. Can you recommend some ways to cope?

A. Even when you are expecting someone's death, when it comes to pass it can still be a bit of a shock and quite upsetting – and the holidays only exacerbate this. But there are some things you can do to cope better with your loss including:

- Allow yourself to feel your sadness. If you want to cry, cry. Expressing your grief is part of the healing process. Don't judge yourself.
- Make time to be with others. While part of the grieving process is a solo act, it is important not to isolate yourself, particularly during the holidays. So, make an extra effort to meet with friends occasionally, if even for a short amount of time. Also, consider joining a local bereavement group.

Often places of worship offer bereavement groups.

- Be gentle with yourself.
- Don't do more than you can handle. During the holidays, this may mean you don't attend every holiday party you're invited to. And for the get-togethers you do manage to attend, you don't need to stay long. Allow yourself a wide berth this year; this is not the time to "push" yourself.
- Exercise. When you exercise you release endorphins, your brain's feel-good neurotransmitters. If you're up for it, go for a jog or take a yoga class. But if you don't feel like wandering far from home, simply take a nice walk around your house or apartment building – even 15 minutes will do you good. (And try to do this at least three times a week.)
- If you're going to drink alcohol, be sure to drink in moderation. Imbibing during the holidays is very popular, but alcohol is a depressant, so watch your intake.

ANSWER NURSE continued on pg 49

"Andrea, she goes above and beyond. If you give her a score of 1 to 10, she's a 10 1/2!"

~Queen H.,
VNA Home Health patient

**Click Twice
to Visit
Website**

For Peace of Mind, Choose VNA.

Caring for patients isn't just a job, it's a vocation. When you require compassionate, quality home health or private care services, think VNA.

VNA. Your trusted source for home health and private care.

321.710.8336
www.vnatc.com



Home Health Care Services

Skilled nursing care • Post-surgical & wound care • Chronic disease management
Physical, occupational & speech therapy • Medication management

Private Care Services

Bathing & dressing • Medication reminders • Companion care
Meal preparation assistance • Transportation to & from appointments



License# HHA299991471/HHA299995046



Tools For Learning How to Spot Phishing Attacks

By Bill Ford, *Data Doctors*

Despite all the sophisticated methods used to prevent hackers from breaking into our personal accounts, they can all be bypassed if someone can trick you into giving up sensitive information. Far and away, the method of choice for compromising users is through sophisticated phishing messages in email, via text

messaging, and through social media accounts.

An International coalition known as the Anti-Phishing Working Group (APWG - <https://bit.ly/3UbBxaF>) observed 1,097,811 phishing attacks in the second quarter of 2022, which is the highest number that they have ever seen.

Social media threats grew at the fastest rate with a nearly 50% increase from Q1 to Q2 of 2022. This trend is expected to grow because of the simplicity of launching widespread phishing attacks and frankly, because it works so well when it comes to compromising users around the world.

Learning how to spot the obvious signs that something is 'phishy' is a skill that everyone should be working to develop as the sophistication level continues to increase.

Common Signs of Phishing

Just about everyone knows that a file attachment in an email message should be considered suspicious, but scammers have resorted to tricks that overcome this suspicion. A corporate logo, a sense of urgency, and fear are just a few ways that scammers get you

to let your guard down.

As a general rule, every file attachment from anyone including those that you know should always be considered 'guilty until proven innocent' and should never be opened or downloaded.

If it's someone you know call, text, or send a separate email to them asking about the file to confirm that it's valid.

If you receive any file attachment that appears to be from any major delivery service such as FedEx, USPS, UPS or DHL, they are all scams as none of those services will ever send you a file attachment.

Poor grammar, strange greetings and misspelled or strange words are usually a tip-off that someone that doesn't speak English generated the message and is most likely a phishing scam.

The two biggest tip-offs of a clear scam are the email address that is used as the sender and the URL of any links that are contained in the message. These are also the most difficult to decipher for those that aren't very tech-savvy.

Oftentimes, the scammers will use a legitimate web address at the beginning of the web address, but if you continue to inspect the rest of the link, it leads to a completely different website.

TOOLS FOR LEARNING HOW TO SPOT PHISHING... cont'd on pg 37

COMPUTER PROBLEMS?

Viruses? Worms? Spyware? Adware? Pop-Ups?
Slow Computer? Dead Computer? Lost Data?

Why guess?
WE FIX IT ALL!

Come in today and receive a
FREE
Computer Check-Up
while you wait!

DATA DOCTORS
Computer Services
www.DataDoctors.com

(321) 242-0366
7640 N. Wickham Rd.
Suntree/Viera

PROFESSIONAL GRAB BAR INSTALLATION

One Call Stops the Fall®

Safe. Fast. Affordable.
Free estimates — Call today!

800-215-7560
SameDayGrabBars.com

S SAME DAY GRAB BARS®



Legacy Gifting for the Holidays!

By Jason ValaVanis, CFP®

Whether it's for your Christmas, your Hanukkah, or your Kwanzaa – it's the time for generosity. Every year we have the same opportunity to release from the grind of frugality, and we're reminded that the true path to happiness is all about giving. This year is another chance to give to those you love – your family, your children, or a favorite charity. In this short article, I'll illustrate how my clients give meaningful monetary gifts to their children to help them retire comfortably.

Gifts with Strings

Sometimes the best gifts have conditions attached. Parents will often gift monetary sums of money to their children only to witness a series of foolish spending while the balance dwindles until it is exhausted. Well, there is an answer: give cash to your children in the form of a retirement account dedicated to growing without taxes for many years! Some will ask, "Is this legal?" The answer is, "most definitely, and it happens all the time." One of the most popular scenarios involves a tax-deferred annuity.

My client, Claire, invested \$100,000 into a Fixed In-

dexed Annuity for her 47-year-old son, Gabe, in 2010. With this investment, all market gains are added to the principal and can never be lost. Also, there is no risk, even if the market goes down. She maintains control of the account by managing the annual decisions, and she receives the statements at her home, but the account is 100% owned by Gabe. He knows of the account but does not have ready access to the funds without going through mom – hence the "strings." Since 2010, the annuity has grown considerably, and in 20 years, we expect Gabe will have approximately \$350,000, or more, to assist in his retirement.

Full Ownership

The best part is ownership! Gabe owns the funds explicitly. In the event of Claire's death, Gabe will take complete control of the account as he sees fit. Isn't this a more meaningful gift than plopping \$100,000 into Gabe's bank account without any strings attached? Some parents worry about the annual gift maximum of \$15,000 the IRS

LEGACY GIFTING FOR THE HOLIDAYS! continued on pg 43

\$4 ADMISSION \$3 POPCORN \$3 SODA \$3 CANDIES

SUPER TUESDAY!

ONLY AT CW THEATERS WEST MELBOURNE 15

\$4 TICKETS ALL DAY

\$3 POPCORN | \$3 DRINKS | \$3 CANDIES

CONCESSION SPECIALS INCLUDE: SMALL POPCORN, FOUNTAIN DRINK, COFFEE, AND BOTTLED WATER, AS WELL AS A SELECTION OF OUR BEST-SELLING CANDIES

SUPER TUESDAY SELECTION AND AVAILABILITY SUBJECT TO CHANGE WITHOUT NOTICE - STANDARD ADMISSION DOES NOT INCLUDE SPECIAL EVENTS

CW THEATERS.COM
WEST MELBOURNE 15 FEATURING CWX | NEXT TO SAM'S CLUB ON US-192



Senior Living At Its Finest!

Trinity Towers is the perfect apartment community for active adults 62+ who want to experience carefree living at affordable prices. At Trinity Towers, caring is truly at the heart of our community. It's a place where you can meet new friends, enjoy a variety of activities in the community room or simply take quiet delight in settling in to read a good book in the privacy of the community library. Located in historic downtown Melbourne, Trinity Towers is within walking distance to shopping, dining, medical facilities, public library, U.S. Post Office and so much more!



**THE RIGHT LIFESTYLE! THE RIGHT LOCATION!
THE RIGHT PRICE!**

- Newly Renovated Community Room
- Card Room
- Movie Viewing Area
- Library
- Fitness Center
- On-Site Service Coordinator
- Laundry Facilities On Each Floor
- 24-Hour Maintenance
- Emergency Call System
- Pet Friendly
- Public Transportation
- All Utilities Included In Rent

Call or stop by today to start saving!
TRINITY TOWERS EAST-WEST

650 & 700 E. Strawbridge Avenue, Melbourne
321.312.1029 • TTY 1.800.955.8771

Sponsored by Preservation of Affordable Housing, Inc



LOCATED IN THE HEART OF HISTORIC DOWNTOWN MELBOURNE

TRINITY TOWERS SOUTH

APARTMENT HOMES

For Seniors 62 Years of age & older
We invite you to call for an appointment today or just stop by to tour our lovely community.

We would *love for you* to be a part of our resident family.



AFFORDABLE Monthly Rent Based on Income

RENT INCLUDES:
FREE Basic Cable Service - FREE Electric - FREE Water

FEATURES:

- Pet Friendly • Local bus comes directly to front door
- Full-service congregate dining room
- On-site beauty shop • Carpeting and window treatments
- Free assigned parking • 24 hour desk attendant
- Meal program • Emergency call response
- Located near banks, restaurants, churches, stores, hospitals and library

Trinity Towers South has provided affordable housing for seniors since 1982. Our community is designed to meet the physical and social needs of our residents and contribute to their health & happiness.

Applications Available at:
615 E. New Haven Avenue, Melbourne
Call (321) 723-8620
TTY 1 (800) 955-8771

New Start Dates For Medicare Part B Coverage Coming In 2023



Securing today and tomorrow

By Kimberly Laporta,
Social Security District Manager
Melbourne, FL

Changes are coming next year for when Medicare Part B coverage starts.

What is not changing:

If you are eligible at age 65, your Initial Enrollment Period (IEP):

- Begins three months before your 65th birthday.
- Includes the month of your 65th birthday.
- Ends three months after your 65th birthday.

If you are automatically enrolled in Medicare Part B or if you sign up during the first three months of your IEP, your coverage will start the month you're first eligible. If you sign up the month you turn 65, your coverage will start the first day of the following month. This won't change with the new rule.

What is changing:

Starting January 1, 2023, your Medicare Part B coverage starts the first day of the month after you sign up if you sign up during the last three months of your IEP.

Before this change, if you signed up during the last three months of your IEP, your Medicare Part B coverage started two to three months after you enrolled.



If you don't sign up for Medicare Part B during your IEP, you have another chance each year during the General Enrollment Period (GEP). The GEP lasts from January 1 through March 31. Starting January 1, 2023, your coverage

starts the first day of the month after you sign up.

You can learn more about these updates on our Medicare webpage at www.ssa.gov/medicare and our Medicare publication at www.ssa.gov/pubs/EN-05-10043.pdf.

Please pass this information along to someone who may need it. (S)



ValaVanis Financial

SERVICING RETIREES FOR OVER 30 YEARS

- Fixed Annuities / Fixed Indexed Annuities
- Diversified Portfolio Investing
- Long Term Care Insurance
- Lifetime Income Strategies
- IRA And 401K Rollovers
- Life Insurance



321.956.7072

LOCATED IN DOWNTOWN MELBOURNE
600 STRAWBRIDGE AVE, STE 100
MELBOURNE, FL 32901



Jason ValaVanis
Certified Financial
Planner™ Professional

Max ValaVanis
Certified Financial
Planner™ Professional

Securities offered through J.W. Cole Financial, Inc. (JWC)
Member FINRA/SIPC. Non-Securities products and services are not offered by JWC.
ValaVanis Financial and JWC are not affiliated.



WE PUT
OUR 
IN CARING
FOR YOUR
LOVED
ONE

Comforts
of
Home Care

Associates, Inc.

Non-Medical Home Care at its Best
Homemakers - Companions - General Assistance
Hourly or Live-in - Free in-home assessment

Serving Brevard Since 1989

Melbourne: 255-0107 • www.comfortsohc.com

Lic #227323

All CAREgivers are carefully selected, screened, licensed, bonded, insured and PAYROLLED. Family owned and on call 24 hours.





Costs of Long Term Care

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



While the number of seniors in the U.S. who need Long Term Care (LTC) is sky rocketing, the industry is reducing its care capability. This may be driven by many factors, but arguably an unsatisfactory profit margin is one cause. I could flood you with statistics showing why we need more care facilities, not less, but my main intent is to encourage our medical community and those who care for the elderly to become better advocates for those who really have no voice.

increasing aging population and a family system that has gotten away from caring for elders in the home. What many do not think about when discussing this problem is that with living longer we also encounter service needs that are difficult for family to provide

Let's look first at the personnel structure of the care system, which ensures success or failure in many cases. Here I am talking about the staffing problem that I believe every LTC facility faces. Every facility has an Administrator. Can you imagine a facility whose Administrator never visits a patient or a Care Manager that has to be asked by a patient to outline a care plan! Realize also that every staff requirement is filled to the bare minimum including the nurses. Their main occupational task is the distribution of medications.

COSTS OF LONG TERM CARE continued on pg 50

Finally we arrive at the heart and soul of the problem – the LTC aide. These men and women do the bulk of patient care. They clean the patient, get them ready for the day, change bed linens, dress the patient, and meet many other tasks that we call Activities of Daily Living. This is a hard, demanding job that every facility has to fill in order for the facility to exist.

The aides, laundry, and cooking staff are the lowest paid of the support staff. Can you imagine doing the work described for aides for about \$10 an hour, a wage lower than the fast food industry worker. The only way to pay them more is to ask management to take less profit or to increase client fees. With good assisted living facilities charging \$5,000 or more a month, and nursing homes costing an average of \$10,000 a month, how will these costs be met?

I understand these dynamics for a business, and LTC is a much needed business in a country with a rapidly



**SENIORS
LUNCH &
LEARN**

meet · eat · discover

Tuesday, Dec 6
10 am - 12 pm

Wickham Park Community Center
2815 Leisure Way, Melbourne, FL 32935

- * Fun Trivia, Door Prizes & Fun Games
- * Ask the Doctor & Guest Speakers to Answer Questions on Topics That Benefit Seniors
- * Meet & Greet With Experienced Professionals

Space is limited! To RSVP call: 321-773-1454

Choose a Medicare Advantage plan with plenty of benefits

Now is the time to be sure your current Medicare plan is still a good fit for you. If your health care needs have changed, or your current plan doesn't offer the benefits and features you're looking for, it may be time to explore an AARP Medicare Advantage plan from UnitedHealthcare. Plans may include:



Visit specialists without a referral



\$1,500 for comprehensive dental services



See any doctor in our national network



\$0 copay for Tier 1 prescriptions



Up to \$50 a quarter for OTC products



\$0 monthly premium



\$200 eyewear allowance with free lenses



Copays as low as \$175 for hearing aids



Renew Active® fitness for body and mind



\$0 prescription drug deductible

It's time to take advantage

Call your local agent today

1-855-868-8374, TTY 711

8 a.m. – 8 p.m. local time, 7 days a week

AARP | Medicare Advantage
from  **UnitedHealthcare**

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in these plans depends on the plan's contract renewal with Medicare. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply. UnitedHealthcare Insurance Company pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP and its affiliates are not insurers. You do not need to be an AARP member to enroll. AARP encourages you to consider your needs when selecting products and does not make specific product recommendations for individuals. AARP does not employ or endorse agents, producers or brokers. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply. If your plan offers out-of-network dental coverage and you see an out-of-network dentist, you might be billed more. Network size varies by local market. Network size varies by local market and exclusions may apply. OTC benefits have expiration timeframes. Call your plan or review your Evidence of Coverage (EOC) for more information. Annual routine eye exam and \$100-600 allowance for contacts or designer frames, with standard (single, bi-focal, tri-focal or standard progressive) lenses covered in full either annually or every two years. Other hearing exam providers are available in the UnitedHealthcare network. The plan only covers hearing aids from a UnitedHealthcare Hearing network provider. The information provided through Renew Active is for informational purposes only and is not medical advice. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Gym network may vary in local market.

© 2022 United HealthCare Services, Inc. All Rights Reserved.

Y0066_220706_024106_M

23SPRJ73084



ask | ONE SENIOR PLACE
Barbara Fradkin

Q. Life's Hard. How Can I Be More Grateful?

A. It is hard to believe the holidays are upon us! Sure, there were challenges to deal with this year. But, the pandemic is receding, the delightful Florida winter is coming and we are finally reconnecting with our families and friends. We have a lot to be grateful for, and showing gratitude helps boost our physical health, mental health and social well-being.

Gratitude requires a conscious effort to slow down and really take notice. Practicing gratitude helps us appreciate not only the things that are going well, but also lends a sense of perspective to negative situations, providing the opportunity for ultimately changing them to positives.

As we get older, we experience losses and everyday annoyances that can frustrate us or make us sad, angry, or even resentful. When things are going well in our lives, it is easy to express gratitude. But when things are not so hot, showing gratitude can be a challenge. Why not try this exercise for practicing gratitude: Write thank-you notes to people who have made a difference in your life. As you write each note, you'll discover that you are truly thinking with a grateful heart. After I meet with a family and they send me a

nice note, it reminds me why I became a social worker.

Giving back is a form of gratitude, too. At One Senior Place, our Brevard TRIAD Senior Santa tree is up. Until December 5, you can pick a Santa off the tree and buy something for a needy or lonely senior in a long-term care home. What else can you do? If you are physically able, consider sharing your time by volunteering. There are so many worthy organizations who need help. Whatever you do this holiday season, share in the gratitude we all feel helping others. As William Arthur Ward wrote, "Feeling gratitude and not expressing it is like wrapping a present and not giving it." Happy Holidays!

*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 *The Experts in Aging at OneSeniorPlace.com*. Barbara Fradkin is a Social Worker, Certified Care Manager and the Director of One Senior Place, Viera. ©*

CAN SPECIFIC BEQUESTS DISRUPT AN ESTATE PLAN? *continued from pg 13*

beneficiary will receive 10% of the estate, but not more than \$100,000.

Non-monetary specific bequests can also create problems. For example, the value of the home at the time the estate plan is developed could constitute approximately one-third of the assets. Desiring an equal division of the assets among three children, the decedent could leave the home to one child and provide that the other two children split the remainder. If expenses from the last illness deplete the decedent's funds or the values of the other assets shrink, the home could be the primary asset of any value. The two children who are to receive the residual estate would essentially be disinherited. To prevent this from occurring, the plan could provide that the estate's assets are to be equally divided among the three children with the one child having an option to take the home as a portion of his/her share. However, under this scenario the child may have to use some of his/her own funds or obtain a mortgage to purchase the home.

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. ©



Wishing you and yours the very best of the Holiday Season

The Greater Palm Bay Chamber of Commerce staff wishes all our trustees, partners, sponsors, members, ambassadors, volunteers & attendees for all our events all the best in these holidays. The Chamber is everything, thanks to you and your effort to make businesses and Brevard County a great place to live.
Happy Holidays!

What's up in 2023 ?

Feb. 8	The State of Palm Bay Breakfast
Mar. 17	March Membership Madness & BBQ
April 1	2023 Home Show & Expo
May 19	15 th Annual Mayors Breakfast
Aug. 25	2023 Space Coast Symposium
Nov. 15	Advertising & Marketing Auction
Dec. 6	Holiday Chamber Celebration & Board Installation
Quarterly	Women's Luncheon Series





Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

December 2022

Holiday Festivities - Tips to Help You Enjoy



Helping You Get Your Ducks in a Row!

Let's Go Sailing!

MSC Meraviglia - January 8th 2023
from Port Canaveral with your friends from Brevard County!

7-night getaway Jan 8th
(or 7-nights from Jan 6th)
Bahamas & Mexico
Call Chris or Betty
at 818-430-1480



**2023 Foundation Cruise
Helping Seniors of Brevard**

Special Music Guest:



Lorri "I'd Like to Teach the World to Sing" Hafer is special guest on our sailing with Jazz/Standards music on board!

Travel with friends from Brevard County
Special Group Pricing and Upgrades
Call Chris or Betty today
(818) 430-1480

Travel is Better with Friends.
HelpingSeniorsTravelClub.com



1030a-1130am
Monday
December 12th

You're Invited!

**Holiday
Festivities**



Free Holiday Festivities Fun!

10:30am-11:30am - Monday - December 12th 2022
Nautilus Ballroom Zon Beachside - 1894 S Patrick Dr - Satellite Beach
55 minute Program begins 10:30am - Snacks & Refreshments



Call 321-473-7770 to Reserve Your Spot!
HelpingSeniorsOfBrevard.org/SRCB



President's Message

A Word from Joe Steckler,
Our President & Founder



This is probably the best good news that I will ever be able to bring you. The news is contained in two parts. The first I will tell you about is the fact that we exceeded the goal we set for the car raffle with the final total being \$103,000. I believe we were able to do this because so many of our regular donors again participated in the raffle and many new donors joined the cause. The final two days of donor giving exceeded any previous ones, and I think was due to *Hometown News* publishing an article requesting special help. Regardless of how it happened, it did, and I thank ever one who participated.

The second good news is that for years I wanted Brevard County to have a Senior Resource Center, a place where seniors of all ages and income could go for assistance. I have talked about this for 20 years, and we finally have a place to call home due to the generosity of Dr. Craig Deligdish, the owner of OMNI Healthcare. After meeting with Dr. Deligdish in November, he gave us, rent free, 5,000 sq. ft. on the second floor of the OMNI Healthcare Building at 1443 Apollo Blvd. Our task now is to make some minor structural changes and start the task of attracting provider clients who will be a resource for those who call us for help. If you think your organization could be a provider that could assist seniors, please call us at 321-473-7770.

You will read more about the Senior Resource Center because it will be home to organizations that can and will help seniors. There are many effective programs that help homeless veterans and we just do not know about them, but the resources housed in the Center will help those in need.

Our goal is to open the Center by January 1, 2023. The Center has long been needed by seniors and those who care for seniors in Brevard County. Thanks to OMNI and Dr. Craig Deligdish, we will have a Senior Resource Center.





Helping Seniors Of Brevard



Holiday Festivities

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

Hard to imagine that we have cycled around again to the Holiday Season! Thank God we are more “back to normal” after all the unusual things we all worked through during the pandemic so it really is time to enjoy “Holiday Festivities” once again!

The Holidays, though, can also be a difficult time for many - in as much as the calendar can bring a sense of loss or loneliness for many and so it is, all in one, the most Wonderful Time of the Year and, for many, can be a very challenging period.

In our edition of Helping Seniors News, we'd like to help you to, as Johnny Mercer once put it in song, “Accentuate the Positive” and so we wanted to share some ideas to make the Holidays enjoyable and special as we take each day - one at time and step-by-step. We've also tried to add some tips if you are feeling blue - help is available and we all want to navigate the winter season effectively and together in all cases!

In this edition of Helping Seniors, we have also included a moment where we just want to give thanks to you and all who supported Helping Seniors in 2022 - we are going into 2023 with some very big plans to increase/enhance our service to Seniors in Brevard county and your help along the way is what has made this possible. Thank you and let's enjoy the Holidays as a Helping Seniors family - our thoughts and prayers are with you this season.



This holiday season, please consider shopping at smile.amazon.com to support Helping Seniors of Brevard! Amazon will donate 0.5% of the price of your eligible purchases.



Have You Thought About This?

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

The cost of living is rising in the United States and Brevard County is no exception, from high rent costs, increasing homeowners' insurance and property taxes, rising grocery costs, gas and transportation costs, utility costs, home repair and maintenance costs, not to mention the housing market, making home ownership out of reach for many.

I recently talked with a senior who called our senior information line about affordable housing. She had just moved to Florida from North Dakota to live near her son. Neither she nor her son realized the lack of affordable housing for seniors here in Brevard County.

Brevard County for years has been one of Florida's best kept secrets. In years past, Brevard County was an affordable place to live, with affordable homes and rent, without the bustle and traffic of the big city. Well folks, our secret is out. Brevard County is now a very popular living destination for many in Florida as well as from around the United States.

It is more important than ever that seniors develop a personal aging plan. Much like a hurricane plan, part of an aging plan is developing a plan A, plan B, and even a plan C to navigate life as we age, to plan for the expected as well as the unexpected. It is never too late to develop your own personal aging plan and Helping Seniors of Brevard is here to help.

For more information or to be connected to resources and trusted senior friendly businesses and services, please reach out to us on our Helping Seniors Information line at 321-473-7770. For more information about our nonprofit, visit us at www.helpingseniorsofbrevard.org.



Helping Seniors Of Brevard



3 Ways to Lower Your Holiday Stress

Corina Savela
Total Long-Term Care Consultants

1. Set up a holiday budget.

Overspending is always a concern but even more so during the holidays. That's why budgeting for gifts and holiday extras is a good idea.

It's okay to put purchases on your credit card if you've saved up for them ahead of time. It can even be a great way to earn a sign-up bonus on a new card if you have very good credit. Pay your balance in full by the due date to avoid interest and fees.

Tempted to try the ubiquitous buy now, pay later loans for online purchases? Carefully review their interest rates and fees first.

2. Create a plan.

Have you been easily overwhelmed by the extra activities and responsibilities of the holiday season in the past? This year, think about setting up a more realistic plan for yourself.

You don't have to create the perfect holiday for others or attend every party you're invited to. Instead, consider setting boundaries and attending only the events that mean the most to you.

3. Take time for self-care.

Sticking with healthy eating and self-care habits may also help you better deal with anxiety. Get plenty of rest (including naps) and take time to decompress when you need to — it can really help.

And if you feel like you might benefit from professional help, don't be afraid to seek it out. Many insurance plans offer mental health benefits that can make this care more affordable.

If you need help choosing a health or life insurance plan, need to make changes for the new year, or have questions about your coverage, contact us anytime.



We Have a Winner!

Thanks to Everyone who made the 2022 Car Raffle such a success!



Congratulations Gail McGinnis!

Winner of the 6th Annual Helping Seniors Car Raffle - and she was at the Museum when Mark Pieloch called out her winning number!

Thank you! Our 6th Annual Helping Seniors Car Raffle set records everywhere Saturday October 29th - from 2500+ attendance at the Grand Drawing, to record Raffle ticket sales, to even the number of cars parked at the American Muscle Car Museum (1150+)! (Thank you Mark Pieloch and thank you AJ Hiers for making this all possible!)

So grateful to you, too, who are reading this, for helping keep the work of Helping Seniors moving forward and, yes, we are so excited that we are back in 2023 with our 7th Annual event! Stay tuned for excited details coming soon! Bigger and Better!





Helping Seniors Of Brevard



Thank You to Our Village

*Nancy Deardorff
Operations Director
Helping Seniors of Brevard*

As Operations Director and Senior Care Navigator for Helping Seniors of Brevard, I'm often asked, "so what does Helping Seniors of Brevard do to help seniors?" Our mission is to improve the quality of life for seniors in Brevard County. We do this through the provision of information, education, advocacy, and resources on a range of issues important to seniors, including legal, household, healthcare, financial, senior living options, and more.

So just how do we spread the word? Helping Seniors TV airs three times a day, five days per week on Space Coast Government TV. Helping Seniors Radio airs each Wednesday on WEJF 90.3 FM from 12:00 PM to 1:00 PM. Our Helping Seniors Newsletter and Senior Services Directory is available each month online as well as in print in the center section of Senior Scene Magazine, which is distributed to 500 locations throughout Brevard County each month. Our Helping Seniors Information Line is a free call and operates Monday through Friday 9:00 AM-5:00PM to help connect seniors to trusted seniors businesses and resources.

Helping Seniors of Brevard is a non-profit organization, and we depend on our sponsors, private donations, and fundraisers to continue our mission to Help Seniors of Brevard.

Our major fundraiser of the year is our Helping Seniors car raffle, where your donation gets you a ticket for a chance to win a brand-new model car, and each ticket is admit-one into the American Muscle Car Museum on the night of the grand drawing event.

On October 29th, we celebrated our 6th annual car raffle fundraiser. It was our most successful car raffle fundraiser to date. Congratulations to Gail McGinnis of Brevard County, winner of the 6th annual Helping Seniors of Brevard car raffle.

Our organization and our car raffle fundraiser would not be possible if not for A.J. Heirs, who connects Helping Seniors of Brevard with a brand-new model car from his dealerships, winner's pick. Also Mark Pieloch, owner of the American Muscle Car Museum, who generously offers his private museum as the venue for this event, and his museum staff and volunteers, our business and corporate sponsors, our volunteer Board of Directors and our many Helping Seniors of Brevard volunteers who each generously offer their time and whose tireless efforts made our 6th annual Helping Seniors of Brevard car raffle fundraiser possible.

We want you to know, 100% of corporate and business sponsorship donations, private donations, and your donation for a ticket to our car raffle fundraiser, stays right here in Brevard County to help our seniors.

As of October, over 4,500 calls have come through our Senior Information Line in 2022, demonstrating how much our community relies on Helping Seniors of Brevard to lead seniors to needed help and resources.

They say it takes a village to raise a child, and at Helping Seniors of Brevard, we believe it takes a village to help our seniors to live a quality life and age with dignity. We at Helping Seniors of Brevard would like to sincerely thank each of you who support our mission through your sponsorships and private donations. Your generous donation has made a positive difference in the lives of our seniors here in Brevard County. You are the Heroes of Brevard.



To donate or for information and resources call us:

Helping Seniors is here to serve you, call us anytime at **321-473-7770** or go to our website at

www.HelpingSeniorsofBrevard.org



'Twas the Night Before ... Final Day of AEP!

Victoria L. Moore
The Integrity Group Insurance

'Twas the Night before the final day of the Annual Enrollment Period (AEP), when all through the house not a creature was stirring, but for Agent Le Mouse. He perused his client files by the chimney with wild hair (he'd been too busy to brush it!), in hopes that he had helped each one choose the best Medicare plan for them with care.

His children were nestled all snug in their beds, while visions of spending time with their father (finally!) danced in their heads (along with sugar plums, of course!). And Mama (in her kerchief), a Medicare agent too (also too busy to brush her hair, hence the kerchief), sat at the table perusing her files too! They were both plum exhausted from the past 45 days and were looking forward to settling their brains for a long winter's nap (post AEP).

When out on the roof there arose such a clatter, they sprang from their seats to see what was the matter. Away to the window they flew like a flash, tore open the shutters, and threw up the sash.

The moon on the breast of the new-fallen snow gave the luster of midday to objects below. When what to their wondering eyes should appear, but a miniature sleigh filled with eight confused seniors and eight tiny reindeer.

With a little old driver, so lively and quick, they knew in a moment it was their neighbor, Mr. St. Nick, bringing his friends who needed Medicare advice lickety split! More rapid than eagles, his coursers they came, and he whistled, and shouted, referring to them by name:

"Meet Mr. Dasher! Now Ms. Dancer! Now, Mr. Prancer and Mrs. Vixen! Meet Joe Comet! And Von Cupid! There's Don Er and Will Blitzen!"
Past the garden wall and to the front porch they marched, ushered inside by Mr. St. Nick himself.

As dry leaves before the wild hurricane fly, when they meet an obstacle, mount to the sky; so up to the living room they flew, full of confusion and questions on the best Medicare plans to choose at this late moment; Mr. St. Nick had questions too.

And then, in a twinkling, we helped each one decide, by looking at their providers, networks, and medication lists, all night! They began cheering and laughing when they realized the savings and benefits they would soon receive.

As I drew in my weary head and was turning around, down the chimney Mr. St. Nick came again, with a bound. A bundle of toys he had flung on his back, and he looked like a peddler just opening his pack.

He was chubby and plump, a right jolly old man, and we laughed when we saw him, in spite of ourselves. A wink of his eye and a twist of his head soon made us relieved he brought gifts for our kids, knowing we had forgotten because we had no time!

He and the others spoke no more words, but went straight to work, filling the stockings we had neglected being busy with work. Laying his finger aside of his nose and giving a nod, up to the chimney they rose.

They sprang to his sleigh, to his team gave a whistle, and away they all flew like the down of a thistle. But I heard him exclaim, 'ere they drove out of sight, "Happy AEP to all, and to all a good night!"

The original form of this poem, titled "A Visit from St. Nicholas," was first published anonymously on December 23, 1823, in a Troy, New York, newspaper. It was not until 1837 that Clement Clark Moore accepted credit for writing it.

Please accept my hurriedly written AEP adaptation as an ode to Mr. Moore and all of the Medicare agents who work round the clock for 45 days to ensure that their clients are compliantly and efficiently enrolled into the best Medicare plan to fit their needs! If I can help any of our readers, it would be my pleasure. I can be reached at 321-272-0218.
Vicki Moore, Independent Sales Agent.



Medicare Planning

*Jerry Hadlock
Medicare Solutions*

WHEN CAN I JOIN, SWITCH , OR DROP A PLAN?

You can join, switch, or drop a Medicare Health Plan or a Medicare Advantage Plan (Part C) with or without drug coverage during these times:

- Initial Enrollment Period. When you first become eligible for Medicare, you can join a plan.
- Open Enrollment Period. From October 15 – December 7 each year, you can join, switch, or drop a plan. Your coverage will begin on January 1 (as long as the plan gets your request by December 7).
- Medicare Advantage Open Enrollment Period. From January 1 – March 31 each year, if you're enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. Note: You can only switch plans once during this period.

WHEN YOU FIRST GET MEDICARE (INITIAL ENROLLMENT PERIODS FOR PART C & PART D)

I'm newly eligible for Medicare because I turned 65.

What can I do?

Sign up for a Medicare Advantage Plan and/or a Medicare drug plan.

When?

During the 7-month period that:

- Starts 3 months before the month you turn 65
- Includes the month you turn 65
- Ends 3 months after the month you turn 65

Source : Medicare.gov



Marry Christmas from Avid Home Cares Services

*Traci Graf, RN
AVID Home Care*

This is our fifth year serving the community and my third year leading this incredible team of caregivers. At the end of the year I like to praise them and thank our supporters – we are so grateful for your trust in us. Anyone who knows us, understands quickly that we are passionate about delivering the highest quality of care. In the last two years I have been blessed to add my son to our business as the Office Manager and Scheduling Coordinator. His commitment to provide stellar care shines through in his interactions with clients and staff. Many of our employees stay with us because they recognize we do this with a different purpose than most.

Over the past year our staff has done some amazing things with clients, preventing recurrent infections or falls and practically halting the progression of chronic illnesses like dementia and congestive heart failure through consistent, compassionate care. We all want to keep our clients out of the hospital. Seemingly small things like ensuring a bed bound client has intact skin and no wounds can be instrumental in their overall long term health. Treating clients with dignity, respect, and empathy is something my staff excels at. We use our experience in healthcare to be the most effective team we can be and through this have grown from 13 to 44 employees. Our team respects each other and has been taught to “manage up” instead of cutting each other down. We all have our strengths and weaknesses.

As their leader, my most important job is to make them the best they can be. I personally learned this style of leadership from some incredible people before I came to Avid. I believe it was meant to happen that way. We will continue to provide the best care in the area to our clients; we all love what we are doing and really enjoy being the wave of change in home care. Merry Christmas!



Losing a Loved One: What's Next?

Katie Jackson Stolz, Esq.
Law Office of Amy B. Van Fossen, P.A.

Once a loved one passes, obtain certified copies of the death certificate from the funeral home. Three short form and three long form death certificates are usually enough. The long form death certificate includes the cause of death and is required by life insurance companies.

If your loved one had a will, send the original will to the courthouse in the county where they resided within 10 days of their passing. If they had a trust, then a Notice of Trust needs to be filed. If your loved one was living alone, secure the property and arrange for the care of any pets. Locate information regarding your loved one's assets: bank or brokerage accounts, life insurance policies, CDs, IRAs, 401Ks.

Once you have a death certificate, contact Social Security to apply for benefits that may be payable to eligible survivors. Depending on the date your loved one passed, it is not uncommon for Social Security to take back the last payment they received. If you are the surviving spouse, contact the property appraiser's office to see if you are eligible for an additional real estate tax exemption on your property.

A probate is required if your loved one had assets in their name only and with no beneficiary listed. Probate is the court monitored process of getting those assets to the rightful beneficiaries under the law. If a bank will not speak to you about a loved one's account, then this is usually a sign that either you are not the beneficiary listed on the account or that a probate is needed to gain access to the account.

If you are the personal representative named in your loved one's will (or the trustee named in the trust), then you are the individual tasked with navigating the probate (or trust administration process). You will want to make sure your loved one's estate is properly administered according to the law so that you are not held personally liable.



Your Teeth Are Designed to Meet

Lee Sheldon, DMD
Sheldon and Furtado, PLLC

“ ‘Upper tooth,’ let me introduce you to ‘lower tooth.’ You will have intimate contact for as long as you exist.”

Yes, teeth should meet each other. Each of your upper teeth should meet your lower teeth when you bite down. This is called “occlusion.” Most times, that can be achieved. Sometimes, it can't on the front teeth. The reason is that sometimes the lower jaw is smaller than the upper jaw (sometimes that is reversed). But all of your back teeth should meet. Why?

The jaw muscles provide force to the teeth when you close. And many of you close your teeth together by grinding your teeth (bruxism) or clenching your teeth. That's a lot of muscle strength. That force is then distributed among your teeth. When you lose a tooth, the muscle strength stays the same. That means that the force on each tooth increases. Extract a second tooth... a third tooth... more and more force on your remaining teeth.

Teeth are sometimes weakened depending on the amount of dental work done. The bone support is weakened when you've had periodontal disease. So the forces have the potential to do even more damage. Excluding the wisdom teeth, we have 28 teeth in the adult mouth. That means 14 sets of upper and lower teeth that should meet.

Count the number of teeth that meet in your mouth. You can do it simply by cutting a thin piece of cellophane into a strip that is ¼ inch wide and 3 inches long. Then place the cellophane on each lower tooth and bite down. Are you able to remove the cellophane while biting down? Then that set of teeth is not meeting.

The next time you see your dentist, ask, “How's my occlusion?”

Call 802-2810



SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

Online 24/7 - HelpingSeniorsDirectory.com

ATTORNEY

Ruth Rhodes, Esq.
Rhodes Law, P.A.
1751 Sarno Rd Ste. 2
Melbourne, FL 32935
www.rhodeslawpa.com
321-610-4542



The Law Office of
Amy B. Van Fossen, P.A.
211 E. New Haven Ave.
Melbourne, FL 32901
www.AmyBVanFossen.com
321-426-1848; (fax) 321-345-5417



William Johnson, P.A.
140 Interlachen Dr., Suite B
Melbourne, FL 32940
www.floridaelderlaw.net
321-253-1667



CARE MANAGEMENT

Emerald Care Management LLC
Karen Wernlund ♦ B.S. Psy.
321-622-8030 Care Consultant &
Guide to Independent Living

Total Long-Term Care Consultant Services
6767 N. Wickham Road #400
Melbourne, FL 32940
www.TlcConsultantServices.com
321-752-0995



DENTIST

Sheldon & Furtado, PLLC
2223 Sarno Road
Melbourne, FL 32935
www.drleesheldon.com
321-802-2810



FUNERAL HOMES

Davis Seawinds Funeral Home & Crematory
560 Montreal Ave.
Melbourne, FL 32935
www.davisseawinds.com
321-254-1532

GENERAL CONTRACTOR/HANDYMAN

Hansen's Handyman Services
Remodel, Windows, Doors, Painting
Family Owned & Operated Since 2007
321-302-9441 ♦ Licensed/Insured

GRAB BARS

Same Day Grab Bars®
3830 S. Hwy A1A 4-113, Melbourne Beach
www.samedaygrabbars.com
800-215-7560

HEALTH

Visiting Nurse Association
391 Commerce Pkwy #240, Rockledge, FL
www.vnatc.com
321-752-7550

Concierge Medical Equipment Services
Shawn Parker, MS, President /CEO
1367 B. Cypress Ave., Melbourne, FL 32935
321-956-4000

HOME BUILDERS

Monarch Homes of Brevard
Model address 1728 Tullagee Ave.
Melbourne, FL 32940
www.monarchhomesofbrevard.com
321-806-3948





SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

Online 24/7 - HelpingSeniorsDirectory.com

HOME REPAIR

Coastal Claims Services

Cristin Taylor, Public Claims Adjuster
www.coastalclaims.net
321-537-9180



INSURANCE

Medicare Solutions – Jerry Hadlock

Helping you unlock the Medicare confusion
601 E. Strawbridge Ave. Melbourne
321-720-4526 ♦ jldm253@aol.com



IN HOME CARE

Avid Home Care, LLC (non-medical)

2425 N. Courtenay Pkwy Ste 10
traci@avidhomecareservices.com
321-392-3400



MEALS AT HOME

Chefs for Seniors

Nutritious meals prepared in your home
www.ChefsforSeniors.com/Melbourne-FL
321-210-6953



Best Care Private Duty Nursing

7951 Ron Beatty Blvd., Micco, FL 32976
www.bestcaresfl.com
321-750-5303

Seniors Helping Seniors

1103 W Hibiscus Blvd, Ste 400
www.seniorcarebrevard.com
321-722-2999



MORTGAGE

Reverse Mortgage Funding

977 Long Meadow Road, Melbourne
www.reversefunding.com/Barbara-Mcintyre
321-698-4739



INSURANCE & FINANCIAL SERVICES

Care Plus Health Plans

www.careplushealthplans.com
321-751-7645



Health Plan Marketplace / Bruce Williams

1127 S. Patrick Dr. Ste. 1, Satellite Beach
www.BWilliamsInsurance.com
321-543-3495

Jill Whittamore – Medicare Made Easy

Medicare Advantage, Medigap & more
jill.whittamore@yahoo.com
321-458-3702 ♦ jillwhittamore.com

Marisa Mitchell

Independent Insurance Broker
MarisaYMitchell@gmail.com
321-233-1535 x101



MOVING

A Mother's Touch Movers

321-253-6040
Senior, Military & Veteran Discounts!
Packing/Unpacking! Storage Available!

PHYSICAL THERAPY

FYZICAL Therapy & Balance Center

150 5th Ave., Ste C, Indialantic
321-372-3090
Balance, Fall Prevention, Vertigo



FYZICAL Therapy & Balance Center

3830 S Hwy A1A Ste C-5, Melbourne Beach
321-327-7889
Rock Steady Boxing for Parkinson's Disease



SENIOR SERVICES DIRECTORY

TRUSTED BUSINESSES SERVING BREVARD SENIORS

Online 24/7 - HelpingSeniorsDirectory.com

PRINTING

Allegra Design, Print, Mail
2040 Murrell Road, Rockledge
www.allegrarockledge.com
321-242-1006



REAL ESTATE / DOWNSIZING

James Shurte P.A.

Downsizing & Estate Sales
6905 N. Wickham Rd. #110, Melbourne
321-271-1670
jshurte@kw.com

Team Taranto Keller Williams Realty

Downsizing Experts
2020 Highway A1A Unit 107, IHB
321-961-2871
team@teamtaranto.com



SENIOR LIVING / MEMORY CARE

Hibiscus Court Assisted Living and Memory Care Community

540 E. Hibiscus Blvd, Melbourne
www.slm.net
321-345-9830



Zon Beachside

1894 S. Patrick Drive
Indian Harbour Beach, FL 32937
www.zonbeachside.com
321-777-8840



TRAVEL

Helping Seniors of Brevard Travel Club

Merritt Island, FL 32952
travelcenterusa@gmail.com
(321) 978-5211 • Chris & Betty
We create "trips of a lifetime" for seniors



\$1 per day = 1 year in the



SENIOR SERVICES DIRECTORY

\$1 won't even buy you a good cup of coffee these days ...

BUT your \$1 can go to work for you today making you many more \$\$\$ in the **Space Coast Senior Services Directory**

What does your \$1 per day get you?

- A 4-line Business Directory listing each month, for 12 months, in the print edition of the Senior Scene Magazine – up to 14,000 copies distributed, free-of-charge, at over 500 locations throughout Brevard County.
- A 4-line Business Directory listing each month, for 12 months, in the online edition of the Senior Scene Magazine – published at SeniorSceneMag.com.
- A 4-line Business Directory listing each month, for 12 months, in the online edition of the Helping Seniors Newsletter.
- An online Business Directory listing every day for 12 months in the Helping Seniors online directory – receiving thousands of visits monthly in categories seniors are actively searching for.
- A good feeling for supporting the work of Helping Seniors of Brevard – the Florida non-profit dedicated to operating the County's Senior Information Helpline.

(Based on annual commitment)

Call Helping Seniors today to get signed up!

321-473-7770

or email us at

Info@HelpingSeniorsofBrevard.org



Helping Seniors Of Brevard



Helping Seniors Platinum Sponsors



CarePlus Health Plans
(321) 751-7645
CarePlusHealthPlans.com



Law Office of Amy B. Van Fossen
(321) 426-1848
AmyBVanFossen.com



Monarch Homes of Brevard
(321) 806-3948
MonarchHomesofBrevard.com



Sheldon & Furtado, PLLC
(321) 802-2810
DrLeeSheldon.com



William A. Johnson, P.A.
(321) 253-1667
FloridaElderLaw.net

WILLIAM A. JOHNSON, P.A.
ESTABLISHED 1988
Elder Law, Medicaid & Estate Planning



Zon Beachside Assisted Living
(321) 777-8840
ZonBeachside.com



Helping Seniors Gold Sponsors



Hibiscus Court Assisted Living
(321) 345-9830
HibiscusCourtMelbourne.net



Reverse Mortgage - B. McIntyre
(321) 698-4739
ReverseFunding.com/BarbaraMcintyre



Helping Seniors Silver Sponsors

Avid Home Care Services
(321) 392-3400
AvidHomeCareServices.com

Chefs for Seniors
(321) 210-6953
ChefsforSeniors.com/Melbourne

Cristin Taylor - Public Adjuster - Coastal Claims
(321) 537-9180
CoastalClaims.net

Fyzical Therapy & Balance Center
(321) 372-3090
Fyzical.com/Indialantic

Marisa Mitchell - Health Plan Markets
(321) 361-1040
Facebook MyMitchellInsurance

Medicare Solutions - Jerry Hadlock, Jr.
(321) 720-4526
Email JLDM253@aol.com

Next Chapter Real Estate
(321) 298-5562
NextChapterFlorida.com

Ruth C. Rhodes, Esq. / Rhodes Law P.A.
(321) 610-4542
RhodesLawPA.com

Seniors Helping Seniors
(321) 722-2999
SeniorCareBrevard.com

Team Taranto - Keller-Willaims Realty
(321) 676-0185
TeamTaranto.KW.com

Total Long-Term Care Consultant Services
(321) 752-0995
TLCConsultantServices.com

Helping Seniors Travel Club
(321) 978-5211
HelpingSeniorsTravelClub.com



The Right Idea for Your Business that Pays You - and Our Community Back!

Join the Businesses and Organizations that support the work of Helping Seniors of Brevard!

Call (321) 473-7770 and Let's Get Started!



Mom & Me

by Audrey & Kimberley

Dear Mom and Me,

I loved my job. Eight hundred families depended on my decisions. Every day was a new set of problems to solve. I enjoyed the traveling and all the excitement the job offered, my family and my job were my life. But then it was time to retire. The last week was busy with retirement parties and then I said my final Good-byes.

The first morning my wife made our breakfast, and then she left me for the day at the ladies bridge club.

On the second day she took me grocery shopping.

Today is the third day and she has gone with her women friends shopping. The only decision I will have to make today is "what to have for lunch". What do I do now?

– HENRY B.

Dear HENRY B.,

It is most unfortunate that a man of your abilities was unable to see a complete change in lifestyle was on your immediate horizon.

You are a problem solver so just think of this as a new project needing a solution. Your wife has her life so you should now organize your time to help others who are less fortunate.

Visit your local library. Libraries always need people with your abilities. Inquire at the many non-profit organizations, be

a mentor and teach a child struggling to learn how to read. Give of yourself; it is payback time for all those teachers in your past who helped you be the success you enjoy.

– AUDREY

Dear HENRY B.,

What were you doing the last five years of your job? Weren't you at least a little bit curious about retirement that would have prompted you to do some small planning? I guess denial can be a very strong thing.

Retirement can be a difficult transition. Particularly if someone defines themselves by their work, have limited social contacts not associated with work and does not have hobbies or interest. For those individuals life does seem to stop.

There are so many activities, paid and volunteer, that you can become involved in. You need to know where your interest and talents lie, and then start to investigate what opportunities are out there to support your interest and talents. If you have your health and family, retirement is what you make it.

Your story is a good lesson for other readers about the importance of planning your retirement. Retirement should be an event that you plan, not an event that happened to you.

– KIMBERLEY

UPCOMING TRIPS

St Augustine Night of Lights - December 14th, 2022 - our annual trip for night of lights tour by horse and carriage. Enjoy your day shopping, or go to museums. Meals on your own, trip includes roundtrip motorcoach and horse and carriage for night of lights tour. 1st bus sold out, 15 seats left on 2nd bus

Wizard of Oz Museum and the VanGogh Immersive Experience - January 24th, 2023 - \$99 - follow the Yellow Brick Road to a day of fun. We will have a docent tour of the Wizard of Oz museum as we travel from Munchkin Land to the Poppy Fields to the Dark Forest and onto Emerald City. Lunch included at Long Doggers. Minimum of 35 needed for this trip, deadline to sign up December 20th

Glacier National Park and The Canadian Rockies with Calgary Stampede option - new dates are set for July 15th-23, 2023 or if you want to take in the Calgary Stampede join us on July 13th to begin your trip. As of 2022, Canada requires vaccination to enter their country. Rates starting at \$3700 pp based on double occupancy. Click on the name of trip and it will show the itinerary! Deposit is \$250 per person plus insurance

American Queen Empress - July 23rd-31st, 2023 - sail on a paddlewheel boat on the Columbia and Snake Rivers. Rates include 1 pre night hotel in Vancouver Washington, unlimited beverages, Wi-Fi, daily onboard enrichment and hop on/off in each port of call. Deposit is \$250pp due by December 10, 2022

BOOK TODAY!

Visit our website or call today
(321) 631-8080
1240 US1, Suite 6, Rockledge

ALL ABOUT YOU TRAVEL UNLIMITED
ST36424
Independent affiliate of Uniglobe Travel Center

VIRTUOSO MEMBER
SPECIALISTS IN THE ART OF TRAVEL

www.allaboutyoutravelunlimited.com

Coastal Claims Services
"I negotiate your insurance claim on your behalf?"

ROOF DAMAGE • HURRICANE • PLUMBING LEAKS
VANDALISM • THEFT • LIGHTNING • FIRE & SMOKE
WATER/FLOOD DAMAGE • HAIL DAMAGE • MOLD

THIS IS A SOLICITATION FOR BUSINESS. IF YOU HAVE HAD A CLAIM FOR AN INSURED PROPERTY LOSS OR DAMAGE AND YOU ARE SATISFIED WITH THE PAYMENT BY YOUR INSURER, YOU MAY DISREGARD THIS ADVERTISEMENT.

Not getting what YOU deserve from your insurance company? We are on YOUR side!

Cristin Taylor • 321-537-9180
Public Insurance Adjuster
License #W581004

cristin@coastalclaims.net • www.coastalclaims.net

SENIOR NEWS LINE

By Matilda Charles

Social Security Benefit for 2023

It's official: Our Social Security increase for 2023 will be 8.7%. They say it's the largest increase in 40 years.

For the average senior, that's going to mean a \$146 monthly increase. Plus we're getting a small "rebate" on that massive Medicare Part B increase we faced last year when the cost went to \$170.10 to pay for Aduhelm, an Alzheimer's disease drug that was said to cost \$56,000 per year. (After facing criticism, manufacturers had to cut the cost in half, down to \$28,200.) We'll now save \$5.20 on our Part B premium, with the average monthly deduction being \$164.90. The Part B annual deductible will drop to \$226, a \$7 savings.

What's disturbing is that only a few months ago the financial gurus were expecting we'd receive a 10.2% increase on Social Security, based on all the high prices we've been seeing this year and will likely see into 2023. Instead, they've lowered that to the 8.7% ... while prices have continued to rise.

The problem is how those annual increases are calculated. They use the Consumer Price Index for Urban Wage Earners And Clerical Workers (CPI-W), which calculates the prices of goods and services for things those urban workers care about: clothing, education, electronics and so on. That CPI-W covers 29% of the population. Instead, they should use the Consumer Price Index for the Elderly (CPI-E), which focuses on goods and services that seniors spend money on: medical, drugs, food, housing and so on.

The next time you call your senators and representatives, be sure to ask why the Elderly index isn't being used. After all, they've been thinking about it since the 1980s.

Meanwhile, don't let the Medicare open enrollment period pass you by. Until Dec. 7 you have the option to make changes to your original Medicare Advantage plan, supplemental plan and prescription drug plan. 

(C) 2022 KING FEATURES SYNDICATE, INC.

TimeshareVictim.com

Legal Timeshare Cancellation for less!

Stop The Financial Bleeding!

100% Money Back Guarantee

A+ BBB Rating <> Five Star Reviews

800-223-1770

Trust Is Our Reputation...Since 2007

King Crossword

ACROSS

- 1 Whispered "Hey!"
- 5 Cacophony
- 8 Last write-up
- 12 Jazz singer James
- 13 Punk rock offshoot
- 14 Indy event
- 15 Meander
- 16 Has a portion (of)
- 18 Seeming contradiction
- 20 Small earrings
- 21 Allow
- 22 — Paulo
- 23 Social worker's load
- 26 Talkative birds
- 30 Half of bi-
- 31 Levy
- 32 French article
- 33 Layered dessert
- 36 Media barrage
- 38 Dog tags, e.g.
- 39 Sheep call
- 40 Acid in pro-

teins

- 43 Lets off
- 47 Sunshades
- 49 "Phooey!"
- 50 Earth Day subj.
- 51 "A mouse!"
- 52 Outside (Pref.)
- 53 Painter Magritte
- 54 "— Kapital"
- 55 Grate

instrument

- 23 Drink holder
- 24 Santa — winds
- 25 Knight's address
- 26 Bit of butter
- 27 Gigi's "yes"
- 28 Stick with a kick
- 29 "— who?"
- 31 Poetic contraction
- 34 Closing number
- 35 Big fusses
- 36 Saloon
- 37 Firetruck
- 39 Soaks up the sun
- 40 Unoriginal one
- 41 Spiked club
- 42 Pressing need
- 43 Entreaty
- 44 Killer whale
- 45 D.C. baseball team
- 46 Halt
- 48 British ref. work

DOWN

- 1 Criminal, to cops
- 2 Old portico
- 3 Flag feature
- 4 Mexican entree
- 5 Station
- 6 Big-screen format
- 7 Neither mate
- 8 Speaker
- 9 Capital of Azerbaijan
- 10 On the rocks
- 11 Hardy heroine
- 17 Despot
- 19 — Moines
- 22 Swing band

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16			17				
18				19				20				
			21				22					
23	24	25				26				27	28	29
30					31					32		
33			34	35				36	37			
			38					39				
40	41	42				43				44	45	46
47					48					49		
50					51					52		
53					54					55		

© 2022 King Features Synd., Inc.

PAW'S CORNER

By Sam Mazzotta

Helping a "Found" Cat Get Home

DEAR PAW'S CORNER: My friend found an orange cat matching the description on a paper flyer posted on a nearby telephone pole. However, the email address listed on the flyer keeps coming back as "invalid," so she has no way to contact the owner. What else can she do to return the cat to its rightful owner?

– Jimmy V., via email

DEAR JIMMY: Kudos to you and your friend for caring for the lost cat and trying to get it back to the owner!

The first thing to do is to contact nearby shelters and veterinarian's offices and tell them that you've found a lost cat but cannot contact the owner. They may have you bring in the cat to scan for a microchip -- the best way to identify pets and reunite them with their owners when a collar and tag are lost. Or they may ask for a description and have you email a photo



of the cat so they can put up a "found" flyer in their lobby. Chances are, if the owner has already put up flyers, they have probably been checking with shelters regularly to see if their cat has been reported found or has turned up there.

Next, get the word out. Paws.org has a downloadable PDF flyer (www.paws.org/resources/reunite-a-found-pet/) that you can use to post your own found sign and add a contact email or number for the owner to call. Post a found notice on Facebook groups like Lost and Pound (www.facebook.com/lostandpound), which focus on lost pets.

Chances are, you'll locate the owner locally, but getting the word out as far and as wide as possible will help reunite that cat with its owner.

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

CHRISTMAS WITH ILENE GRAFF continued from pg 14

"Most know me from television but don't realize that I started on Broadway, so they are kind of surprised that I'm a real singer!" she said, laughing (see www.ilenegraff.com). "I also sang a little on maybe three episodes of 'Mr. Belvedere' so that was always a surprise for the audience."

One of those episodes first aired in December 1989. In "A Happy Guy's Christmas" the Owens family is cast in a local production of a Charles Dickens classic.

"We did a silly take-off of 'A Christmas Carol,'" she recalled. "They dressed me up with this beautiful long blonde wig and Christopher was attached with wires so he could fly. It was exactly what you wanted from a Christmas episode – goofy and yet heartfelt and sincere."

Graff remembers her years on the "Mr. Belvedere" set with fondness. "It was an amazing cast and crew who worked so well together. You know how some people are just funny? Well, that was Bob, completely natural and comfortable on camera and one of the smartest people I've ever known – and he still broadcasts baseball (at 88, for the Milwaukee Brewers)! Both he and Christopher were such great guys and insisted that everybody in the cast and crew be treated equally on the set. How lucky I am to have those memories in my career."

Graff hopes to create new memories for herself and the audience when she returns for this year's holiday show.

"I've always thought of myself as a singer who got into acting and the acting really took over for many years," she says. "But I never stopped singing because that's just who I am. Music, singing, and of

course family are everything to 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. ©

TOOLS FOR LEARNING HOW TO SPOT... cont'd from pg 16

Another red flag is any message that asks you to verify any kind of information or tells you that you need to reset your password. If you suspect that something is legitimate, manually go to that company's website and sign into your account. If the warning is legitimate, it will show up in your account notifications.

Online Phishing Quizzes

One of the best ways to help anyone learn how to spot these increasingly more sophisticated phishing tactics is through the many online phishing quizzes:

- Federal Trade Commission: <https://bit.ly/3ztBwa6>
- Google: <https://bit.ly/3zq90pU>
- OpenDNS: <https://bit.ly/3zqfPaP>
- SonicWall: <https://bit.ly/3zq8VCt>
- PhishingBox: <https://bit.ly/3NoFcja>
- NexusTek: <https://bit.ly/3sIwcMi>
- ESET (video): <https://bit.ly/3U5qXlb> ©



Was Jesus A Teacher?

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



Ever since the invention of the book, with cover, binding and pages (as opposed to rolls of parchment or tablets of stone), there has been the matter of arrangement, meaning what comes first and second and third and so on. Matthew is first of the NT and the Sermon on the Mount is Jesus' first teaching. So the context for our passage is beginning, opening, first, start.

I'm momentarily uncomfortable with referring to the sermon as Jesus' teaching because Jesus doesn't just explain

but Jesus proclaims. Teaching explains. Proclaiming announces. One bleeds into the other often times. Teaching does proclaim and proclaiming does teach. But there is here in this beginning sermon a lot of announcing. "Here's the news." Not, "Here's an explanation." This is probably a digression unnecessary so

let's move on. Note that Christianity at its core is good news and not at its core moral teaching. If an enemy is coming at you, a teacher teaches you to fight but a proclaimer announces that Jesus beat the enemy. ☺

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	12/01	Elder Law Services	Senior Travel: Safe and Fun	What Assisted Living Can Mean
Fri	12/02	Reverse Mortgage - Now Time?	Durable Power of Attorney	How Medical Office Team Helps
Mon	12/05	Life Enrichment	All About Home Care	How Public Adjuster Helps
Tue	12/06	Great Employment for Seniors	Put Kids on the House Title?	Real Estate for Seniors
Wed	12/07	Golden Providers B2B	How to Have "The Talk"	Helping Seniors Travel Club
Thu	12/08	Too Many Teeth Being Extracted?	3 Reasons for Reverse Mortgage	Probate - What it is/How it works
Fri	12/09	The Parts of Medicare	5 Ideas on Financial Checklist	Helping Seniors at 12 Years
Mon	12/12	Get Your Ducks in a Row (Pt 1)	Get Your Ducks in a Row (Pt 1)	Chefs for Seniors
Tue	12/13	When to Call: Adult Abuse	Checking out Zon Beachside	Why Comprehensive Evaluation
Wed	12/14	Value of Professional Printing	Reverse Mortgage - How it Works	Trusts
Thu	12/15	How to Cruise Successfully	Medicare - Questions & Answers	How Assisted Living Benefits
Fri	12/16	Power of Attorney/Super Powers	Technology & Home Care	Senior Mental Health
Mon	12/19	Finding Good Help at Home	Communications Helping Seniors	Helping Seniors Directory
Tue	12/20	Real Estate for Seniors	Cosmetic Dentistry	Senior Info in Senior Scene
Wed	12/21	The Dirty "D" Word - Dementia	Things to Know About Elder Law	Two Assisted Living Questions
Thu	12/22	Your Legal Documents Checklist	Assisted Living Hibiscus Court	Reverse Mortgage - Now Time?
Fri	12/23	How Public Adjuster Helps	5 Steps to Stay Safe at Home	The Helping Seniors Travel Club
Mon	12/26	Periodontal Disease	In Home Care Giving	About Golden Providers
Tue	12/27	What Assisted Living Can Mean	Medicare Supplement/Advantage	How a Care Manager Can Help
Wed	12/28	Senior Info in Senior Scene	Top Reasons for Senior Hospital	When is Assisted Living Right?
Thu	12/29	3 Reasons for Reverse Mortgage	Top 3 Public Benefits Questions	Guardianship
Fri	12/30	Safe & Secure at Home	Chefs for Seniors	Medicare - Questions & Answers



90.3 FM WEJF

Helping Seniors Radio on
 90.3 FM WEJF Radio

Broadcast Schedule:
 Wednesdays 12nn-1pm

Day	Date	90.3 FM WEJF Radio	12 noon each Wednesday
Wed	12/07	Focus on Elder Law	Elder Law Attorney Bill Johnson
Wed	12/14	Focus on Your Smile	Dr. Lee N. Sheldon
Wed	12/21	Focus on Your Real Estate	Barbara McIntyre
Wed	12/28	Focus on Help at Home	Jennifer Helin



www.SeniorSceneMag.com

Easy to find all things senior-related in the Space Coast area!

- Directory
- Community
- Entertainment
- Financial Advice
- Senior Health
- General Interest
- Around the House
- Nostalgia and more!



SENIOR SCENE is on Facebook!

Get updates & info @ facebook.com/SeniorScene

From the kitchen of **Good Housekeeping**

Maple Pudding

This easy, seasonal version of a pudding makes a festive end to a holiday meal -- especially for the kids!

2 1/2 cups whole milk

1/3 cup cornstarch

3/4 cup maple syrup

1 tablespoon butter

1/2 teaspoon vanilla extract

1/4 teaspoon salt

1. In medium bowl, whisk together 1 cup whole milk and cornstarch until smooth.

2. In 3-quart saucepan, heat 1 1/2 cups whole milk, maple syrup, butter, vanilla extract and salt to boiling on high, stirring occasionally.

3. Reduce heat to simmer. Whisk in cornstarch mixture; cook 2 minutes, whisking constantly. Transfer to 6 parfait glasses; cover and refrigerate until cold.

Serves 6.



For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

(c) 2022 Hearst Communications, Inc.
All rights reserved

Pumpkin Pie With Bourbon Whipped Cream

Store-bought pie becomes extra special with homemade, bourbon-laced whipped cream.

1/2 cup heavy or whipping cream

1 tablespoon confectioners' sugar

1 1/2 teaspoon bourbon or 1/2 teaspoon vanilla extract

1 prepared pumpkin pie

1/2 cup packaged spiced sugared pecans

1. In medium bowl, combine cream, sugar and bourbon. With mixer on medium speed, beat cream until stiff peaks form.

2. Cut pie into 8 wedges. Top each wedge



with a dollop of whipped cream and sprinkle with pecans.

* Each serving: About 420 calories, 23g total fat (9g saturated), 86mg cholesterol, 395mg sodium, 46g total carbohydrate, 1g dietary fiber, 8g protein.

SENIOR SCENE
Magazine



Present:

Senior Expo

Friday, January 27

10 am To 1 pm

Wickham Park Community Center

***** 2815 Leisure Way, Melbourne*****

Free Admission

Coffee & Snacks Stations

Ask the Doctor Lunch & Learn

Door Prize Winner Every 15 Minutes

Delicious Popcorn & Giveaways

Free Health Screenings

Fun & Informative Event

Meet Top Healthcare Professionals

For info. Call 321-773-1454

Honoring Veterans Through Wreaths Across America: Biggest Ever Program On The Space Coast, December 2022

For many years a program begun on a tree farm in Maine has expanded to every State in America and even to American Graveyards in some foreign countries, especially cemeteries near the D-Day landing beaches of Normandy.

Here in the area around Brevard County, in mid December, Wreaths Across America (WAA) will likely be sending more than 16,000 wreaths that will be carefully placed at an equal number of veteran gravesites. Funds were raised and individual wreaths purchased throughout the year to make this happen. Wreaths cost \$15 each including shipping.

Brevard County has five major location coordinators registered with WAA. It may well be the most active WAA county in Florida. The largest site to receive more than 10,000 wreaths this year is the VA/NCA Cape Canaveral National Cemetery (CCNC) in Mims/Scottsmoor.

The WAA/CCNC location coordinator since the CCNC was opened in 2015 has been Betty Jo Green. She has seen the program from well less than 1000 wreaths the first year, through covid restrictions and many challenges to what should be an amazing 2022 ceremony.

On Saturday, December 17 more than 200 volunteers and perhaps as many as another 1000 visitors and family embers of veterans and spouses buried there, will witness a moving WAA Ceremony that begins at 1145 am and is followed by carefully placing a wreath at every eligible grave marker. In the end, row after row of headstones with wreaths is an amazing sight.

Separate WAA locations in Brevard have been established over the past 8 years since so many veterans are buried at the over 100 cemeteries in our county. Some sites were in disrepair and have been improved and/or rebuilt. Many are still being searched to try to identify veterans gravesites that began here in the early 1800's.

This year, one Brevard burial site, the Pinecrest Cemetery on Clearlake Road in Cocoa will have a WAA Ceremony on Sunday, October 18 at Noon. Korean War Brevard Hero and Medal of Honor recipient, Emory Lawrence Bennett (1929-1951), is buried there. He and the other veterans and spouses buried at Pinecrest will be "Remembered" and "Honored" as the Ceremony "Teaches" all about what veterans



have done to create, sustain and protect our country.

To learn more about how you can support the Space Coast WAA programs as a volunteer or donor, check google search on "Wreaths Across America Brevard County" and all the locations/ coordinators will appear. (S)



Weekly SUDOKU

by Linda Thistle

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

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!

© 2022 King Features Synd., Inc.

VETERANS POST

by
Freddy Groves

Expanded Help for Veteran Caregivers

The Department of Veterans Affairs is giving a helping hand to veteran caregivers of all eras. The Program of Comprehensive Assistance for Family Caregivers (PCAFC) has been expanded to include eligible veterans who served after May 7, 1975, and before Sept. 11, 2001.

At-home caregivers have been the glue that held together any number of veteran programs, and now more of them will get the assistance they need. The program assists caregivers with health insurance and access to health care through CHAMPVA, peer support, respite care (30 days per year), education and training, financial assistance and monthly stipend, certain travel expenses, resources and more. The program includes both primary and secondary (backup) caregivers, although there are different services for secondary.

At the same time, the VA is extending the length of time that Legacy participants, veterans and their caregivers can stay eligible for the program. This date now runs through Sept. 30, 2025. "Legacy" means that a veteran was designed as eligible before Oct. 1, 2020.

Eligible veterans include those who had a serious injury

or a serious illness during active duty during any service era. The veteran must have a disability rating of 70% or higher, have been discharged or have a medical discharge and need at least six months of personal care services for assistance such as feeding, supervision, safety and bathing.

To learn more about the Caregiver Support Program, call them at 855-260-3274 on Monday through Friday from 8 a.m. to 10 p.m. EST, and on Saturday, 8 a.m. to 5 p.m. EST.

For an online application and specific eligibility criteria, go to www.va.gov/family-member-benefits/comprehensive-assistance-for-family-caregivers. Look for the link to VA Form 10-10CG. In addition, the veteran needs to be enrolled in VA health care. Apply for that on VA Form 10-10EZ on that same webpage. Don't send any medical records with your applications. The VA will ask for those later.

For even more information on PCAFC, go to www.caregiver.va.gov/support/support_benefits.asp and click on "Fact Sheets." (S)

(C) 2022 KING FEATURES SYNDICATE, INC.

Are you a SENIOR who needs assistance in finding services for:

Health, Household, Financial, Legal or other Needs?

Call: (321) 473-7770

Visit: www.HelpingSeniorsofBrevard.org

Helping SENIORS of Brevard

Click Twice to Visit Website

As a non-profit organization, our objective is to improve awareness of existing senior care programs and help SENIORS access them.

Brighthouse Channel 49 Mon. 7:00 PM, Tues. 6:30 PM, Thurs. 7:30 PM
SCGTV Channel 499 Mon. 3x daily - M-F 8:00 AM, 4:30 PM, 5:00 PM.

NEED HELP
with a Federal Government Agency



Congressman Bill Posey and His Staff are Here to Serve You!

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

Titusville Satellite Office

Limited Hours of Operation
Brevard County
Government Center
(321) 383-6090

District Office

2715 Judge Fran Jamieson Way
Building C
Melbourne, FL 32940
Phone (321) 632-1776
Fax (321) 639-8595

To contact Rep Posey by email, please visit:
<http://posey.house.gov>

Paid for by official funds authorized by the House of Representatives

C O U P O N S & S P E C I A L S

PERSONAL HEARING SOLUTIONS

FREE
Electronic Hearing Test

FREE
Video Otoscopic Ear Inspection

FREE
Batteries for a year

Not valid with any other offer.

See ad on pg. 8

PATSY SKIPPER

Permanent Make-up Artist Inc.

10% OFF
ALL SERVICES

Offer Valid to first time clients only
Not valid with any other offer.

See ad on pg. 45

HANDYMAN Direct

\$25 OFF
Any Job Over \$150

\$50 OFF
Any Job over \$300

\$100 OFF
Any Job over \$600

For Labor Only.
Not valid with any other offer.

See ad on pg. 43

SENIOR SCENE is on Facebook!



Get updates & info @ facebook.com/Seniorscene



King Crossword Answers

Solution time: 21 mins

P	S	S	T		D	I	N		O	B	I	T	
E	T	T	A		E	M	O		R	A	C	E	
R	O	A	M		P	A	R	T	A	K	E	S	
P	A	R	A	D	O	X			S	T	U	D	S
			L	E	T		S	A	O				
C	A	S	E	S		P	A	R	R	O	T	S	
U	N	I			T	A	X				U	N	E
P	A	R	F	A	I	T			B	L	I	T	Z
			I	D	S		B	A	A				
A	M	I	N	O		P	A	R	D	O	N	S	
P	A	R	A	S	O	L	S			D	R	A	T
E	C	O	L		E	E	K			E	C	T	O
R	E	N	E		D	A	S			R	A	S	P

SUDOKU Answers

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

Hearing Loss
[= Brain Stress?]

LIVING WITH HEARING LOSS

PERSONAL HEARING SOLUTIONS
LUNCH & LEARN

Does Hearing Loss = Brain Stress?

During this presentation you will learn how living with hearing loss negatively impacts our ability to think and what we can do about it.
Brought to you by Widex and Personal Hearing Solutions.

RSVP NOW! 321.751.6771

FRIDAY, DECEMBER 16TH
11:00 AM - 1:00 PM

8085 SPYGLASS HILL RD
VIERA, FL 32940

You deserve better hearing. We are here to help!
Sandra Wagner, BC-HIS

imposes on giving. Never let this idea get in the way!

This \$15,000 limit is often misunderstood. The IRS only wants to know how much over the limit is gifted to each recipient every year. In Gabe's case, Claire reports on IRS Form 709, the Gift Tax Return, the amount exceeding the \$15,000 exclusion, which is \$85,000. There is no tax due, only the reporting of the gift. Claire has a lifetime limit of \$12.06 million of reportable gifts that she can give Gabe before one penny is owed in tax. Some taxpayers never even report these gifts because their estate is nowhere close to the \$12.06 million threshold, but I don't recommend doing that. Always follow the rules --- it's painless anyways.

Consider a tax-deferred annuity with no chance of market losses because the investment will never go backward, and your loved one will never owe any tax as long as the funds stay invested. This holiday is your opportunity to do a wonderful thing – give big!

Uncertainty

Our country is becoming excessively more competitive

than it has in the past, and the USA has a severe problem with monetary uncertainty. In other words, the American Dream is systematically being eradicated with a myriad of obstacles, such as unpredictable taxes, mounting fiscal deficits, increasing regulations, confusing political policies, disappearing pension programs, etc. It makes sense to part with funds you don't necessarily need for yourself and help boost the financial health of your darling children – if they deserve it. The American dream of the 1940s, 1950s, & 1960s is extinct.

Call me if this plan looks good to you. I'll showcase the best programs with the best companies and let you decide. This holiday season can be a season of meaningful giving for your loved ones.

Jason ValaVanis is a Board CERTIFIED FINANCIAL PLANNER® and, for over 32 years, the owner of ValaVanis Financial, in downtown Melbourne. Jason specializes in lifetime income planning for Retirees while protecting principals. Jason can be reached at 321-956-7072. (S)

Form 709		United States Gift (and Generation-Skipping Transfer) Tax Return		OMB No. 1545-0047
Department of the Treasury Internal Revenue Service		Information about Form 709 and its separate instructions is at www.irs.gov/form709 .		2014
(For gifts made during calendar year 2014)		See instructions.		
1 Donor's first name and middle initial	2 Donor's last name	3 Donor's social security number		
4 Address (number, street, and apartment number)		5 Legal residence (domicile)		
6 City or town, state or province, country, and ZIP or foreign postal code		7 Citizenship (see instructions)		
Additional Information				
8 If the donor died during the year, check here <input type="checkbox"/> and enter date of death _____				
9 If you extended the time to file this Form 709, check here <input type="checkbox"/>				
10 Enter the total number of donees listed on Schedule A. Count each person only once ▶				
11a Have you (the donor) previously filed a Form 709 (or 709-A) for any other year? If "No," skip line 11b				
b Has your address changed since you last filed Form 709 (or 709-A)?				
12 Gifts by husband or wife to third parties. Do you consent to have the gifts (including generation-skipping transfers) made				

HANDYMAN ©
LICENSED *Direct* **INSURED**
 No Job too Small!
 (321) 652-6464
 See our reviews on **Angie's list**
Bringing 25 Years of Handyman Experience Directly to You!
 Visit our Website at www.handymandirectfl.com
1600 W. Eau Gallie Blvd, Suite 201M
Melbourne, FL 32935
Free Estimates • All Labor Guaranteed
 Carpentry/Trim/Door Repair \ Screen Repair \ Stucco Repair \ Soffit Repair
 Wood Rot Repair \ Kitchen/Bath Repair \ Tile/Laminate Floor Repair
 Water Damage Repair \ Pressure Washing \ Mason Repair \ Drywall Repair....AND MORE!

\$25 OFF
 Any Job Over \$150
 Labor Only.

\$50 OFF
 Any Job Over \$300
 Labor Only.

\$100 OFF
 Any Job Over \$600
 Labor Only.



SENIOR SCENE MONTHLY TRAVEL TIPS

Travel Will Become the #1 Industry in the World



Brought to you by Senior Travel
818-430-1480

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

We are looking for people that love to travel and want to make extra money and help people make memories that last a lifetime.

Young or Senior, Gen X or Millennials

Why become a travel agent:

1. For those that are retired, love to travel, and have friends that love to travel
2. For those people that cannot find a job and love to work from home. You can be your own boss!
3. For your family members that are looking for a job (young or boomers)
4. Complete freedom to work from any location, home office when the kids are in school, or from a resort across the world.
5. See the world. Travel agents get discounts, upgrades, perks, and free trips.
6. It's fun and interesting, it helps people. Your job is to make people happy, and it doesn't get any better than that.
7. The industry is back. The number of travel agents is on the rise and so is the pay.
8. Embrace your entrepreneurial side. You can be successful in an industry that allows you location freedom and being your own boss and mature in an industry with infinite possibilities.

Your HOST Agency:

1. We are the #1 family owned small to mid-size HOST agency in the US
2. We have won awards from all our preferred vendors throughout the World!
3. One of our mottos: we do not make any money until you make money (so we train you to become successful)
4. Betty and Chris, the owners, are available almost 24/7 to help support your travel business

Commitment:

1. A small cost to get your travel agent registered with all vendors worldwide
2. Give our program a 6-month trial to see if you can participate in our program
3. We provide you with E/O insurance, Your travel agent ID card, Florida Sellers of Travel Registration, annual meeting, special seminars, travel vendor training programs.

Training:

1. We have the #1 training program for travel advisors
2. All travel vendors have great training programs on their web sites
3. Special training programs on board ships and land packages
4. Free training programs to help you get started. Our agency, consortia, travel associations and industry suppliers offer free training and who doesn't want to be an expert on resorts, hotels and cruise ships

Commissions:

1. You will receive top tiered commissions on all travel packages that you book (cruises, tours, hotels, car rentals, all-inclusive resorts, worldwide travel)
2. Based on your commission level, you will receive your travel agent Government ID card
3. Based on your commission level, you will be able to take Travel Agent Cruises and Land Packages (special reduced rates for travel professionals)

Marketing:

1. We have a great marketing program that you can participate in.
2. You can have your own web site to support your travel business.
3. You will have the ability to book with over 150 preferred vendors worldwide and receive emails from these vendors offering special discounts for your clients

Travel Agent Fun Stuff

1. You will be eligible for special travel agent rates on all cruise lines.
2. You will be eligible for special travel agent rates on all land packages.
3. You can train and become specialized for special hotel travel agent rates.
4. You will be able to present our special theme cruises to your clients.

If you are interested in working as a travel advisor in the #1 industry in the world, please call Chris at 818-430-1480.

TRAVEL THE WORLD AS A TRAVEL ADVISOR AND RECAPTURE YOUR FANTASTIC TRAVEL EXPERIENCES 



Risk Factors And Cancer Deaths

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

Understanding the magnitude of cancer burden attributable to potentially modifiable risk factors is crucial for development of effective prevention and mitigation strategies. Nearly 50% of cancer deaths worldwide are caused by preventable risk factors, such as smoking and drinking alcohol.

The World Health Organization (WHO) of the United Nations (UN) used data from a study looking at death and disability from more than 350 diseases and injuries in 204 countries. From those data, the researchers estimated the impact of 34 risk factors on poor health and deaths from 23 types of cancer. The study suggests nearly 50% of cancer deaths (4.5 million deaths and 105 million disability-adjusted-life- for both sexes combined) worldwide are caused by preventable risk factors, such as smoking, drinking too much alcohol and increased body-mass index (BMI) – which can be indicative of obesity.

Globally, more men than women (2.88 million for males and 1.58 million for female) died from cancer caused by known risk factors, in part because males tend to smoke and drink alcohol more than female. Men are also more likely to work in jobs that expose them to risk factors such as asbestos.

In men and women, among cancer caused by preventable risk factors, tumors of lung, trachea and bronchus were the leading cause of death (36.9%), followed by colon and rectum (14.2%), esophageal (7.6%), cervical (6.3%), liver (5.7%), stomach (5.2%), breast (4.0%), and pancreatic (3.9%).

From 2010 to 2020, global cancer deaths caused by these factors increased by about 20%, with excess weight accounting for the largest percentage of increase. In this study, the top five regions in terms of risk-attributable deaths were Central Europe, East Asia, North America, Southern Latin American and Western Europe. It also shows smoking is the most important risk factor driving cancer deaths, and although tobacco use is less in the U.S. than in other countries, tobacco-related deaths are a major problem and disproportionately impact certain states in the U.S.

Smoke-free policies, increased taxes on tobacco and advertising bans have proved effective in diminishing exposure to smoking, and similar efforts have been recommended to help reduce excess alcohol use. The group is now designing new strategies to help people quit smoking. For example,

RISK FACTORS AND CANCER DEATHS continued on pg 46

Patsy Skipper
Permanent Make-Up Artist, Inc.



**Board Certified Diplomat
Over 18 Years Experience**

OFFERING:

- Eyeliner • Brows
- Lip Liner • Full Lip Color
- Beauty Mark

10% OFF On All Services
Offer Valid to 1st time clients only

**Call 321-917-7052 for
FREE Consultation!**

Located on A1A Beachside
www.cosmetics4ever.com
PSkipper1@gmail.com

License # CL-0069060

Medicare Open Enrollment 10/15/22-12/7/22
New Plans Available, Call a Local Specialist!

**Call Me - Medicare Open Enrollment
October 15-December 7th.**

**Turning 65 Soon? Call Me for Help
Understanding Medicare.
Never a Cost or Obligation.**




If you are confused by what to do about your healthcare needs, remember you have options. Personal, confidential support from a professional, independent insurance advisor. I can make it easy with all the information you will need to make an informed decision.

- Medicare Advantage Plans
- Medicare Supplement Plans
- Prescription Drug Plans
- Life Insurance / Final Expense
- Individual Health Plans for all ages
- Short-Term Medical Plans
- Dental and Vision Plans
- Long-Term Care

Bruce Williams
321-543-3495
bwilliamfl@gmail.com
www.bwilliamsinsurance.com
1127 S. Patrick Dr. Suite 1
Satellite Beach, FL 32937

Dedicated to Your Health and Well Being!

**Call Today for a FREE
2023 Calendar and Health
Insurance Consultation!**

If you are thinking about updating your Medicare plan, call today to schedule an appointment.

the group is developing apps that deliver smoking cessation programs. The great news is that these can be accessible to all types of people, regardless of background, to help them quit. So, the study highlights the importance of prevention as the best way to reduce the burden of cancer on society and individual families.

The leading risk factors contributing to global cancer burden in 2020 were behavioral, whereas metabolic risk factors saw the largest increases between 2010 and 2020. Reducing exposure to these modifiable risk factors would decrease cancer mortality and DALY (disability-adjusted life-years) rates worldwide, and policies should be tailored appropriately to local cancer risk factor burden.

So, the take-home message is simple: “Don’t smoke, don’t get overweight, and don’t drink too much alcohol.”

Food for thought: what you eat matters!

After your cancer treatment, eat well can help you regain strength, rebuild tissue, and feel better overall. Here are some tips for healthy eating:

- Work it a dietitian to create a nutritious, balanced eating plan.
- Eat a variety of foods from all of the food groups.
- Choose high-fiber foods, such as whole-grain breads.
- Limit red meats.
- Limit alcohol to no more than one (for women) or two (for men) drinks per day. Ⓢ



Debi and Joe Roth
Licensed Real Estate Brokers

www.VeteransRealtyBrevard.com



2 Products
Uniquely Designed
to Bring **Businesses**
& **Consumers**
Together

BREVARD'S LARGEST ONLINE COMMUNITY

Proudly Supporting Local Business Since 2011

- LOCAL BUSINESS DIRECTORY
- EVENTS • COUPONS • PROMOTIONS
- FOOD • WINE • ART • CULTURE
- ENTERTAINMENT & MORE!



everythingbrevard.com
We live local **WE DO LOCAL**

EVERYTHINGBREVARD.COM 321.676.8920 INFO@EVERYTHINGBREVARD.COM

NUTRITION AND EYE HEALTH

By Maria Sonnenberg

In 1826, French gastronome Jean Anthelme Brillat-Savarin, author of “The Physiology of Taste,” famously noted to “tell me what you eat and I will tell you what you are.” The phrase was later distilled into “you are what you eat,” a true maxim indeed.

Proper nutrition fuels all parts of the body. Feed that engine poorly and problems will surely arise, most definitely in the eyes, the complex, astounding organ that requires a well-balanced diet to function properly. In a 2019 study published by the National Library of Medicine, authors John Lawrenson and Laura Downie note that “diet is a key lifestyle factor that can have long-term effects on ocular health.”

Our eyes need a good arsenal of antioxidants to successfully fight the bombardment of oxidation and free radicals they routinely face. Oxidation is a chemical reaction that interferes with the very nature of molecules; free radicals are the rogue molecules that provoke that reaction.

While the body can handle some amount of free radicals, if it is overwhelmed with free radicals because of lifestyle factors such as poor diet, smoking and drinking, disease and inflammation can arise, leading to serious visual issues such as cataracts, age-related macular degeneration, glaucoma and diabetic retinopathy. High concentrations of the unhealthy fats commonly found in nutritionally-barren fast or processed foods can be devastating to the eyes

“Eyes are particularly susceptible to oxidative stress,” said ophthalmologist Dr. Rafael Trespalacios of Tres Vision Group in Melbourne, Merritt Island and Suntree.

Antioxidants such as lutein and zeaxanthin have shown great promise in reducing risk for chronic eye diseases such as cataracts.

“Both lutein and zeaxanthin lower risk for developing new cataracts,” said Dr. Trespalacios.

Dark green leafy vegetables are major sources of these antioxidants, and they are also abundant in fruits such as tangerines and in veggies such as corn and peas, according to the American Optometric Association.



In addition to lutein and zeaxanthin, Vitamin C — found in everything from oranges to tomatoes — can also help reduce cataract risks and may slow the progression of age-related macular degeneration. The Vitamin E found in nuts and sweet potatoes can protect eyes from free radicals, the unstable molecules that hurt health tissue. Essential fatty acids abundant in cold-water fish such as salmon and tuna are equally critical for eye health, since they promote proper retinal function, reducing inflammation and encouraging necessary tear production. Zinc, a mineral found in red meats, shellfish and nuts, has been linked with the production of melanin, a protective pigment in the eyes.

Unfortunately, in today’s harried, hurried world, proper nutritional intake too often takes a back seat to not-so-great food choices. Researchers suggest that antioxidant vitamin and mineral supplements offer a valuable, cost-effective alternative for safeguarding vision.

As an extra measure of protection, Dr. Trespalacios recommends eye health neutraceuticals such as EyePromise®, beneficial with age-related eye health disorders, the leading cause of vision loss in individuals over 55. Supplementing with EyePromise has been demonstrated to improve patients’ eye health, increasing visual acuity by one-and-a-half lines in an eye chart.

EyePromise® Zeaxanthin + Lutein, which offers the optimal combination of essential nutrients for healthy vision, was created with dietary ingredients in the amount necessary to build and support the eye’s natural protection, and is perfect for people looking to add an eye-healthy vitamin to their daily vitamin regimen, whether they are carnivores, vegetarians or vegans.

“Because vision plays such a critical role in our quality of life, we need to keep our eyes healthy by “feeding” them right, either through nutritional intake or supplements,” said Dr. Trespalacios.

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



Left to right, Dr. William Riehl,
Rafael Trespalacios MD, Dr. Lauren Hansen.

Abundant Poinsettia Colors Bring Beauty To Holidays

By Gary R. Bachman, *MSU Extension Service*

The range of poinsettia colors available is truly remarkable.

However, some folks have tried to expand the color palette by painting and dyeing in totally nontraditional and unnatural colors. Those people are really naughty and should get coal in their stockings!

Red is the traditional poinsettia color in many people's minds. Let's face it: A red poinsettia is beautiful. My favorite continues to be the traditional red. But red is not the only color available. Now, we can purchase white, pink, maroon, speckled and marbled poinsettias. And many of these unexpected and unusual colors are not artificial.

Take your time when shopping for poinsettias, and don't just grab the first pretty plant you find. Look for plants that are compact with good branching. Don't be afraid to carefully pick plants out of the crowd and look at them.

Check for signs of stem and branch breakage. I like to buy poinsettias that are not sleeved and have the protective sleeves put on at check out. Never try to slide the shipping sleeves off; always tear or cut the sleeve off to avoid damaging the branches.

For at-home care, give poinsettias at least six hours

of indirect sunlight a day combined with comfortable room temperatures. If

you're comfortable, then the poinsettias will be happy. Avoid temperature changes from drafts -- either cold or warm -- as these will cause the leaves and bracts to drop.

Poinsettias are sensitive to wet feet, so don't overwater. Feel the top of the potting mix or pick the pot up to get a sense of the weight before adding water. When watering, remove the decorative sleeve and water in the sink, letting the pots completely drain. Use a protective saucer to protect furniture that the poinsettia is set on.

Despite the alarming memes that are going to be shared on social media, poinsettias are not poisonous to our pets. According to the ASPCA Animal Poison Control, eating poinsettia leaves will only induce GI tract irritation.

A more likely scenario would be you getting a skin rash or contact dermatitis from handling your poinsettia. Always wash your hands after handling your poinsettia.

As you shop, look for these and other gorgeous poinsettias at your local garden center to enjoy this holiday season. ☺



BREVARD'S ONLY LOCALLY OWNED & OPERATED MOVIE THEATER

CHECK OUT
OUR DEALS

\$5.00 Tuesdays &
Free Popcorn Wednesdays!

1800 W. Hibiscus Blvd
Melbourne, FL 32901
321-953-3388
www.oaks10.com



Oaks Stadium 10



@premeireoaks10

- Write. Even if you don't usually journal, putting pen to paper is a cathartic way to express your range of emotions.
- Take an Epsom salt bath, which is known for reducing stress physically and mentally.

Q. I lost a loved one six months ago. I'm still incredibly sad, but part of me wants to start going out again, especially now that it's the holidays. But I also feel guilty. Is it wrong for me to celebrate, even a little, so soon after my friend's death?

A. Guilt is actually a very common feeling after a loved one passes away, but you shouldn't feel guilty at all for wanting to celebrate the holidays. It is a way to bring back some normalcy to your life, and very life-affirming, which is ultimately the key to getting through your grief long-term – a very healthy goal to have.

Q. Are grieving patterns affected by age?

A. Yes. A person's age and level of emotional development will affect the way they grieve.

- Children younger than age 2 may refuse to talk and may be generally irritable.
- Children between the ages of 2 and 5 may develop eating, sleeping, or toileting and bed-wetting problems.
- Children younger than age 7 usually perceive death as separation. They may feel abandoned and scared, and they may fear being alone or leaving people they love.
- Children between the ages of 7 and 12 often perceive death as a threat to their personal safety. They tend to fear that they will die also and may try to protect themselves from death. Children in this age group need to be reassured that they are not responsible for the death they are grieving.
- Teens perceive death much like adults do. However, they may express their feelings in dramatic or unexpected ways.

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. ©

SEEKING THAT
Special Someone?



SOULMATE
· CONNEXIONS ·

MEET THAT SPECIAL SOMEONE
THAT YOU TRULY DESERVE!
FREE MEMBERSHIP!

Connect with your Soulmate today through:
www.SoulmateConnexions.com

BUGS AT BAY, NO STINKY SPRAY
GUARANTEED, THAT'S ZAP!

Victor W. Gibbs
Owner



ZAP!
PEST CONTROL!

321-427-5677



30 Years Experience in Brevard • QUALITY PRO CERTIFIED

ZapPestControlInc@gmail.com

Play Better Golf with JACK NICKLAUS



WHATEVER YOUR OVERALL PACE OF SWING, THE SMOOTHER THE MOTION THE BETTER YOU'LL PLAY. FULLY USING YOUR BODY AS WELL AS YOUR HANDS AND ARMS IS THE EASIEST WAY TO SWING SMOOTHLY.



THE BIGGER THE MUSCLE GROUPS, THE MORE DELIBERATELY THEY WORK THEREFORE THE SMOOTHER THE MOTION THEY PRODUCE. THAT'S WHY I'M GLAD MY TEACHER, JACK GROUT, TAUGHT ME A MOSTLY LEGS-AND-BODY GOLF SWING WHEN I STARTED OUT.

©2022 King Features Syndicate, Inc. All rights reserved.

METAL ROOF
SAME PRICE AS SHINGLES®

FREE ESTIMATES
100% FINANCING

TILE - METAL - SHINGLE - FLAT
REPAIRS & RE-ROOF
GUTTERS - SOFFIT - FASCIA

VETERAN OWNED BUSINESS
BEST of the SPACE COAST LIVING
FLORIDA TODAY BEST OF THE best

321-617-1030
www.HippoRoof.com

Hippo Roofing
 2774 N HARBOR CITY BLVD., MELBOURNE, FL 32935 CCC1331992

COSTS OF LONG TERM CARE
continued from pg 20

due to a number of reasons that could easily be another column. Suffice to say that in many cases the younger family members will not be primary caregivers, so the care then becomes what the patient can pay, subsisted by government funding, but that too is limited.

While I do not have the answer, I do know that a way must be found to pay for this element of care since it is fast becoming a problem that families can not meet. Perhaps the Governor could convene a Task Force to address this significant issue, for Florida is a front runner in our aging nation.

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



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/>

NOTE: Central Brevard Stand Down to Stand Up is rescheduled for 20-21 January 2023 at the Cocoa Armory. See details in the January listings. Cocoa Armory National Guard was activated to help in SW Florida days before the scheduled October Stand Down to Stand Up.

Dec 03 – First Annual Veteran Benefit Car and Motorcycle Show by VMC and American Legion Post 344 at VMC Park 10-1600. Up to 100 cars and 100 motorcycles, food, music by Doc Holiday, vendors and much more. Contact Mike Hriciso on 321-350-6163, mhricis02002@yahoo.com. to register and for more information. Contact Mark Marquette on 423-946-4132 for more information.

Dec 03 – Trains for Christmas at the Brevard Museum 2201

Michigan Ave., Cocoa every Saturday in December 03, 10, 17, 24, 31 from 1200-1600. Includes a replica layout of the 351 mile Florida East Coast Railway that ran from Jacksonville to Miami. A great stop during the holidays for kids of all ages.

Dec 10 – MOAACC Good Deeds Foundation Veterans and Military Support Golf Tournament. Cocoa Beach Country Club 0730-1400. Sponsorships and Hole Sponsor signs available. To sponsor or play connect to moaacc.org for Golf Tournament out call Donn Weaver 757-871-6576. GDF provides funding to support veterans in need, active duty special events, JROTC and. all youth organizations in Brevard as many veteran organizations that help veterans with special efforts like NVHS, Space Coast Honor Flight, Wreaths Across America and many more.

Dec 10 – American Legion Auxiliary Christmas Party for

needy veteran families children at VMC Gray Hall 1300- 1500.

Dec 10– Inaugural Space Force T-Minus 10-Miler from Cape Canaveral Space Force Station.

Register until 01 November at runspaceforce.com. Full details of this unique event to support our military on that website.

Dec 17 – JROTC Sprint Relay in Veterans Memorial Park (0730-1200) with combat pack run followed by air rifle target shooting. American Legion Post 344 to sponsor trophies.

Dec 17 – Wreaths Across America Ceremonies and laying out at Cape Canaveral National Cemetery (0800-1100) and many other Brevard areas and cemeteries with WAA Location Coordinators. Contact VMC for more information at wreathacroosamerica.org to donate for a wreath at \$15.

Dec 17 – JROTC CMP Cup Air Rifle Match at Palm Bay HS -1100-1230 for awards Ceremony and final rounds. Begins at 0800.

Dec 18 – WAA Brevard Ceremony at Pinecrest Cemetery in Cocoa in Honor of Medal of Honor Recipient Emory Bennett 1200-1300. Escort from VMC starting at 1030.

DECEMBER 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, paceWalkofFame.org

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

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

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

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

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

DrumLuv Dance Center, Palm Bay, DrumLuvDance.com

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

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

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

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

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

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

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

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

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

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

North Brevard Art League, Titusville, NorthBrevardArtLeague.com

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

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

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

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

Strawbridge Art League Gallery, Le Gal-

erie, 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

DECEMBER EVENTS

Thru Dec 4: Peter Pan, Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

Thru Dec 11: Miracle on 34th Street, Henegar Center, Downtown Melbourne, 321-723-8698, Henegar.org

Thru Dec 18: Irving Berlin's White Christmas, Titusville Playhouse, 321-268-1125, TitusvillePlayhouse.com

Dec 2-31: Eau Gallery Call for Art "Great Art in Small Packages 2022" A show of small paintings just in time for the holidays! info@eaugallery.com

Dec 2: Moonlight Music on the Promenade, Riverfront Park in Historic Cocoa Village, 321-631-9075, VisitCocoaVillage.com

Dec 2-4, Dec 9-11 & Dec 16-18: Museums of Brevard 3rd Annual Holiday Tour of Historic Homes featuring eight different historic homes throughout Brevard (some participating homes require reservations), <https://MOB3rdAnnualHolidayTour.eventbrite.com>

Dec 2: Reception: Comfort & Joy: 40th Annual Holiday Craft Show, Fifth Avenue Art Gallery, Eau Gallie Arts District, FifthAvenueArtGallery.com, 321-259-8261

Dec 2: First Friday Reception: Great Art in Small Packages Exhibition, Eau Gallery, Eau Gallie Arts District, EauGallery.com, 321-253-5553

Dec 2: Friday Fest, City of Cape Canaveral, 321-868-1220, CityofCapeCanaveral.org

Dec 3: WinterFest, Downtown Cocoa Beach, CocoaBeachMainStreet.org

Dec 3, 10 & 17: Downtown Melbourne Candlelight Shopping, Historic Downtown Melbourne, 321-724-1741, DowntownMelbourne.com

Dec 3: Space Coast Ballet's The Nutcracker, King Center, Melbourne, 321-242-2219, KingCenter.com

Dec 3: Light Up Viera Holiday Parade 10th Anniversary, Location TBA, VieraCommunityInstitute.com

Dec 3 & 4: Art & Craft Holiday Bazaar in Historic Cocoa Village, 321-631-9075, VisitCocoaVillage.com

Dec 4: Pictures with Santa at Green Gables, Melbourne, 321-794-8901, GreenGables.org

Dec 4: 15th Annual Messiah Sing Along,

Space Coast Symphony, Eastminster Presbyterian Church, Indialantic, 855-252-7276, SpaceCoastSymphony.org

Dec 4: A Holiday Celebration Concert, Community Band of Brevard, Merritt Island High Auditorium, 321-338-6210, CommunityBandofBrevard.com

Dec 4: Tab Benoit and The Dirty Dozen Brass Band, King Center, Melbourne, 321-242-2219, KingCenter.com

Dec 5: A Ceremony of Carols Concert, Brevard Chorale, Simpkins Fine Arts Auditorium, Cocoa, 321-794-7528, BrevardChorale.org

Dec 6 & 7: Michael Law & Friends: Merry & Bright, Historic Cocoa Village Playhouse, 321-636-5050, CocoaVillagePlayhouse.com

Dec 7: Holiday Dreams: A Spectacular Holiday Cirque, King Center, Melbourne, 321-242-2219, KingCenter.com

Dec 7 & 8: Herald the Holidays Concert, Melbourne Municipal Band, Melbourne Auditorium, 321-724-0555, MMBand.org

Dec 8: Three Dog Night with Special Guest Danny McGaw, King Center, Melbourne, 321-242-2219, KingCenter.com

Dec 9: Holiday Dance, Melbourne Municipal Band, Melbourne Auditorium, 321-724-0555, MMBand.org

Dec 9: Little Roy & Lizzie Show: Bluegrass Concert, Shepherd's Hall, Titusville, 321-222-7797, JTsBluegrass.com

Dec 9: Zlatomir Fung, Cello and Dina Vainshtein, Piano, Melbourne Chamber Music Society, St. Mark's United Methodist Church, Indialantic, 321-213-5100, MelbourneChamberMusicSociety.com

Dec 9-18: Who's Holiday, Shuler Stage - Titusville Playhouse, 321-268-1125, TitusvillePlayhouse.com

Dec 10: Fly-in / Drive-in Breakfast, Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, 321-268-1941, VACWarbirds.org

Dec 10: Brevard Community Chorus: Gloria! A Christmas Celebration, King Center, Melbourne, 321-242-2219, KingCenter.com

Dec 11: Ryan Waszmer Trio Jazz Concert, Space Coast Jazz Society, Veterans Memorial Center, Merritt Island, SpaceCoastJazzSociety.org

Dec 11: An Old Fashioned Christmas Concert, Riverside Presbyterian Church, Cocoa Beach, 321-783-6085, RiversidePresbyterianChurch.org

Dec 11: Community Christmas Concert, Suntree United Methodist Church, 321-242-2585, Suntree.church

Dec 15-18: Holiday Spectacular: Season's Greetings, Henegar Center, Downtown Melbourne, 321-723-8698, Henegar.org

Dec 16: Sing We Now of Christmas, Indialantic Chamber Singers, Our Lady of Grace Catholic Church, Palm Bay, 321-426-0360, IndialanticChamberSingers.org

Dec 16: Sal Valentinetti: Christmas with

Sal, King Center, Melbourne, 321-242-2219, KingCenter.com

Dec 16-18: The Galmont Ballet: Nutcracker, Historic Cocoa Village Playhouse, 321-636-5050, CocoaVillagePlayhouse.com

Dec 17: Classic Albums Live: The Lithium Experience, King Center, Melbourne, 321-242-2219, KingCenter.com

Dec 17: A Rockapella Christmas, King Center, Melbourne, 321-242-2219, KingCenter.com

Dec 18: Sing We Now of Christmas, Indialantic Chamber Singers, Eastminster Presbyterian Church, Indialantic, 321-426-0360, IndialanticChamberSingers.org

Dec 21: A Night to Remember: A Christmas Musical, King Center, Melbourne, 321-242-2219, KingCenter.com

Dec 21: Film: It's A Wonderful Life, Historic Cocoa Village Playhouse, 321-636-5050, CocoaVillagePlayhouse.com

Dec 21 & 22: Snow in Love Concert, Melbourne Community Orchestra, Melbourne Auditorium, 321-285-6724, MCOOrchestra.org

Dec 24: Surfing Santas, behind Coconuts, Cocoa Beach, SurfingSantas.org

Dec 30: Melbourne City Ballet Theatre: Sleeping Beauty, King Center, Melbourne, 321-242-2219, KingCenter.com

Dec 31: New Year's Eve Gala Dinner & Dance, Melbourne Municipal Band, Hilton Melbourne Rialto Place, 321-724-0555, MMBand.org

CLUBS AND ORGANIZATIONS

The Brevard Antiques and Collectibles Club holds monthly meetings at two area locations. The first Friday of the month at the Suntree / Viera Library, 902 Jordan Blass Dr., at 10:00 AM, call George at 321-254-5831 and the third Tuesday at the Melbourne Beach Library, 324 Ocean Ave. at 1:30 PM, call Rich at 321-795-7363. We have a different topic at each meeting. We are collectors – not dealers therefore we do not give appraisals.

Dec. 2: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at Rusty's Seafood, 628 Glen Cheek Drive, Port Canaveral on Friday, December 2 at 12 p.m. All are welcome to join the group. For additional information, please call (502) 299-8949.

Dec. 3: Noon-3:00 PM, Riviera United Church of Christ Holiday Bazaar, 451 Riviera Drive. Palm Bay. Crafts, Holiday Gifts, Bake Sale, Concessions, Free Kids Craft Table, White Elephant Sale, Use Tool Sale!

Dec. 13: NASA ALUMNI LEAGUE (NAL) Annual Christmas Party, at the Debus Center, KSC Visitor Complex. No program; just a buffet luncheon by the DN chefs, fellowship, entertainment (featuring our own Sam Haddad), music, fun, door prizes, and social activities for our members, spouses and guests. Space is limited; reservations for the maximum of parties of four, adults only, may be made from Nov. 21st to Dec. 8th by contacting Cheryl Thornton, cheryl@fl.nal.com, (321) 626-7119. Information on our speakers and program activities is posted on the League web site at www.nalfl.com, along with online registration and pre-payment by PayPal. Payment for confirmed reservations may also be made at the door.

Dec. 15: 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, December 15 at 12 p.m. Please bring a dish to share. All are welcome to join the group. For additional information, please call (502) 299-8949.

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

Friends of the Library Annual Book Sale

Thurs. & Fri., Dec. 8 & 9 from 9am-4pm & Sat., Dec. 10 from 10am-2pm

Music Monday: Home for the Holidays

Monday, December 19 from 6pm to 7pm

SNAP (food) Application Assistance Wednesdays in December from 9am to 3pm

Purly Girls

Tuesdays 10am to 1pm

Body Connect Yoga

Wednesdays from 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.

Easy Yoga with Emily Hain

Fridays from 2-3pm

Students must bring a yoga mat and be able to get up and down from the floor. Cost is \$5 per session.

Personal Finance Seminar:

First Fridays from 11am-12pm

Book Club

Third Fridays, from 10:45-11:45am

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

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

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

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

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

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

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

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

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

Computer Basics Class

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

Hooks and Needles

Tuesdays, 1:00PM - 2:00PM

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 1-3pm . An embroiderer, knitting, crochet group that meets first & third Wednesdays.

TGIF Seaside Piecemakers 9am-1pm . A quilting group that meets second & fourth

Fridays.

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

Investor's Business Daily 10:30am-1pm.

A group that meets to talk about stock market investments. Meets second Mondays. **International Plastic Modelers** 6-7:45pm. A group who meet to show and speak about plastic models. Meets second Tuesdays.

ANA Coin Talk with Bob 6-7:45pm. Speak with Bob about old coins you have. Meets fourth Tuesdays.

Suntree Library book club. Meets fourth Wednesdays.

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

DECEMBER 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 Gym. Free!

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

Monday:
11:00 am: Mahjong: Drop in and play! Bring your board if you have one! \$2 pp
1:00 pm: Bunco Monday & Wednesday:
9:30 am: Zumba Gold: Super fun class designed for the over 50 crowd with a licensed instructor. Cost \$5 for F7 Members/\$7 for Non-Members. 1st Class is FREE so come try it out... you won't be disappointed!

Tuesday:
12:30 pm: Craft Time Tuesday & Thursday:
9:30 am-10:30 am Strength and Balance! Get Fit, Improve Balance, and Build Muscle. All levels of fitness welcome. Chair assist is A-okay. Drop In! \$2
10:45 am-11:15 am: Indoor Power Stepping A quick 30-minute "in-place" full body workout that builds cardio and endurance.

Cost of class is \$1 for Freedom 7 members and \$2 for non-members. FIRST CLASS IS ALWAYS FREE!!
Wednesday:
11:00 am-11:45 am: Chair Yoga (No class on Wednesday, May 11th) Breathe, relax, meditate and REPEAT!... without even leaving your seat. Target common areas of weakness and tension with our nationally and multi-certified instructor. \$2 member, \$4 non-member

12:30 pm: Games with Friends
1:00 pm: Scrabble
2 pm: Book Club- Monthly Book Club Every 3rd Wed of the month at 2pm.
Thursday:
10:45-11:15 am-Mat Yoga! We provide cushy mats and beginner levels. \$1-2
1:00 pm: Bingo

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

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

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

Karaoke: Thursdays at 12:30 till 3PM

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

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

MONDAY
No. Brevard Line Dance 10AM-12:30 PM \$3/\$4 Yvette (321) 225-4872
Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy (321) 576-2782

Mexican Train Dominoes 1PM-3PM \$2/\$3, Joanne (321) 267-5923
Hand & Foot 1pm-3:30PM \$2/\$3 Donna (407) 808-5237

Poker 6PM-9PM, \$2/\$3 (321) 268-2333
Bunco (2nd Mon) 6:30PM-9PM, \$4/\$5 Sharon (321) 383-7927
Zumba 6:00PM-7:00PM \$5/\$6 Robin (321) 514-5945

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

(321) 537-5322
Muscle Memory Strength Balance 10:00AM-11AM Natine (321) 609-0999
Tap & Jazz 11AM-12PM \$2/\$3 Marsha (321) 264-2776

Connie's Card Making (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410) 598-3755
Mahjong: 12:30 PM-3:30PM \$2/\$3 Andi (321) 385-3595

Party Bridge- 12:30PM-3:30PM \$2/\$3 Mary (321) 607-2200
Darling Damsels Bridge-1PM-3:30PM \$2/\$3 Kathy (321) 268 4827
Tai Chi, 1PM-2:30PM \$3/\$5 Ada (321) 848-4689

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

WEDNESDAY

Bridge Lessons by Appt \$10 Rick (863) 640-5798

Zumba 9:15AM-10:15AM \$5/\$6 Robin (321) 514-5945
Hooks & Needles Knitting (1st Wed) 10AM-11:30 AM \$2/\$3 Anne (321) 917-1108

Hurricane Rug Hooking (2nd & 4th Wed) 10AM-2PM \$2/\$3 Fonda (321) 298-2796
ACBL Duplicate Bridge 12PM-3:00PM \$2/\$3 Judy (901) 336 1306

Line Dance Class-Beginners 4:30PM-5:30PM \$3/\$4 Ferrell (321) 267-0195
Line Dance Class 5:30PM-6:30PM \$3/\$4 Ferrell (321) 267-0195
Line Dance Class 6:30PM-7:30PM \$3/\$4 Barbara (321) 452-1944

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

Varies (#of cards played) Cat (321) 231-1135
Singles Club Planning Mtg (1st Thurs) 4pm Call Jean for location (321) 352-2359

Zumba 6:00PM-7:00PM \$5/\$6 Robin (321) 514-5945
FRIDAY
Shuffleboard 10AM-12PM \$2/\$3 Bill (321) 544-1430

Muscle Memory Strength Balance 10:00AM-11AM \$2/\$3 Natine (321) 609-0999
Billiards 9AM-12PM \$2/\$3 NBSC (321) 268-2333
Line Dance Social (4th Fri) 6PM-9PM \$5 Yvette (321) 225-4872

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

Palm Bay Senior Center 1275 CULVER DRIVE NE, PALM BAY 321-724-1338 gpbsc.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 Café 3:30-5:00pm (4th Mondays)
Woodshop 8am-12pm

TUESDAY PROGRAMS
Billiards, Morning 8:30am-12pm
Billiards, PM 12-4pm
Hand & Foot 11:30am-3:30pm
Fitness Fun 9:15-10:15am
Mah Jongg (Asian) 12:30-3:30pm (1st & 3rd Tues)
Ping Pong 1-3:30pm
Poker, Straight 10am-2pm

Poker, Straight 6-9:30pm
Sassy Senior Cheerleaders 4-6pm (On break until Sept)
Travel Office open 9am-2pm
Wood Shop 8am-noon
Wii Bowling 10:30am-12:30pm

WEDNESDAY PROGRAMS
Bargain Thrift Corner 9am-12pm
Billiards, Open Play noon-4pm
Bingo 11:30am-3:30pm Doors open at 9am. Food available to purchase
Bone Builders 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)
Bridge 9:30am-12pm
Darts 4:30-6pm (2nd & 4th Weds)
Golf (Crane Creek on 192) 9:20am
Travel Office open 9am-2pm
Woodshop 8am-12pm

THURSDAY PROGRAMS
Art Class 9:30-11:30am
Bargain Thrift Corner 9am-12pm
Billiards, Morning 8:30am-noon
Billiards, PM noon-4pm
Euchre 12:30-3:30pm
Mah Jongg (American) 12:3-3:30pm

Movie Night 6:30-9:30pm
Ping Pong 1-3:30pm
Pinochle 11-3pm
Scrabble 9:30am-noon
Travel Office open 9am-2pm
Woodshop 8am-noon
Yoga, Chair 10:30-11:30am

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

SATURDAY PROGRAMS
Saturday Night Dance 6:30-9:30pm Jan-Oct (Last Saturday of month)
Tour our facility any weekday 8:30am to 4pm. Our Center is run 100% by volunteers.

Consider becoming a member and volunteering. The Center is available to rent for seminars, adult birthdays, baby showers, anniversaries, weddings, etc.

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

Dec 12, 10:30am-11:30am
In this 55-minute session, you will hear from knowledgeable people experienced in these areas and the information will help you in "Getting Your Ducks in a Row" when it comes to planning out your successful senior years. Complimentary coffee & snacks. RSVP at (321) 473-7770 or online HelpingSeniorsOfBrevard.org/SRCB

SENIOR CAL cont'd on next pg



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

DECEMBER 2022 ONE SENIOR PLACE EVENTS

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

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

Tea & Fashion Show Fundraiser, by Cape Canaveral Pen Women, Friday December 2nd, from 1 - 3:30pm. Fundraiser to benefit the Central Brevard Sharing Center. Raffle baskets, Pop up Boutique, Pen Women Bookstore, come join the fun for this worthwhile cause. Seating limited MUST RSVP to 321-751-6771.

FREE Liver Scans, Monday December 5th, and Wednesday December 21st, from 10 - 2pm. Clin-Cloud 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.

Kyphoplasty and Sacroplasty, Lunch & Learn, Monday December 5th, 11 - 1pm. Please join Dr. Mittleider for an informative lunch & learn presentation to discuss spinal compression fractures that have been weakened by osteoporosis. Kyphoplasty, a minimally invasive procedure shown to provide significant decrease or complete relief of pain in 85 - 95% of patients treated. RSVP to 321-751-6771.

FREE Memory Testing, Tuesdays December 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.

Hand Pain and Treatment, Ask the Doctor Lunch & Learn Series, Tuesday December 6th, 11:30 - 1pm. Presented by Pasquale F. Reino, DO, Orthopedic Surgeon Hughston Clinic. Lunch provided by One Senior Place for all registered attendees. RSVP required, call 321-751-6771.

BINGO!, Tuesday December 6th, 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.

Medicare Seminar, Wednesday December 7th, from 10 - 11:30am. Most people have heard of Medicare, but few are aware of how it works. FHCP Medicare is here to help you learn about Medicare and the advantages of choosing a plan with FHCP Medicare. Please join us by registering to

our educational and informative seminars. Call 386-676-7110.

Living Well After Loss Series, Wednesday December 7th, 2pm. This series third topic is, Computer Basics for Seniors: How to Delete Accounts, How to Spot a Computer Virus, and other online scams. Hosted by VITAS Healthcare. Presented by Stacey Kile, Computer Tutor. RSVP to 321-751-6771.

How to Minimize Taxes on Trusts or Probate Estates, Thursday December 8th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. There are opportunities after death during the trust administration or probate process to minimize or eliminate those pesky taxes. RSVP to 321-751-6771.

Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Thursday December 8th, from 2 - 4pm, REPEATS Thursday December 22nd, 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.

Crafts and Conversation, Senior Health Friday with Nurse Lisa, Friday December 9th, from 10 - 11am. Join Nurse Lisa for a holiday wind down and enjoy a morning of Crafts and Conversation lead by Jackie McManus from Rhodes Law. Sponsored by Szuba Guardian Care Solutions, Inc. RSVP to 321-751-6771.

Whimsey Workshop, with Artist Barbara Rios, Friday December 9th, from 1 - 3pm. Artist Barbara Rios will be discussing the process of spraying paper with canned webbing, discovering figures, developing a storyline, and using copies to define the areas. Seating limited MUST RSVP to 321-751-6771.

Healing Waters, Thursday December 15th, from 12 - 1pm. Presented by Aquatic Health & Rehab. Aquatic therapy can prove to be a successful alternative for individuals who are in pain and are weakened due to an injury or disability. For more information and to RSVP, call 321-253-6324.

AARP Smart Driver Course, Monday December 19th, 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. This class is taught by certified volunteer instructor Ernie Edwards, call 719-648-1052 to secure your seat.

Medicaid Planning Seminar, Tuesday December 20th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

Growing Old without Going Broke, Tuesday December 27th, 10 - 11:30am. Presented by the Estate Plan-

ning & Elder Law Centers of Brevard. We will discuss how to pay for long-term care (home health care, assisted living facility, or nursing home) privately, through VA assistance or Medicaid so that you can make intelligent, informed choices. RSVP to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays December 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 December 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 December 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!

***NEW DAY* The Club each Monday 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

DECEMBER SENIOR CALENDAR (continued)

**Zon Beachside,
 In Nautilus Ballroom
 1894 S PATRICK DR,
 INDIAN HARBOUR BEACH
 (continued)**

Dec 12, 10:30am-11:30am

Join Helping Seniors and Golden Providers Senior Resource Center friends at Zon Beachside for a fun visit as we get ready for the Holiday Season! Enjoy great entertainment from Lori "I'd Like to Teach the World to Sing" Hafer and wonderful snacks from Chef Jason of Zon Beachside. The event is free - as are the coffee & snacks. RSVP (321) 473-7770 or HelpingSeniorsofBrevard.org/SRCB

**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
Pinocle - 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

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

THE DOO WOP
MUSIC CRUISE III

SAILING ON THE NEW DISCOVERY PRINCESS!

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

Special Pricing-All Inclusive

IB Inside Cabins \$1653.00 p/p

BW Balcony Cabins \$1833.00 p/p

MF Mini Suites \$2373.00 p/p

THE ORIGINAL
 CORNELL GUNTER'S
COASTERS
 "YAKETY-YAK" | "SEARCHIN"

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

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

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

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

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

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

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

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

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

THE WOMAN OF 1001 VOICES & FACES
BETHANY OWEN
 "A TRIBUTE TO WOMEN OF THE 60'S"
 LULU | DUSTY SPRINGFIELD | PETULA CLARK

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

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

SEE MORE OF THE FUN ONLINE AT WWW.DOOWOPCRUISE.COM

Doo Wop Music Cruise is Produced by Jim Whirlow JRW Group Entertainment in Association with Chris Morse Travel Center / Acts Subject to Change Without Prior Notice

Click Twice
to Visit
Website



TRES VISION

• • • GROUP • •



DEDICATION
COMPASSION
EXCELLENCE

Are at the heart of everything we do!



Offices Conveniently Located in
Melbourne | Suntree / Viera | Merritt Island

321.984.3200 | TRESVISION.COM

