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FEBRUARY 2023

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Cover Artist:
Henrimae H. Bell



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Letter from the Publisher



It's already February, how's the diet and exercise going? New Year's resolutions are so over rated! So let's move on to February and Black History Month. That's more important. That's why we chose that theme for our cover, a wonderful piece by local artist Henrimae Bell.

Did you know that we are providing an on-line directory of senior services here in Brevard County. You will find it at SpaceCoastSeniorServices.com, a reliable listing of services and businesses specially addressing the needs and wants of our readers. As a long-time member of the mature community here in Brevard, we are uniquely qualified to provide such a comprehensive source of information. As you start to utilize this Directory, please let us hear your opinions on any of its attributes.

As we get the opportunity to meet our readers at all of Brevard County's health fairs and expos, we frequently hear how you enjoy reading Senior Scene from "cover-to-cover". Well, we enjoy providing each month's articles and advertisers to you too. You can see some of the up-coming Senior Expos and Health Fairs on our pages this month. I hope you get a chance to attend.

For other fun and informative events, see our Community and Senior Calendars inside. This is usually a busy time for expos and health fairs.

So enjoy February, especially Valentine's Day and see you next month.

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Smith Family Homestead *By Barbara Arthur*

Under the United States Government Homestead Act of 1862, brothers Robert Toombs Smith and Charley Smith laid claim to 158.79 acres on Mullet Creek in 1887.

They discovered the property while searching the Indian River Lagoon shoreline by sailboat for land to homestead. They improved the land by clearing it by hand, building a permanent structure made of palmetto cabbage logs with thatched roof, and planted crops.

In 1899, a two-story Florida Cracker "I" house with a wrap around porch on three sides was built on the site. The house, made from heart pine, featuring lapboard siding and tongue and groove floors, rests on coquina pilings. A separate kitchen structure was attached. More than 15 years later on March 17, 1903, President Theodore Roosevelt signed the deed to their homestead.

Today, the property is known as Honest John's Fish Camp. Honest John Smith was the son of R. T. Smith, and their descendants currently own the homestead. Also located on the site is a sugar cane mill, barn/net house and railroad depot used as a packing house for citrus grown on the property. Access to these areas is restricted. Ⓢ



Editor note: This article is provided to help set the record straight for the errors in last month's history article.

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COVER STORY

Henrimae H. Bell

Henrimae H. Bell was born in Cordele, Georgia and grew up in both Cordele and Fort Myers, Florida. She spent her professional life with her husband Dale in New Rochelle, New York (Westchester County); she has had a long career with IBM Corporation and was a dedicate Deacon at Grace Baptist Church, Mount Vernon, New York. Henrimae now reside in Indialantic, Florida and Cordele, Georgia.

Henrimae is retired from IBM, where she gained excellent management skills and worldwide travel experience (leading a worldwide team which spanned across the United States, France, Germany, United Kingdom and Asia). Since

retiring she continues to travel internationally throughout Africa, Asia, Europe and the South Seas. Her works reflect her travel and interaction with various cultures.

Henrimae's artist palette is multi-media, focusing on watercolor, oils and mixed media works. She is the founder of "Reflections By Henrimae", offering elegant and unique

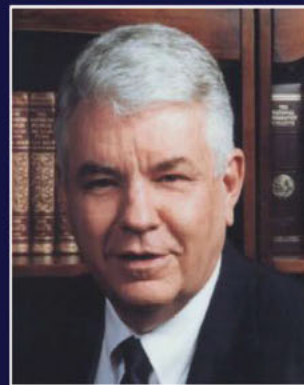
products that incorporate her designs and creations

of art. You can find "Reflections By Henrimae" art and products in several Art Galleries and Interior Design Shops in Westchester County, New York,

Henrimae H. Bell continued on page 19



ESTATE PLANNING BOOKLET



By Attorney

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The Brevard Symphony Orchestra - A Brevard County Treasure



It's been said so often that "laughter is the best medicine," and the Brevard Symphony Orchestra has taken that to heart for their February slate of concerts.


The resident orchestra of the King Center for the Performing Arts in Melbourne, the BSO – currently in its 69th season – will give audiences two exciting chances to come get some joyful laughs with their annual POPS concert, scheduled for February 4. Presented as part of the BSO's Matinee Series, this concert is offered at both 2pm and 7:30pm. This year's POPS concert theme is Comedy Tonight, and audiences can expect music from Henry Mancini's *The Pink Panther*, and television themes from hit comedy shows such as *The Office*, *Curb Your Enthusiasm*, and *Monty Python's Flying Circus*.

Brevard Symphony Orchestra Music Director and Conductor Christopher Confessore says, "The art of musical wit and satire will be on full display with a performance of musical satirist Peter Schickele's *Sneaky Pete and the Wolf* - a hilarious script that gives us a VERY different take on Prokofiev's classic tale of Peter and the Wolf without changing a single note of music!" Maestro Confessore knows a thing or two about laughs – he works for the happiest place on earth, and performs annually as

one of the conductors of EPCOT's famed Candlelight Processional concerts.

Then, on Sunday, February 19, at 2pm, the Brevard Symphony Orchestra will present their annual Free Family Concert featuring music from *Jurassic Park*, *Super Mario Bros.*, *The Nutcracker*, and more, this family-friendly concert is perfect for all ages! No tickets or RSVPs are required for the Free Family Concert, but seating is on a first come basis – so be sure to get there early to secure your seat!

And for those worried about not being able to afford to experience this world-class music – don't fret! As part of their longstanding commitment to equitable arts and music access, the Brevard Symphony Orchestra offers the Concert Club, which is available to any 4th-12th grade student for free. This free membership-based program (online registration is required) offers \$10 tickets to any BSO concert to the registered student and one guest. That means a family of four with two students and two guardians could attend any BSO concert for just \$40 total!

For more information on the Brevard Symphony Orchestra, including upcoming concerts and events, and information about their full 2022-2023 season, Bright Lights, Big Music, visit <https://brevardsymphony.com/> 

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When Does Diminished Capacity Prevent A Person From Creating An Estate Plan?

By Attorney Truman Scarborough

Before assisting in the preparation of an estate plan, an attorney must determine that the client has "Testamentary Capacity". This requires a person understand: 1] the general nature and extent of his/her assets; 2] his/her natural heirs; and 3] the way property will be distributed under the proposed will / trust. To make this determination, the attorney will want to directly discuss these matters with the client, without anyone else's involvement.

Advanced age or failing memory do not in themselves mean a person lacks testamentary capacity. In fact, everyone is presumed to have testamentary capacity unless declared incompetent by the court. Even after someone is determined to be incompetent by a court, there may be lucid moments with testamentary capacity.

A person may leave property to whomever he/she pleases, but when mental capacity is in question, irregular gifts will be scrutinized. There should be a rationale for major changes in long-standing estate plans, or if normal beneficiaries are excluded or left disproportionately smaller gifts than similar beneficiaries. It is not a matter of whether we agree with the decision, but whether there is a logical and factual basis for the decision.

The question of testamentary capacity is time specific. Mental capacity may fade in and out during the day. What the mental condition was at a different time is not the issue. The question is: Was there testamentary capacity at the time instructions were given to the attorney and when the documents were signed? The test for testamentary capacity is also task-specific. Someone with partially diminished capacity may be able to create a simple Will but not a complex Trust.

The Florida Bar's Rules of Professional Conduct require

attorneys to continue as much as possible working with clients suffering from diminished capacity. It says: "When a client's ability ... is impaired because of mental disability ... the lawyer shall, as far as reasonably possible, maintain a normal client-lawyer relationship..." However, an attorney will become reluctant to proceed if the client is disoriented, has difficulty understanding options, or is haphazardly changing his/her mind. A professional mental examination may be requested. While evaluations cannot be used as a

Diminished Capacity... cont'd on pg 43



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Adrienne Barbeau – From Musicals To Monsters

By Nick Thomas

Before “Grease,” the hit 1978 movie, there was “Grease” the musical theater production first performed in Chicago in 1971 before moving to Broadway a year later for over 3,000 performances.

Adrienne Barbeau, who played Rizzo during the first five months of the show’s run, helped commemorate the 50th anniversary of the production as a co-editor of the 2022 book: “Grease, Tell Me More, Tell Me More – Stories from the Broadway Phenomenon That Started It All.” It features personal anecdotes from the Broadway cast and crew.

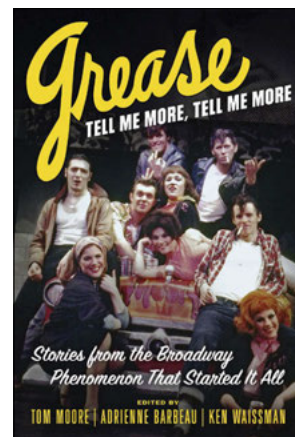
“It stemmed from a Zoom meeting that the original cast had when the pandemic first shut everything down,”



recalled Barbeau from her home in Los Angeles. “The stories everybody told were just so delightful and touching and funny and most of them all new to me because I left the show early on.”

Barbeau and two others involved in the production began assembling the stories.

“We sent out a questionnaire to over 100 actors, musicians, and crew members who had been involved in the show asking them to write down their stories of working on the production,” said Barbeau. “We put it all together in a terrific tribute to the show.”



Despite her strong connection to “Grease” which opened on Valentine’s Day, 1972, to this day Barbeau still has not watched the popular 1978 movie version which has many differences, including some of the music, from the original play.

“I happened to hear one of the songs from the movie a

Adrienne Barbeau... continued on page 46

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Maintaining a Healthy Heart

Hear disease is one of the leading causes of death in the United States, which is why it's so important to take care of your ticker. Below, we answer your questions about how to care for your heart and decrease the odds of suffering from heart disease.

Q My father smokes. Does this really negatively impact his heart?

A Absolutely. The nicotine contained in tobacco can raise blood pressure and the carbon monoxide (present in the gas phase of tobacco smoke) reduces the amount of oxygen in the blood. But smoking is hardly the only type of negative behavior that increases the risk of heart disease. Diet can also play a large role in heart disease. Eating foods high in saturated fats can increase blood pressure and increase LDL (bad) cholesterol levels.

Q My maternal grandfather had heart disease, but my mom is healthy as a horse. Do I need to be concerned?

A There are several preventative measures you can take in order to help fight against heart disease. Here is a list of things you can do to maintain a healthy lifestyle:

- Quit smoking or using tobacco – The use of tobacco is one of the leading causes of heart problems. Nicotine makes the heart work harder and carbon monoxide decreases the amount of oxygen in your blood. Within one year of quitting smoking, your risk of heart disease decreases significantly.
- Exercise - It is recommended that you exercise for at least thirty minutes a day to reduce the risk of heart disease. Exercise will help control your weight, which will reduce the strain on your heart.
- Eating well – There is a specialty diet called the Dietary Approaches to Stop Hypertension (DASH) that can help protect your heart. Foods on the DASH eating plan are low in fat, cholesterol, and sodium. Saturated fat and

VNA continued on page 43

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How to Manage Notifications & Ads in Windows 11

By Bill Ford, Data Doctors

Microsoft's business model for its operating system changed significantly with the release of Windows 10, which it provided for free. Previous versions of Windows required users to purchase the latest edition if they wanted it, but the pressure from companies like Google and Apple that offered free apps and operating systems forced Microsoft's hand.

To make up for this lost revenue stream, they turned to 'suggestions' and 'notifications' which are often nothing more than an advertisement that they got paid to provide. Fortunately, if you're willing to do a little digging, you can find most of these annoying 'conveniences' and turn them off.

Microsoft didn't make it easy to control everything in one place, so you'll have to jump around to gain control of the various options and notifications.

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Many of the apps shown in the 'Pinned' section of your Start menu are likely those that paid to be there, but it's easy to get rid of them. If you right-click on any of the app icons, you can choose 'Unpin from Start' or 'Uninstall'. Don't forget to scroll down in the 'Pinned' section as other apps that got added may be hiding 'below the fold'.

Lock Screen

If you don't want to see their 'fun facts, tips and tricks' on your Lock screen, open Settings and search for

Personalization. Next, click on the 'Lock screen' option and remove the checkmark in front of 'Get fun facts...'

System Notifications

This is where most of the notifications that pop up in the lower-right corner are controlled. Go to Settings > Notifications and click on the first menu item 'Notifications' to manage what you do and don't want to see.

If you don't want to see any notifications from any apps, you can turn the toggle switch off altogether. If you do want to get notifications from certain apps, you can scroll down to that section and control which apps are allowed to send them to you.

You can also set the priority of your wanted notifications from this same menu and remove any apps that you don't want that may have snuck their way in.

General Advertising

This is where you can control those third-party relationships that Microsoft has established. Go to Settings > Privacy & security > General to see four toggle switches that

How to Manage Notifications & Ads... continued on pg 43

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The Financial Planning Process and Why You May Need it

By Max ValaVanis, CFP®

I'm currently going through the dreadful process of painting the interior of my house, and the multitude of greens on the color pallet astounds me. When I proudly walked into Sherman-Williams, I was under the impression that I could effortlessly select a shade of green and leave the store with the utmost confidence that my color was the best for me. Unfortunately, I sadly admit that this was not the case and that there is a comprehensive and ongoing process to choosing my perfect color.

When selecting a financial advisor, the same is true. Financial Planning is not a simple process that can be solved in an hour-long meeting, but a long and comprehensive journey that lasts as long as the professional relationship does. Accordingly, the CFP® Board has developed a 7-step process to best serve clients like you. As CERTIFIED FINANCIAL PLANNER™ practitioners, we at ValaVanis Financial must adhere to this complete 7-step process when involved in a Financial Planning relationship.

The genesis of the process is understanding a client's financial circumstances. Just like I wouldn't march into Sherman-Williams looking for my shade of green before stepping foot into my house, you shouldn't receive financial advice without an advisor understanding your situation! Afterward, the client and advisor should identify the goals of the relationship. These initial two pillars of the financial process should be completed in the first meeting. Why leave the meeting without receiving financial advice? The Financial Advisor must thoroughly complete the following two steps of the process, which often takes time. The advisor initially analyzes the information and data and then develops financial planning recommendations.

After the CERTIFIED FINANCIAL PLANNER™ practitioner completes these two steps with a fine-tooth comb, the client will be greeted with their financial plan. In this meeting, the advisor presents their recommendations and explains how they were able to determine these recommendations.

The client then decides if they agree with the plan and recommendations. If both parties believe the relationship is harmonious, the implementation phase begins.

As time passes, one of the most critical steps in the financial process becomes ever-present, the monitoring stage. Once the financial recommendations are implemented, the advisor's job has just begun. They must actively review and update their recommendations when necessary. Usually, this entails – at a minimum – annual meetings and collective

The Financial Planning Process... continued on pg 40

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If you did not apply for Medicare Part B (medical insurance) within three months before or after turning age 65, you have another chance each year during the General Enrollment Period. The period runs from January 1 to March 31 every year.

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To learn more about Medicare, please visit our Medicare Benefits page at www.ssa.gov/benefits/medicare. You may also read our publication at www.ssa.gov/pubs/EN-05-10043.pdf.

Please share this information with your friends and loved ones who may need it – and share it on social media. 

Henrimae H. Bell continued from page 11

Melbourne, Florida Sebastian, Florida and St. Helena Island, South Carolina.

She has studied with several very well know artists, traditional art in Florence, Italy with Professor Andrew Latterimore, Professor Stan Lapper at Iona College in New Rochelle, New York, the Westchester Art Center in White Plains, New York and contemporary art at the Brevard Art Center and Museum in Melbourne, Florida with world famous Dutch Artist Frits Van Eeden. Henrimae attended Albany State University in Albany, Georgia, holds a BS from Iona College and a certificate in Graduate Business Management from Pace University in New York.

For additional information about the artist and her works, please visit her website at FINEARTBYHENRIMAE.COM. 



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Using Grab Bars

By Joe Steckler, President, Helping Seniors of Brevard County

This article is for the thousands of us in Brevard County who use grab bars. I picked the topic while attempting to activate one of our Long-Term Care Insurance policies. The required form was short but did not include the type of care necessary to perform simpler activities of daily living; instead, it was structured to address dementia or skilled nursing care. After reading the form, I decided that the insurance company needed a simple statement of our needs and am working on that now. The other reason for this article was my own need for a grab bar when generally one was not available.

Consider the number of times that we visit with others in their homes. Throughout the United States there are many (most likely millions) of homes that could benefit from the installation of strategically placed grab bars in their guest bathrooms. The two most likely places would be near the commode and in the shower. YOU may not need such an appurtenance, but visitors to your home might be thankful for your thoughtfulness. Not a lot of us are as agile or flexible as we were years ago and would certainly use these devices.

Grab bars have become more pleasing in appearance, but the burnished stainless-steel ones are still available and do the job. What matters most is where you place them. Sit on the commode and imagine where you would put a bar if you thought you needed one, and that is most likely where it should go. Consider also the thickness of the grab bar as well as its slipperiness when wet for a shower grab bar. The bar can be placed in a vertical or parallel position. We started with the parallel but later had a vertical bar installed close to the shower exit. Remember that these bars are intended to prevent a fall and should be placed where you think they will best assist you.

I think you would be surprised if you went to a store offering such bars and saw for yourself the changes that have been made. You might be more inclined to install bars in strategic locations in your home. If you are contemplating installation of grab bars, I recommend that you use the ones that are bolted or screwed into the wall or placement

Using Grab Bars continued on page 37

Tired of missing out on your favorite food?
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A person is seen from behind, paddling a blue and green inflatable kayak on a calm body of water. In the background, a large stone bridge with multiple arches spans the water. The scene is peaceful and scenic.

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How Do I Choose The Right Senior Community?

By Lisa Conway, RN



Great question! Here's mine: "What is your ideal living situation?" In Florida, retirement living options abound. There are active senior communities, 55+ communities, independent living communities, continuing care retirement communities and some with a combination of attributes. Let's take a closer look at these senior living options.

Age restricted communities usually require at least one resident to be of a certain age -- typically 55. Health care services are not typically provided, unless brought in privately.

Independent living communities are designed with recreational, social and educational opportunities for

healthy, independent older adults. These communities are often age restricted also and typically don't provide health care services, unless brought in privately.

Assisted living facilities combine residential housing and supportive health care services. Residents typically need help with some activities for daily living, so as to maintain as much independence as possible.

Memory care facilities can be attached to assisted living communities or stand alone. These communities specialize in caring for those diagnosed with memory impairment. The buildings are usually designed with special features. The staff receives training for coping with safety and behavioral issues, in addition to providing assistance with activities for daily living.

Nursing homes and skilled nursing facilities provide 24/7 nursing, for those in need of a higher level of care.

Continuing Care Retirement Communities (CCRC) provide seniors with a full spectrum of lifestyle and health care options. You can expect to find independent and assisted living -- all the way to skilled nursing care, provided on one campus.

All of these are in Brevard! To learn more, join me at the Center for Collaboration in Rockledge on Friday, February 10th for Senior Living Options Day, hosted by One Senior Place. You can compare local communities, browse vendors and enjoy the chef competition for best appetizers and desserts! RSVP online at OneSeniorPlace.com or call 321-751-6771. ☎

One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Questions for this column are answered by professionals in nursing, social work, care management and in-home care. Send questions to askOSP@OneSeniorPlace.com, call 321-751-6771 or visit One Senior Place, The Experts in Aging. Lisa Conway is a Registered Nurse and a Certified Care Manager for Senior Partner Care Services, Viera. Ms. Conway hosts a monthly seminar, 'Senior Health Friday with Nurse Lisa.'

UPCOMING DAY TRIPS

Bok Towers and Davidson Candy Store - February 8th - \$109 - enjoy a day discovering the beautiful gardens and trails of Bok Towers with their Carillon Bells. Included is a docent tour of El Retiro. Lunch on the way there and Davidson's Candy Store on the way home. Minimum of 35 needed for this trip. Sign up by January 20th.

Strawberry Festival - March 9th, 2023 - \$119 - join us for our annual trip to Sr day at the Festival. In the morning, Bill Haley Jr & The Comets will perform and in the afternoon we have reserved seating for Tommy James and the Shondells! Trip includes gate entrance, reserved seating for afternoon concert, strawberry shortcake. Sign up by February 20th, earlier you sign up the better the seat! and seats are selling fast!

Shen Yun - March 18th, 2023 - \$215 - Shen Yun takes you on an extraordinary journey through 5,000 years of divinely inspired culture. I saw this show in China a few years ago and it is amazing and beautiful. Trip includes lunch and orchestra seating. Minimum of 35 needed for trip. Sign up by January 15th or the trip will not go.

Tarpon Springs - Tuesday, April 4th - \$119 - whos ready for our annual trip! Spend a relaxing fun filled day in Tarpon Springs, lots of shopping, 2 hr cruise on the Anclote River watching for Dolphins and wildlife and stop for some shelling! Cold drinks and adult beverages served onboard. Plus we have lunch at Mama's greek restaurant, best food ever! So come join us for the day. Sign up by March 15th, maximum allowed for this trip is 48.

Men are from Mars, Women are from Venus Live - NEW DATE Saturday, May 20th, 2023 - \$138 (for those who mail check after January 13th, price of lunch and bus went up) - This live comedy show is more than meets the eye. Meet someone who has resisted Men Are from Mars, Women Are from Venus and its message for years, but then meets the author, John Gray -- now his experience leads him to share with others how he sees the relationships of men and women. This hysterical 90-minute show will have couples elbowing each other all evening as they see themselves on stage. Presented via different vignettes, topics will cover everything from dating to marriage to the bedroom! minimum of 35 needed for trip final by February 15th.

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Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

February 2023



Your Legal Checklist. Get the Right Help to Get it Right!



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Consider a gift to Helping Seniors of Brevard Inc., a registered 501(c)(3) Charitable Organization. The support we receive from individuals each year helps thousands of vulnerable seniors to secure the help they need to get what we all deserve, quality of life and peace of mind.

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President's Message

A Word from Joe Steckler,
Our President & Founder



This is my first message of 2023 and one I am pleased to pen. Like many of you, I have had many ups and downs with which to contend in my life. When I retired from the Navy in 1988, I had several decisions to make with the most important being where I wanted to live. Unlike many of my contemporaries I was not taken with employment related to my former way of life. I always told people that I had three periods in my life: pre-Navy, Navy and now post Navy.

I wanted to do something different, not high key and something that would make a difference in my own life. I tried the collegiate world and learned that this did not hold a lot of meaning for me. I then tried my hand at the nonprofit sector with employment with the Alzheimer's Association, working with that organization from 1992 until 2011 when I founded Helping Seniors of Brevard County.

It took a number of years with Helping Seniors to get to a position where we were making a difference. We worked to put in place an organization that was designed to help all seniors, one that seniors knew had their best interests as a primary way of doing business.

Many of the people who I first met working with seniors are no longer here but there were several who made a lasting imprint on me. One was a man named Bill Hoskinson. Bill loved to fish, and it did not take much to convince him about a new place to fish. He was also a champion of seniors and started the organization that today we know as Aging Matters.

Changing the name of an organization is easy but changing the value and worth of it and the people who started it and kept it going are difficult. Today we recognize Aging Matters for its premier program, Meals on Wheels. We hope the same importance will attach to our efforts as we work to put the Helping Seniors of Brevard's Senior Resource Center in place.



**Brevard's
Senior Information Helpline**

321-473-7770





Helping Seniors Of Brevard



Helping Seniors in 2023!

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

When Joe Steckler started Helping Seniors in 2011, he saw the need for increasing resources and information to make life better for Brevard County's 300,000+ Seniors (borrowing AARP's definition of Seniors as 50+).

Now, into our 12th year of service, our Helping Seniors Information Helpline handled 5,384 calls in 2022 - double that of 2021 - and it signifies people understand we are a valuable resource in the community but also that the need for Helping Seniors is growing exponentially.

This year, Helping Seniors moves forward to meet this challenge in many ways. Most visibly and through the generosity of OMNI Healthcare, space in the South Apollo Professional Tower (Melbourne, Florida) has been provided to Helping Seniors of Brevard for our Senior Resource Center.

The 5,500 sq ft state-of-the-art Senior Resource Center will headquarter the Helping Seniors Information Helpline (free call for Seniors and families at 321-473-7770), provide room for our TV/Radio Media Center (so we can reach all Seniors in Brevard), as well as resources that provide excellent service for Seniors.

Also, our commitment is to work to tackle the growing housing crisis among Seniors. In 2023, we are partnering with a number of agencies in the area to make an even bigger stand in fighting the tragedy of Seniors, on fixed incomes, being forced into the street because they can no longer keep up with the fast-rising cost of rent in our area.

And, too, we are stepping up our information efforts - TV, radio, print and digital - and we are committed to helping seniors develop their own aging plans. (We call it "Getting Your Ducks in a Row"!)

Thank you for supporting us in our efforts - we're full speed ahead for 2023.



Food for Thought

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

By now you know that Helping Seniors of Brevard has adopted the phrase, "Helping you Get Your Ducks in A Row", by which we mean developing your own aging plan. Like a hurricane plan, an aging plan considers life circumstances that likely will come our way as we age. Getting your ducks in a row means getting organized, taking action, being prepared and up to date. This can be overwhelming for many. Where do you start?

You may have heard the question "How do you eat an elephant"? The answer is, "one bite at a time." Facing a large task that is overwhelming to us can almost render us inert. The best way to develop your own aging plan is to begin with one bite.

Each month we feature important considerations when developing your own aging plan with articles written by subject matter experts and professionals on matters that affect seniors. Consider breaking down your tasks by month. Using this approach, you take things one bite at a time and before you know it, you will have your personal aging plan.

In this month's Helping Seniors of Brevard newsletter, we are featuring an article on "Your Legal Checklist." So why not start here, with your legal check list? Consider working with an elder care attorney to establish a trust, a last will and testament, a power of attorney, a healthcare surrogate, and advance directives.

Developing your personal aging plan does not have to be overwhelming and in fact will give you peace of mind that you have a solid plan for your future, so that you can rest easy knowing your ducks are in a row.

To donate or for information call **321-473-7770** or go to www.HelpingSeniorsofBrevard.org. **Helping Seniors** is here to serve you.... This is food for thought.



It's a New Year!

*William A. Johnson, P.A.
Elder Law Attorney*

It's a new year. That means it is time to review the past year. You should be getting your documents together and reviewing your legal, financial, and medical records. Also, it is a good time to make sure that all these records are readily accessible to your loved ones should your health take a turn for the worse.

Review your legal documents such as your last will and testament, revocable living trust, durable power of attorney, designation of health care surrogate, and living will. Do these documents reflect your current wishes? Has there been a major life event in the family that would change the persons named in the documents? Has there been a death, birth, divorce, or other event that warrants changing your documents? Get with your estate planner to adjust your documents as may be needed.

A new year means tax time! So, review your financial records and get them in order for your tax preparer. Have you made your contributions to your retirement plans? Have you gotten the records to show any capital gains from the buying or selling of securities, crypto currency, real estate, etc...?

Review your investments. Do your investments meet your current goals? Are you retiring in the near future? What effect will that have on your portfolio? Get with your financial advisor to make sure you are still on track to meet your goals.

Lastly, has your health changed in the past year? What does that mean for your legal, financial, and medical documents? Will you need long term care in the near future? Will you be able to stay home? What effect will these decisions have on who will be your decision maker in the event you cannot make your own decisions? How will you pay for care in the future? If needed, get with an elder law attorney to navigate these tricky questions.



Preventative Health Services

*Jerry Hadlock
Medicare Solutions*

Looking for a way to stay on top of your health in 2023? **Medicare covers many preventive and screening services. I can send you a complete list of preventive services.** These services can help keep you from getting sick and can help find health problems early when treatment is most likely to work best. Talk to your doctor about which ones might be right for you.

If you have Original Medicare (Part A and/or Part B), **sign in to your secure Medicare account** to see a personalized list of current and upcoming preventive services. If you don't already have an account, **it's free — and easy — to sign up. I can help you sign up too.**

If you're in a Medicare Advantage Plan, contact your plan for a list of covered preventive services. MA Plans must cover all the same preventive services as Original Medicare, and some may offer additional services.

Good news: Now people with Medicare Part D drug coverage will pay nothing out-of-pocket for even more vaccines, including the shingles vaccine, that are recommended by the Advisory Committee on Immunization Practices. Here's to your health in the new year!

Contact Jerry Hadlock at 321-720-4526 or email at jldm253@aol.com.

Helping Seniors of Brevard February Calendar

Sat. Feb. 4 9 am–3 pm	Higher Power Car Show	Trinity Wellspring Church
Sat. Feb. 4 9 am–3 pm	MG Car Show	American Muscle Car Museum
Sun. Feb. 5 11 am–7 pm	Food Truck Wars	Space Coast Complex, Viera
Mon. Feb. 27 10:30–11:30 am	SRCB: "Your Legal Checklist"	Buena Vida Estates, Melbourne



Helping Seniors Of Brevard



2022 at a Glance

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

At Helping Seniors of Brevard, a total of 5,384 calls came through our Senior Information Line in 2022, almost double from 2021, reflecting the ongoing and increasing needs of seniors in our Brevard County.

Here is the breakdown for top reasons for calls for 2021.

- Twenty percent of the total calls were for resources for affordable housing including callers who were homeless or at risk for homelessness. Many were due to seniors facing rising rent costs that they simply could not afford.
- Fourteen percent of calls were for healthcare, safety, and health related resources such as skilled and non-skilled home care, senior living options and assisted living, case management services, durable medical equipment resources, hospice care, dental services, dementia support and respite.
- Calls for transportation services comprised nine percent of our total call volume, followed by calls for household resources such as home repair, roof repair or replacement, appliance repair, grab bars and home adaptive equipment or remodel, lawn care, housecleaning services, electricians, plumbers, and bath to shower conversion.
- Five percent of our total calls were for elder care attorneys and legal services.
- The remainder of the calls were for resources for insurance, Medicare, real estate and moving, financial resources, reverse mortgage, financial planning, and other resources too long to mention in this article.

Our 2022 feature success story involved an 87-year-old United States Air Force Korean War veteran, who was forced to leave his rental home of ten years as the house sold. Although this veteran had a steady income, he had to spend his small savings to stay in a motel on and off for two months and spent the equivalent of three weeks sleeping in his car.

Through the resources and care navigation of Helping Seniors of Brevard, this gentleman was able to secure permanent affordable housing.

To all our readers, please understand, for every success story and senior that is helped, there are many more seniors who still need help. This gentleman was fortunate and put a lot of hard work in to secure permanent housing. Not every story ends with this kind of success.

Helping Seniors cannot do this alone. As the saying goes, "It takes a village", and this is certainly true when it comes to our Brevard County seniors. We need your help.

How can you help? You can help through a one-time or ongoing donation to Helping Seniors of Brevard, by supporting our annual car raffle fundraiser, and if you are a business, becoming a sponsor.

As a business sponsor, not only is your support charitable giving, but we promote your business through our Helping Seniors Senior Business Directory, Helping Seniors Newsletter both online and in print in Senior Scene Magazine each month, Helping Seniors TV and Helping Seniors radio.

Every dollar donated to Helping Seniors stays right here in Brevard County to help our seniors.

To donate or if your business is interested in a sponsorship opportunity, reach out to **Helping Seniors of Brevard at 321-473-7770** or go to our website at

www.HelpingSeniorsofBrevard.org and click donate.





Helping Seniors Of Brevard

Recapping the
2nd Annual
Helping Seniors
Cruise!



Group photo with some of our 170+ friends who joined us on the 2nd Annual Helping Seniors Cruise on board MSC Meraviglia.

The 2nd Annual Helping Seniors Cruise - a 2-night Jan 6th Ocean Cay Marine Reserve weekend getaway and a 7-night Bahamas and Mexico cruise on board the MSC Meraviglia - welcomed more than 170 guests on board for the fundraiser cruise for the Florida non-profit.

Chris Morse, Director of the Helping Seniors Travel Club, together with his partner Betty Powers, worked diligently to ensure smooth sailing and a fun time on these special cruises for the entire group and is already outlining the 3rd Annual Helping Senior Cruise planned for October 2023.



Ocean Cay Marine Reserve as seen from MSC Meraviglia on board the 2nd Annual Helping Seniors Cruise.

The cruises, which depart locally from Port Canaveral, feature a donation back from MSC Cruises to support the work of Helping Seniors, and are designed to create fun socialization for those who sail along.



MSC Meraviglia at Nassau, Bahamas on the 2nd Annual Helping Seniors Cruise.

The 7-night cruise featured entertainment with Lorri "I'd Like to Teach the World to Sing" Hafer as she shared songs for listening and dancing from the Great American Songbook - and she is returning with us for the 3-night and 7-night cruises in October 2023.



Musical Afternoon at Sea with Lorri Hafer & Family Entertainment.

To learn more about the Helping Seniors Travel Club and upcoming travel events that support the work of our charity, call Chris Morse at (818) 430-1480 or visit us online at HelpingSeniorsTravelClub.com.



Helping Seniors Executive Director Kerry Fink (L.) and Helping Seniors Travel Club Director Chris Morse (R) talk with guests on the MSC Meraviglia



Helping Seniors Of Brevard



Helping Seniors of Brevard Educational Series

Kara Anderson
Simplifying Senior Living

For years, Helping Seniors of Brevard has been proclaiming – when it comes to an aging plan, it's time to get your ducks in a row. Sometimes the hardest part of an aging plan is figuring out where to start. If you are still picturing ducks and wondering how to get them in a row, this Educational Series is for you!

Helping Seniors has created an extremely relevant series that breaks down an aging plan into manageable steps. From reviewing a legal checklist to a home safety checklist and even a senior travel checklist, this series has the information you need, presented by some of the area's top professionals.

Each month, you can take away information, tips, and resources to help you build your aging plan and finally get your ducks in a row! (Already have an aging plan? Come see if your plan is still on track.)

Whether you plan on staying at home or moving to one of our local senior living communities, Helping Seniors wants to give you the information you need to make an informed choice and prepare well. This popular Educational Series is FREE and open to anyone who wants help making informed choices in 2023.

RSVP soon at 321-473-7770 to claim your seat and receive a takeaway lunch and invaluable information from Elder Law Attorney William Johnson and other Helping Seniors sponsor businesses. Mr. Johnson has been Florida Bar Board Certified in Elder Law since 2004, and practices predominantly in estate planning, Medicaid and long-term care planning, guardianship, incapacity planning, will and trust litigation, and probate.

We will see you on February 27th from 10:30 a.m. – 11:30 a.m. at Buena Vida Estates, 2129 W. New Haven Avenue, Melbourne, our beautiful host location. There is no better time to get started than now!



Don't Ignore Your Largest Retirement Asset

Barbara McIntyre, CRMP
Mutual Of Omaha Reverse Mortgage

The Housing and Community Development Act in 1987 tasked the Federal Housing Authority with designing a reverse mortgage to provide seniors with **safe** access to their home equity. The resulting Home Equity Conversion mortgage (HECM) ushered in a way to access home equity with delayed repayment, without requiring homeowners to give up ownership to their homes. However, HECM has long been associated with people who are at the end of their financial ropes.

About ten years ago, financial-planning literature began publishing studies demonstrating the benefits of including the housing asset in retirement, such as improved cash flow, preservation of funds invested in volatile markets, the ability to buy a new house without the obligation of monthly payments, an income bridge for Social Security deferral, restoring equitable housing following silver divorce, and self-insuring for long-term care needs.

As a result the Financial Industry Regulatory Authority removed the recommendation to use a reverse mortgage solely as a last resort. The best use of the mortgage is early in someone's retirement so access to the funds can be used "strategically". For example, in today's economic environment we talk a lot about rising costs and plunging investments. This is a perfect example of strategic use of the reverse mortgage. If one was in place for you, you could access funds, tax free, and leave your invested money alone. Or, you could use the HECM to pay off your mortgage and free yourself up from that P&I monthly payment.

After almost two decades working with this product, it would be our pleasure to answer any questions you might have. Please call my partner, Andrew Aubin 801-666-1701 or me, Barbara McIntyre 321-698-4739. HECM Loan Originators Mutual of Omaha mortgage. NMLS 453405, NMLS 2342065



Is the Flu Worse this Year?

*Traci Graf, RN
AVID Home Care*

If it seems like the flu is hitting hard this season, you're not imagining things. Data shows increased incidences of all strains of the flu and RSV or Respiratory Syncytial Virus, which tends to affect the very young and the elderly the most. In Brevard, urgent care centers are reporting a 35% uptick in visits with flu symptoms, with more positive flu tests than normal. The current flu vaccine is not matching up well with the strains being spread; though predicting the flu is almost like trying to guess the mega millions numbers, the science behind it is usually more accurate.

Many healthcare providers believe this is related to the precautions we took to prevent Covid. While we were social distancing and wearing masks, we were decreasing our herd immunity to many other common respiratory viruses. Now that most of the Covid precautions have been changed or lifted, we are seeing a wave of individuals presenting to the ER with multiple and commingling viruses.

The numbers reported for the flu have not had any significant spikes since H1N1 back in 2009. When the CDC reported more cases of RSV each week in October 2022 than any other week in the preceding two years, doctors were understandably alarmed. There is no vaccine for RSV, and it is responsible for many deaths annually.

So, what can we do to protect ourselves and our loved ones from getting sick? The number one way to protect yourself from the flu is to get the annual vaccine. Also, wash your hands frequently with soap and warm water for at least 20 seconds including between fingers and under the nails. Wear your mask if you are immunocompromised or if you are traveling or in a crowd. Avoid touching your face, nose, mouth, and eyes. These methods have been around for many years and are proven effective. Stay healthy!



Why Do We Use an Endoscope?

*Lee Sheldon, DMD
Sheldon and Furtado, PLLC*

You've heard of an endoscope. It's a camera inserted into a body part that allows the doctor to see the body part. It's the perfect way to explore an area with minimal risk. It's a standard in joint and GYN diagnosis and assists the surgeon in numerous procedures.

But an endoscope in dentistry?

Periodontitis affects at least 42% of the adult population in the United States. That's the disease that causes bone loss around the teeth and, if not treated, results in the loosening of the teeth. It's the primary disease that we treat in our practice. The initiator of the disease is plaque, the bacterial colony that covers the tooth. It's there whether we eat or not. Plaque must be removed every twenty-four hours.

Accumulations of plaque cause the attachment between the gum and the tooth to let go. And through a complex series of immune responses, the plaque goes further below the gum line and calcifies into an adherent hard mass called calculus. That calculus then accumulates more plaque. This results in decreasing bone support for the teeth.

Calculus removal is the primary method of stopping the disease. Traditionally, this is done with a "deep cleaning." The endoscope makes the deep cleaning effective. Why? The camera magnifies the root surface by 40 times. We can see the calculus and get it out.

When we started using the endoscope 23 years ago, we reduced the amount of gum surgery we did by over 95%. That's how effective a talented hygienist using an endoscope can be.

So, if you are getting continual deep cleanings, try periodontal endoscopy. For most, you'll have to do it only once to get the desired results.



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Mom & Me by Audrey & Kimberley

DEAR MOM AND ME,

My 75 year old husband was walking barefoot along the beach and he cut his great toe. It was not a large cut, but it was taking so long to heal that he finally went to our doctor.

The doctor ordered tests and we now know why it was taking so long to heal - diabetes -. We are both very upset. Would you please tell us in language we can understand what diabetes is all about?

– Sarah in Savannah

DEAR SARAH,

I am very sorry to hear about your husband's toe, but don't fret. What you think as misfortune may be a blessing in disguise. Turn this into a positive happening. He can develop a new more healthful life style and be much healthier in spite of it.

Diabetes - is a disease that develops when the body can not regulate the amount of glucose (sugar) in the blood.

There are two main types. Type I and Type II, and gestational diabetes.

Type II is frequently called adult onset diabetes. This is the most common form of the disease and many people are able to control their blood sugar through weight control, regular exercise, and a sensible diet. Others need insulin injections or medicine taken by mouth to control their blood sugar.

There are many symptoms and some are so subtle that the

disease is only diagnosed on a routine physical or when pre-operative procedures are done for another condition.

Learn as much as you can about the disease, call the "American Diabetes Association, Inc." 1-800-342-2383. Call or write to one of the major national health centers, i.e. Johns Hopkins and request a copy of their white papers, Diabetes Mellitus, the cost is minimal.

The two of you could volunteer for four hours a week at your local chapter of the diabetes association. They always need help with mailings and telephone answering. You will be helping yourselves and others with a similar diagnosis. Good Health.

– Audrey

DEAR SARAH,

Your husband's toe injury really is a blessing. Diabetes, left untreated could have caused serious health problems, even death. Your experience should be a lesson for all.. Regular doctor visits and annual screening tests for potential health problems are critical. Screening test are performed by doctors when a patient is without symptoms. The screening test for diabetes is a glucose test. Currently, Medicare pays for some annual screening tests. If here is a screening test you need and Medicare does not pay, pay out of pocket. The cost of screening test is much less in the long run than having an undiagnosed illness.

– Kimberley

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Goals for 2023

By Matilda Charles

I didn't rush to create my goals for 2023, but the time has come ...

One year ago I made two goals: to buy weekly food donation cards at the grocery store to give to the food bank and to continue to pick up weekly groceries for three elderly neighbors. I made it three-quarters of the year on both of those.

Food prices just got too high for me to continue to buy a donation card each week. And picking up groceries for the three elderly ladies was no longer necessary once I introduced them to the food bank. Now I have new goals for 2023.

I'm going to continue with "Growing Stronger," the free 126-page strength-training book for seniors on the Centers for Disease Control and Prevention website (cdc.gov). I've reprinted new, blank pages for the charts, such as Long-Term Personal Goals and How Fit and Strong Are You Now? I'm just about ready to buy a pair of slightly heavier hand weights. If you decide to start the "Growing Stronger" strength program, ask your doctor first if it's appropriate for you. And remember: Start slowly, with low weights.

In the tech category, my goal is to successfully set up a personal Wi-Fi hotspot. (A hotspot is letting your phone's cellular service serve as Wi-Fi.) This desire comes after a day with no power during a storm. No power meant no computer, but I did have cellphone service. Had I been able to set up a hotspot, I would have been able to access the internet on my tablet. If you decide to try this, be mindful of security.

As a final goal for the year, I'm going to have a banana each and every day. Whether it's sliced over cereal or put in a smoothie, I'll get my fiber, magnesium, potassium and vitamins B6 and C ... like it or not. §

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King Crossword

ACROSS

- 1 Discoverer's call
4 Island near Java
8 "Cheers" order
12 Brooch
13 Oodles
14 Plotting
15 Swelled head
16 Reed and Rawls
17 "Hud" actress Patricia
18 Star of "NCIS: Los Angeles"
21 Klutz
22 Singer Starr
23 Photo book
26 Witty one
27 Crater part
30 Corp. kingpins
31 24 hours
32 Cab cost
33 Sauce source
34 Novelist Rand
35 Avid
36 Anderson Cooper's

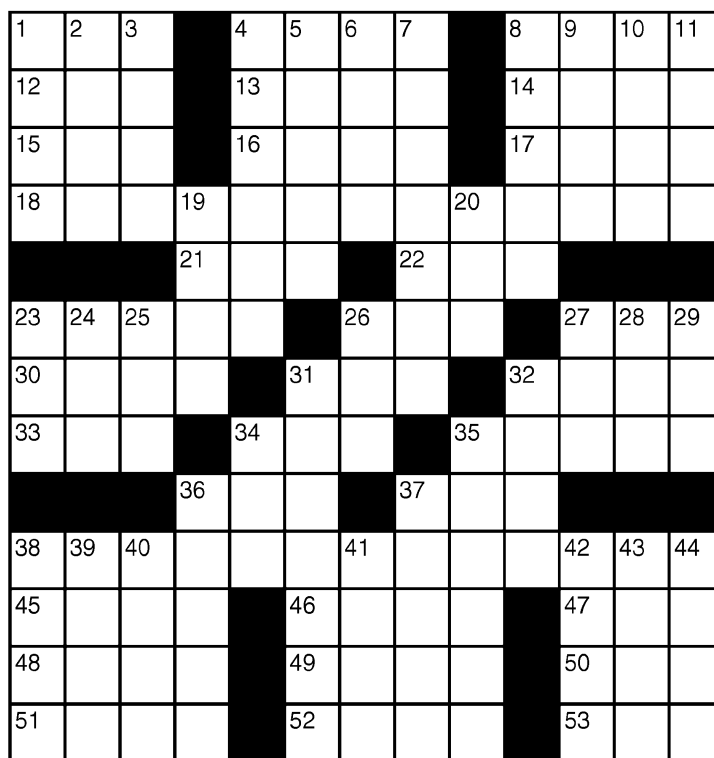
channel

- 37 Calendar abbr.
38 Official flower of Chicago
45 Cash advance
46 Manhattan area
47 Lennon's love
48 During
49 Nest setting
50 Pep
51 Sandwich shop
52 Play area
53 Greek vowel

- 10 List-ending abbr.
11 Bakery buy
19 Debtors' notes
20 Pester
23 Rm. coolers
24 Sign before Virgo
25 Lad
26 Pallid
27 Joplin tune
28 Anger
29 Debussy's "La —"
31 Ming, for one
32 Kismet

DOWN

- 1 Oil cartel
2 Lofty
3 — about (roughly)
4 Fragrant wood
5 Unfriendly
6 Noisy
7 "Not a problem!"
8 Energizer mascot
9 Fencing sword



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PAW'S CORNER

By Sam Mazzotta

Do Cats Really Need Potty Training?

DEAR PAW'S CORNER: I read with interest your recent column about cats using shop towels rather than kitty litter to do their business. How did their owner manage to train the cats to use the towels and switch from litter? And why not just let a cat do its business outside?

– Caroline D., Winchester, Virginia

DEAR CAROLINE: Compared with dogs, cats are usually easy to potty train (or litter train) because they have very specific potty behaviors. Cats instinctively bury their poop to hide their scent from potential predators -- hence the use of cat litter, which also absorbs urine well and masks the scent for a few days.

I'm not sure how the reader did it, but one way to switch a cat from litter box to a pad is to place the new pad and tray next to the old litter box so that a cat can sniff around it, check it out and become familiar with it. After



a day or two, remove the litter box and put the pad in its place. Many cats will get the message right away. Others might hunt around for their box; if you notice this, place them gently on the pad to help them make the connection.

I'm not a big fan of letting indoor cats go outside to do their business. They'll often head straight for the nearest flower bed, leaving a surprise that I'm personally not thrilled about. They also are at risk in the outdoors, from coyotes, turkeys (yes, turkeys in the Northeast), cars and other cats. It's better to provide a safe spot indoors with a clean litter box.

Send your tips, comments or questions to ask@pawscorner.com.

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Using Grab Bars *continued from page 20*

location. You may have had a guest dislocate a toilet paper holder or tear a sink away from the wall when leveraging themselves up from the toilet. Consider the person who is using the device for leverage, and their dismay when it was pulled from the wall. Remember also the size of the person you're trying to help and locate a safe sized device attached in a suitable location.



I am confident that you are aware that most of my articles are based on personal experience or associated with on-the-job training. Senior years are at times a challenge, but I am sure you know when something you read could prevent a fall

or an embarrassing situation. Use of grab bars could save a life and prevent costly hospital stays and will prove a benefit many times over. Use them. §

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Bring Out Life By Getting Really Into Life

Rev. Jeff Wood, First Presbyterian Church of Sebastian

My last article had to do with Jesus saying his disciples are salt and light. We bring out God flavors and God colors, and in doing so we bring out God himself. How do we bring these out? You're going to love the answer. It is so non-painful, so delightful, so down your alley. I've been praying this week about some things that I have malaise about. I've prayed

that my have-to's would have within them a lot of want-to. The answer to how do I bring out God-flavors, God-colors, God himself is full, full of want-to.

Why is the answer so non-painful and so full of want-to. It is largely because the answer is totally in line with how we are made. Generally, do you have to ask a little boy if he wants to wrestle with his dad? Nope, that's in his DNA.

Generally, do you have to ask a woman if she'd like a handsome crooner to sing to her a heart-felt love song? Nope. Generally, do you have to ask a hungry teenager if he'd like to eat a hamburger? Why? It's built into how they are made. God designed us for the purpose he wants. It would be ludicrous for an engineer to design something opposed to what he is seeking from it. God is not ludicrous.

So how do we bring out God-flavors and God-colors and God? We bring out by going in. Let's say we are going to a reception with cake. I could do one of two things with you and that cake. I could say, "This bakery's cake is good and you should have a piece." Or I could simply, really without thinking of you at all, just take a taste of the cake, roll my eyes heavenward, smile, and not just say but shout, "OMG! O my Gosh! O my Goodness! Can I have a second piece?!" Which of the two approaches brings out the flavor of the cake more? Yes, the second. So the answer is enjoy, enjoy

*Bring Out Life...
continued on page 49*

CALENDAR HIGHLIGHTS



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Helping Seniors Television Monday - Friday

TV Program Schedule 8:30am; 4:30pm; 5:00pm

Date	Day	8:00am	8:30am	5:00pm	5:30pm
Feb 1	Wed	How to Cruise Successfully	How to Have "The Talk"	Probate: What it is & How it Works	Reverse Mortgage - Now?
Feb 2	Thu	All About Home Health Care	How Public Adjuster Helps	Great Employment for Seniors	Real Estate Senior Transactions
Feb 3	Fri	Care Management	Checking out Zon Beachside	Your Legal Documents Checklist	Capital Update
Feb 6	Mon	Chefs for Seniors	Restorative Dentistry	Staying Safe or Downsizing?	The Parts of Medicare
Feb 7	Tue	3 Reasons for Reverse Mortgage	Senior Mental Health	The Vial of Life	Golden Providers
Feb 8	Wed	Elder Law Services	5 Ideas for Financial Checklist	Helping Seniors Travel Club	What is Holistic Health
Feb 9	Thu	Durable Power of Attorney	When to Call Adult Abuse Hotline	Value of Professional Printing	Smorgasboard of Legal Matters
Feb 10	Fri	Technology and Home Care	Life Enrichment	Care Management/Guardianship	Capital Update
Feb 13	Mon	Avoiding Probate	Put Your Kids on House Title?	Al Dia Today Newspaper	Veterans Benefits
Feb 14	Tue	Two Assisted Living Questions	Helping Seniors Service Directory	Periodontal Disease	Information Needs for Seniors
Feb 15	Wed	How Assisted Living Benefits	Golden Providers B2B	How Reverse Mortgages Work	Power of Attorney/Super Powers
Feb 16	Thu	Helping Seniors - 12 Years Later	Senior Travel: Safe & Fun	The Dirty "D" Word - Dementia	How Public Adjuster Helps
Feb 17	Fri	Senior Info in Senior Scene	How Care Manager Can Help	Senior Real Estate: What to Know	Capital Update
Feb 20	Mon	Medicare - Questions & Answers	Why Public Adjuster Helps Home	What Elder Law Attorney Can Do	5 Steps to Staying Safely Home
Feb 21	Tue	Real Estate Senior Transactions	Top 3 Public Benefit Questions	Understanding Medicare Options	How SRES Helps
Feb 22	Wed	Smile: Form and Function	How Reverse Mortgages Work	Assisted Living Hibiscus Court	Care Management
Feb 23	Thu	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2	Finding Good Help at Home	Is Assisted Living Right for You?
Feb 24	Fri	About Golden Providers	Things to Know: Elder Law	Life Enrichment	Capital Update
Feb 27	Mon	Helping Seniors Travel Club	Cosmetic Dentistry	Medicare - Questions & Answers	How Assisted Living Benefits
Feb 28	Tue	Let's Talk Medical	Understanding Medicare Options	Trusts	Why Public Adjuster Helps Home



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Date	Day	Program	Topic	Special Guest
Feb 1	Wed	Helping Seniors Radio	Focus on Elder Law	Bill Johnson, Esq.
Feb 8	Wed	Helping Seniors Radio	Focus on Your Smile	Dr. Lee N. Sheldon
Feb 15	Wed	Helping Seniors Radio	Focus on Real Estate	Barbara McIntyre
Feb 22	Wed	Helping Seniors Radio	Focus on Help at Home	Jennifer Barton

Something New For One Or Two

Recipes especially created for 1 or 2 diners

If there are just two of you and you would like a really romantic dinner for Valentine's Day, then maybe these recipes will appeal to you.

CHINESE PLUM CHICKEN

2 large chicken breast halves, boned & skinned.

¼ cup minced sweet onion

1 T. lemon juice

1 T. lite soy sauce

¼ t. dry mustard

dash of ground ginger

¼ t. red pepper

4 T. commercial plum sauce or melted plum jam



Place chicken breasts in a baking dish. Combine the remaining ingredients, except the plum sauce and pour over the chicken breasts, bake uncovered at 350 for 40 minutes, basting occasionally. Serve over a bed of rice with the plum sauce.

ASPARAGUS VINAIGRETTE

1 package of frozen asparagus cooked crisply tender. Or if they are in season fresh small asparagus. Mix 1 t. fresh chives chopped, 1 T. fresh parsley chopped, 1 T. capers and ¼ cup Wish-Bone Balsamic Vinaigrette dressing. Chill at least 6 hours. Place on asparagus on lettuce leaves and top with the dressing and some toasted sliced almonds.

BEST BEER MUFFINS

1 CUP Bisquick mix

½ cup warm beer, regular, lite or non-alcoholic

1 T. sugar

Combine the ingredients, mix well and fill 6 muffin tins 2/3's full. Bake 25 to 30 minutes at 400 until golden brown. These will literally melt in your mouth and if you have any left over, have them for breakfast.

STRAWBERRY SNOW

1 cup fresh strawberries + 2 large pretty ones

2 egg whites

½ cup sugar

½ cup heavy cream, shipped

Wash and trim strawberries and puree them in an electric blender. Combine puree with unbeaten egg whites and sugar. Beat with electric beaters on high until mixture forms stiff peaks. Carefully fold the whipped cream into the strawberry mixture and chill. Best served in tall parfait glasses. Garnish with a dollop of whipped cream and one of the whole strawberries and a mint leaf.



Recipes reprinted by permission from the book Something New For One or Two.

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On March 18, 2023 at the Veterans Memorial Center on Merritt Island, at least 30 Chapters of the Sons, Daughters and Children of the American Revolution will gather to retell and parade flags and wreaths about a remarkable Naval Battle of 1783.

Nearly two and a half centuries ago American and French Naval vessels fought off an attack just off the coast of Cape Canaveral by two British Frigates. That turned out to be the last naval battle of our War of Independence. It also was a crucial event since the American ships were carrying Spanish Gold from Mexico to pay the beleaguered troops of General George Washington's Army. They got through; the troops were paid and stayed to fight the battle of Yorktown, Virginia, ending the war in victory.

The ceremony this year will include several key elements from the modern US Navy. The Naval Ordnance Test Unit at Port Canaveral Commander will give a keynote speech; the NOTU Color Guard will lead dozens of other units carrying and wearing period flags and uniforms out costumes, as well as their famous Ceremonial Submarine Deck Guns Platform salute to end the festivities.

The program begins at 1000 am and will include drinks and a lunch for a reasonable fee with proceeds going to support veterans and their families in need through Veterans Connections.

Contact Donn Weaver, BVC Chairman, 757-871-6576, for more information. The Public is welcome to this great annual event and to learn about this important Florida related historical footnote. ☎

Financial Planning... cont'd from page 17

adjustments from both the advisor and client.

Similar to painting the walls in your house, taking time and having patience may be the difference between a successful and poor financial plan. Using a CERTIFIED FINANCIAL PLANNER™ practitioner could benefit your financial health. Whether you are planning for retirement, higher education, or simply leaving a legacy to your heirs, CFP® practitioners can utilize the financial planning process to map out a plan for you. If you are interested in learning more about the financial planning process and how it may help you, give our office a call. ☎

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

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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VA Needs More Employees for the PACT Act

PACT is officially up and running as of the first of the year. PACT, aka Promise to Address Comprehensive Toxics Act, extends health care and benefits to veterans who were exposed to toxins around the globe and who subsequently became ill with an expanded number of presumptives. The key feature of PACT is that veterans no longer have to fight to prove where their illness came from. It's "presumed" the illness was the result of the toxins in the environment where they served.

Meanwhile, the Department of Veterans Affairs has been on a massive hiring blitz to fill positions in support of the new PACT Act. These positions will be all across the U.S. and Puerto Rico at all 56 regional offices. Not only do they need people to process the 175,000 claims that have been submitted since August (when the PACT Act was signed into law), but they need the people who give the actual support care.

If you, a spouse, a caregiver, a survivor or family member

are interested in signing on for a position, check usajobs.gov and search for "veterans service representative" or "rating veterans service representative."

The first step as part of the big push at the VA is to process the claims for veterans who are terminally ill, something the VA actually started weeks before the official Jan. 1 date. Additionally they will prioritize claims by homeless veterans, those over 85 years of age, those with cancer, those experiencing financial hardship and those who are recipients of a Purple Heart or Medal of Honor.

If you need to learn how to file a claim, go to VA.gov/PACT or call them at 800-MyVA411 (800-698-2411). A caregiver, survivor or family member can also make the call for the veteran.

To learn more about PACT, go to VA.gov/PACT and read "The PACT Act and your VA benefits." (c) 2022 King Features Synd., Inc.

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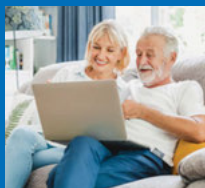
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P	I	N		A	L	O	T		U	P	T	O
E	G	O		L	O	U	S		N	E	A	L
C	H	R	I	S	O	D	O	N	N	E	L	L
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A	L	B	U	M		W	A	G		R	I	M
C	E	O	S		D	A	Y		F	A	R	E
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C	H	R	Y	S	A	N	T	H	E	M	U	M
L	O	A	N		S	O	H	O		O	N	O
A	M	I	D		T	R	E	E		V	I	M
D	E	L	I		Y	A	R	D		E	T	A

Sudoku Answers

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



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When Does Diminished Capacity Prevent A Person From Creating An Estate Plan? continued from page 13

final determination of testamentary capacity, they can be very helpful.

Separate from general testamentary capacity is the legal concept of insane delusions. This occurs when someone believes something that is not factually true. A person can possess general testamentary capacity and yet suffer from an insane delusion. If the insane delusion impacts only a portion of the estate plan, only that portion is void.

Even a partial loss of mental capacity can increase the risk of a challenge to the estate plan based on “undue influence”. The law recognizes a person may be persuaded by trusted individuals to do things that he/she would not otherwise do. Although lack of capacity and undue influence are separate issues, the potential for undue

influence increases as capacity diminishes.

Under Florida law a Will or Trust is null and void when obtained by “undue influence”. The law presumes there was undue influence anytime the person exercising the influence: 1] substantially gains as a beneficiary 2] occupies a confidential relationship, (like a child or caregiver) and 3] was “active in procuring” the gift, which includes involvement in the preparation of the estate plan. §

For further information 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.

VNA – Maintaining a Healthy Heart

continued from page 15

trans fat can increase the risk of coronary artery disease by raising cholesterol levels. These fats can be found in red meat, dairy products, coconut oil, fried foods, packaged foods, margarine, and certain bakery products. In addition to reducing these foods, you should also increase your vegetable and fruit intake.

■ **Maintaining a healthy weight** – If you have excess weight, it puts a strain on your heart and increases your chances of high blood pressure and cholesterol. One of the ways to check your weight is to calculate your body mass index (BMI). Taking in consideration your height and weight, a reading of twenty-five or more indicates that you are overweight. Another option to see if you are at a healthy weight is to measure your waistline. For women, generally speaking, being overweight means that you have a waistline of thirty-five inches or more, and for men, it means of having a waistline of forty inches or more.

■ **Get health screenings** – Undergo regular blood pressure, blood sugar, and cholesterol screenings to track how you are maintaining your health. Ask your doctor for recommendations on how often you should screen your health.

Q What is the difference between a heart attack, stroke, and heart failure?

A When it comes to your heart, you should know that various life-threatening events that can occur:

■ **Heart attack** – A heart attack occurs when blood supply to the heart is diminished or even cut off. When this happens, the lack of oxygen damages the heart resulting in a heart attack. Blood supply is reduced when the arteries narrow or there is a blockage in the passage.

■ **Stroke** – A stroke occurs when there is reduced blood flow to the brain. Much like the heart, the limited blood flow decreases the amount of oxygen going to the brain and therefore depleting your brain tissue from the nutrients it needs.

■ **Heart failure** – Heart failure, or congestive heart failure (CHF), occurs when your heart is unable to pump enough blood to meet your body's needs. This is a condition where over time, arteries will narrow, and the heart will be too weak to pump efficiently. §

This information is for educational purposes. Please consult your physician for any medical issues. The Visiting Nurse Association (VNA) is committed to bringing trusted and quality home health and private care to Brevard County patients. For more information about VNA services, call 321-752-7550 or visit www.vnadc.com.

How to Manage Notifications & Ads

continued from page 16

you can turn off to reduce the advertisements.

While you are in the Privacy & security menu, click on the Diagnostic & feedback menu which will allow you to turn off the ‘Tailored experiences’ switch, which lets Microsoft use your diagnostic data for personalized tips, ads, and recommendations.

Systemwide Notification Access Control

If you have multiple users on the same computer, you can choose to allow each user to decide if apps have access to their notifications or turn it off for all users. This option is located in Settings > Privacy & security > Notifications and only controls whether apps have access to notifications, not if they can push them to you. §



SENIOR SCENE MONTHLY TRAVEL TIPS

What Not to Forget On a Cruise: 15 Things to Remember to Pack

Part 2 of 2 Parts

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



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We all know that we overthink what items we should bring on a cruise. Pack or not to pack. We do not want you to get a bad feeling when you're on a cruise and discover that you've forgotten something at home. Let's not put a dent in an otherwise great vacation. Here is a list of a few critical things not to forget the next time you cruise.

8 Medications

Other than a handful of over-the-counter remedies (cold pills, pain relievers and seasickness treatments) sold at inflated prices, cruise ships carry only a limited supply of prescription medications, and these are given out only in emergencies in the ship's hospital. If you take any kind of medicine on a daily basis, prescription, vitamin or something else, you must bring enough of these items with you to last your entire cruise. Always plan to bring extra days just in case!

Even though most cruise ships do carry pills for seasickness prevention either in the sundries shop or in the medical center if you're prone to seasickness you shouldn't forget to bring your own supply as well.

9 Sweater

Even on warm-weather cruises you're likely to run into unexpected chilly air, particularly in public areas of your cruise ship where the A/C is often set very high. Always bring a pullover, cardigan, sweatshirt, or sweater just in case it gets cold on board or on land. Be prepared!

10 Snack bars/packs

Going to be off your cruise ship for an entire day? Taking a bus out to a remote shore expedition locale where there might not be any convenience stores? It's never a bad idea to have a snack with you when getting off the ship as you don't always know if you'll be able to get something to eat if you need it. (very important especially

essentially if you've got kids in tow or have issues with low blood sugar.)

But taking food off a cruise ship is always a no-no unless it's a prepackaged, sealed snack bar or snack pack. Since these types of snack foods are rarely sold on cruise ships, don't forget to throw a handful into your luggage when packing.

11 Tampons & pads-Women

Don't forget to bring your preferred brand of tampons and pads when you cruise. It's always a good idea to have a stash on hand, particularly if your cruise sailing includes lots of sea days or visits exotic locations where sanitary products might not be readily available.

12 Vaccination card

Cruise lines are either requiring or encouraging guests age 12 and older to be vaccinated. If you are not vaccinated, you will face more intense health and safety protocols including COVID-19 tests (which you may or may not have to pay for) and may not be allowed in certain areas of the ship – such as the casino, spa, and some specialty restaurants and maybe on shore excursions. If you are not vaccinated, you may also find you are not allowed on the ship without Covid Travel Insurance sponsored by the cruise line. If you are vaccinated, be prepared to prove it with an official vaccine card.

13 Ziploc bags

You can use Ziploc bags in a variety of sizes for practically anything, from an impromptu protector for your phone from the sand and water if you're hanging on the beach to something to throw your wet bathing suit into if

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What Not to Forget cont'd on page 47



Healthy Planet, Healthy Aging!

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

Climate change is the single greatest health hazard facing humanity, according to the World Health Organization (W.H.O.) and the United Nations (U.N.). The simple fact is, without a healthy planet, humanity has limited prospects of longevity. There's no pro-aging so long as the planet is facing climate crisis. For most of the history, man has had to fight nature to survive; in this century he is beginning to realize that, in order to survive, he must protect it.

The United Nations (UN) Panel on Climate Change Report (February 27, 2022) provided a grim outlook of the impact of climate change,, emphasizing the severe effects on our health and the resulting overwhelming strain on health-care systems. It reports record-high global temperatures that provide breeding ground for infectious diseases and that jeopardize food security. Because these effects will pose the greatest dangers for vulnerable groups, climate disruptions are widening pre-existing age-related divides.

It seems there is a pressing need to address climate change now, because the window for the success of strategies is narrowing by the day. Yet, the somber tone is

not mirrored in the sentiments of the general public and in the actions of governments. The discourse around climate change is largely dominated by concerns for our next generation – our children and grandchildren. Although such concerns are certainly not unfounded, the focus is misplaced: climate change is already affecting us.

Regarding current populations, older people are disproportionately afflicted. A 54% increase in heat-related mortality in people older than age 65 years has been observed over the past 20 years, and nearly half of the people who died during Hurricane Katrina (2005, with 1,833 people died) and Hurricane Sandy (2012, 285 people died) were older thanW age 65 years. Moreover, exposure to air pollution poses a great risk of adverse health effects for older people, causing or exacerbating respiratory conditions, such as chronic obstructive pulmonary disorder.

Because climate stresses will continue to render some regions uninhabitable, forced migration and community displacement will see many older people left behind, often due to limited mobility and a greater reluctance to leave

Healthy Planet, Healthy Aging! cont'd on page 47

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Adrienne Barbeau

continued from page 14

long time back, which was one of my songs," she recalled. "It was lovely what they had done with it, but it just was not what we had done. So, I decided never to watch the film so I could keep the memory of our show and not cloud it with another version."

Though her career began in musical theater, Barbeau left

"Grease" to co-star in the TV comedy "Maude" throughout the 70s. But in the early 80s, the actress starred in several horror/sci-fi films ("Swamp Thing," "The Fog," "Escape from New York," "Creepshow") forever cementing her movie status as a horror sex symbol (see www.abarbeau.com).

"I started out in musical theater and comedy, and the transition to more dramatic roles was never by design," Barbeau explained. "It's just that somebody offered me something I wanted to do or needed to do to pay bills. I ended up playing strong women who were not victims and they were often interesting and challenging roles."

"People always say, oh you were a sex symbol," she adds. "But I like to remind them my first love scene in film was with a swamp monster!" ☺

Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written features, columns, and interviews for numerous magazines and newspapers. See www.getnickt.org.

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Healthy Planet, Healthy Aging!

continued from page 45

the homes and homelands to which they are strongly attached. Those older people who do migrate are more vulnerable than are migrants of other ages. Older people face greater health risks, such as greater multimorbidity and poorer mental health, reduced access to employment, services and documentation, and greater discrimination and isolation in their local community environments.

As our population continues to age, with those older than 65 years out numbering children by 2050, we must recognize that any actions to promote healthy longevity cannot be taken in isolation without actions to also ensure a healthy planet. Aging well is impossible in an unhealthy or actively inhospitable environment. Our current issue includes a call for synergistic solutions to address both healthy aging and climate change – examples include removing access barriers to public transportation and transitioning to sustainable diets.

By placing too great a focus on the effects of climate change on future generations, we also fail to recognize the effects already affecting all generations. Such failure stems from and perpetuates blame and, more crucially, ageism. With young voices galvanizing

climate demonstrations that express anger and frustration at the previous actions of the older generation that caused climate change and the current inaction in rectifying these changes, the intergenerational rift has further deepened. A 2019 speech by Greta Thunberg drives home this rift: 'the older generations are failing us.' This dismissive phrase 'ok boomer' has become the slogan for younger generations condemning older people's muted response to or dismissal of climate change.

Tackling climate change does not require a culprit, and such discourse both ignores the ongoing consequences on our most vulnerable members of society and derails constructive discussions. To meet our climate targets, repairing the intergenerational divisions exacerbated by climate change and acting collectively to achieve a healthy planet are imperative.

We must cease placing blame on the older generation and must shed notions that older people will remain unscathed by our changing planet, because this is unfounded and unproductive. The Report (in the beginning) underscores that our health is contingent on the health of our planet, with clean energy, clean air, and safe drinking water key components to supporting healthy longevity for both humanity and the environment. We must act now to save not only children but ourselves. ^(S)

What Not to Forget On a Cruise: 15 Things to Remember to Pack

continued from page 44

you've got the time to change after snorkeling. They're also great if you want to grab some food from the buffet for a late-night snack in your room or for storing a sandwich if you don't want to give up your prime lounge by the pool at lunch time.

14 Electrical Tape or Heavy Packing Tape

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need tape to fix, closing that booze box or the box with all the trinkets.

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January Is Ideal Time To Freshen Pots For Spring

By Paula Pettis, *The Island Gardener*

A lot of us gardeners are super eager to get things moving in our landscape. And who wouldn't be, with sunny, 70-degree January days?

One task that we can definitely begin is cleaning up our flowerpots for the coming season.

Many of us fill our pots with wonderful potting mixes and never change the soil again. While the potting mix is good in the beginning, it eventually becomes compacted and leached of all nutrients.

I recommend amending your potting soil every year. One easy way to do this is to dump the used potting mix into a wheelbarrow. Add additional potting mix, peat moss and compost as needed, and mix well.

I personally am a huge fan of compost. It is a great fertilizer, and it makes the soil heavier, which I need because I tend to stretch out the waterings at my house.

The pots at my house are a prime example of the shoemaker always wearing the worst shoes.

I have a full sun yard and lots of terra cotta pots. A

heavier soil saves me from losing my plants when I get too busy and too tired to water at the end of the day.

While your containers are empty, take time to clean them and evaluate their drainage. You may need to add additional drainage holes in the bottom of the pot. I always like to put an old towel at the bottom to help filter the water as it drains, which helps prevent stains on the porch and patio.

Now that your containers are clean and properly



January Is Ideal Time...continued on page 49

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draining, it is time to fill them with your potting mix. As you fill the container, water the potting mix slightly to help the soil settle.

Your pots are now ready for all the beautiful flowers that our garden centers have to offer.

While you are being a go-getter in your garden, don't forget to clean your tools.

Using your dirty tools from last year is like sneezing on someone; it's just nasty and not going to lead to anything good. I am not saying you have to scrub them down perfectly, but take a few minutes to rinse off all of the dirt from last year.

Fill a bucket with water and a squirt or two of dish soap. If you dealt with any fungus or bacteria last year, add 2 cups of bleach per gallon of water. Soak the tools a few minutes

and then scrub them with a brush or old rag. Rinse and dry them thoroughly and they are ready for this year's garden work. §

Bring Out Life...continued from page 38

lustily, loudly, gladly, freely, happily. We bring out the flavor by going into the flavor.

C.S. Lewis once said, "It is a Christian duty, as you know, for everyone to be as happy as he can be."
(A Severe Mercy) §

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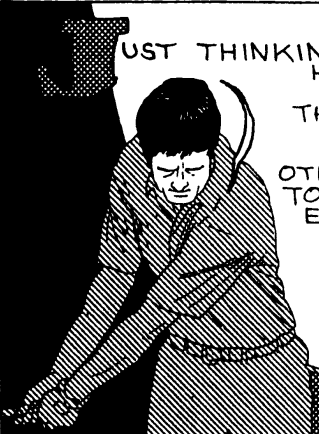
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Owner



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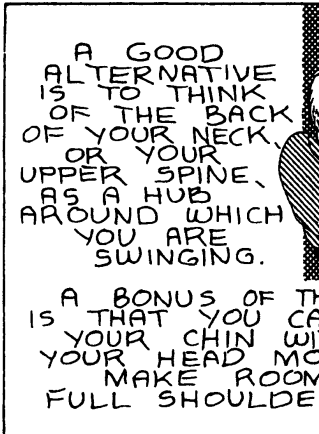


JUST THINKING ABOUT KEEPING THE HEAD STEADY DOESN'T ACTUALLY KEEP IT THAT WAY FOR SOME GOLFERS.




OTHERS BECOME TOO RIGID BY EXAGGERATING THE EFFORT NOT TO MOVE THE HEAD.

JM



A GOOD ALTERNATIVE IS TO THINK OF THE BACK OF YOUR NECK, OR YOUR UPPER SPINE, AS A HUB AROUND WHICH YOU ARE SWINGING.



A BONUS OF THIS APPROACH IS THAT YOU CAN SWIVEL YOUR CHIN WITHOUT YOUR HEAD MOVING TO MAKE ROOM FOR A FULL SHOULDER TURN.

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FEBRUARY 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

Due to potential cancellations, we strongly encourage you to check with presenting organizations regarding the status of their event

FEBRUARY EVENTS

Thru Feb 5: Evita, Henegar Center, Downtown Melbourne, 321-723-8698, Henegar.org

Thru Feb 12: Jimmy Buffet's Escape to Margaritaville, Titusville Playhouse, 321-268-1125, TitusvillePlayhouse.com

Thru Feb 12: The Music Man, Historic Cocoa Village Playhouse, 321-636-5050, CocoaVillagePlayhouse.com

Thru Feb 12: The Marvelous Wonderettes - Shuler Stage, Titusville Playhouse, 321-268-1125, TitusvillePlayhouse.com

Thru Feb 19: Lettice and Lovage, Melbourne Civic Theatre, Downtown Melbourne, 321-723-6935, myMCT.org

Feb 1 & 2: Conductor's Choice Concert, Melbourne Community Orchestra, Melbourne Auditorium, 321-285-6724, MCOOrchestra.org

Feb 2: Clint Black featuring Lisa Hartman Black, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 3: Reception: Barbara Desrosiers: The Guardians & The Essence of a Woman Exhibits, Fifth Avenue Art Gallery, Eau Gallie Arts District, FifthAvenueArtGallery.com, 321-259-8261

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

Feb 4: Comedy Tonight Concert, Brevard Symphony Orchestra at the King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 4 & 5: Brevard Renaissance Fair, Wickham Park, Melbourne, BrevardRenaissanceFair.com, 321-458-3515

Feb 4 & 5: Central Brevard Rock & Gem Show, Central Brevard Rock & Gem Club, Kiwanis Island Recreation Center, Merritt Island, rockandmineralshows.com

Feb 4 & 5: Gardenfest!, Garden Club of Indian River County, Riverside Park, Vero Beach, gardenclubofirc.org, 772-567-4602

Feb 9: Kenny Wayne Shepherd Band, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 9-11: Central Brevard Art Association Art Show and Sale, Cape Canaveral Public Library, CBAAartists.com, 321-632-2922

Feb 9-14: Tales of the Heart, Henegar Center, Downtown Melbourne, 321-723-8698, Henegar.org

Feb 11: Sweetheart's Sip & Stroll in Historic Cocoa Village, 321-631-9075, VisitCocoaVillage.com

Feb 11: Shuler Comedy Club, Titusville Playhouse, 321-268-1125, TitusvillePlayhouse.com

Feb 11: Central Florida Winds: Music for Winds and Strings Concert, Park Avenue Baptist Church, Titusville, 321-405-2359, CFWinds.org

Feb 12: Vocalist Michelle Mailhot: Jazz Concert, Space Coast Jazz Society, Veterans Memorial Center, Merritt Island, SpaceCoastJazzSociety.org

Feb 12: Central Florida Winds: Music for Winds and Strings Concert, Suntree United Methodist Church, Melbourne, 321-405-2359, CFWinds.org

Feb 14: Disney's Winnie the Pooh (youth theatre), King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 15: The Temptations and The Four Tops, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 16: High Tea at Field Manor, Merritt Island, 321-848-0365, FieldManor.org

Feb 17: Becky Buller Band: Bluegrass Concert, Shepherd's Hall, Titusville, 321-222-7797, JTsBluegrass.com

Feb 18 & 19: Splash of Watercolor 2022, Brevard Watercolor Society, Azan Shrine Center, Melbourne, BrevardWatercolorSociety.org

Feb 18 & 19: The Edwards Twins, Surfside Playhouse,

SurfsidePlayers.com, 321-783-3127

Feb 22: Mania - The ABBA Tribute, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 22 & 23: Inspired by Books Concert, Melbourne Municipal Band, Melbourne Auditorium, 321-724-0555, MMBand.org

Feb 23: America with Al Stewart, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 24: Hermitage Piano Trio, Melbourne Chamber Music Society, St. Mark's United Methodist Church, Indialantic, 321-213-5100, MelbourneChamberMusicSociety.com

Feb 24: Tyler Henry, The Hollywood Medium, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 24 - Mar 12: The Color Purple, Henegar Center, Downtown Melbourne, 321-723-8698, Henegar.org

Feb 25: Showtime! Concert, Space Coast Symphony Orchestra, Satellite High School, SpaceCoastSymphony.org, 855-252-7276

Feb 25: Market at the Manor, Field Manor, Merritt Island, 321-848-0365, FieldManor.org

Feb 25: Downtown Melbourne Sip & Shop, Downtown Melbourne, Melbourne Main Street, Downtown-Melbourne.com, 321-724-1741

Feb 27: Frankie Valli & The Four Seasons, King Center, Melbourne, 321-242-2219, KingCenter.com

Feb 27 - Mar 1: The Fannie Lou Hamer Story (youth theatre), King Center, Melbourne, 321-242-2219, KingCenter.com

ONGOING EVENTS

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

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

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

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

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

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

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

DrumLuv Dance Center, Palm Bay, DrumLuvDance.com

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

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

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

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

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

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

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

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

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

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

North Brevard Art League, Titusville, NorthBrevardArtLeague.com

Pritchard House, Titusville, 321-607-0203, 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 Galerie, Downtown Melbourne, 321-952-3070, StrawbridgeArtLeague.org

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

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

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

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

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.

Feb 3: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at Long Doggers Eatery, 350 W. Cocoa Beach Cswy., Cocoa Beach on Friday, Feb. 3 at 12 p.m. All are welcome to join the group. For additional details, please call (502) 299-8949.

Feb 16: 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, Feb. 16 at 12 p.m. Please bring a dish to share. All are welcome to

attend. For additional details, please call (502) 299-8949.

Feb 21: The NASA Alumni League (NAL) next meets: Tuesday, February 21. This luncheon is our first meeting in 2023 and will be held at the Courtyard-by-Marriott, 3435 N. Atlantic Ave, Cocoa Beach, FL 32931. We will meet in the Galaxy Meeting venue and free parking is available in front (west side) of the hotel. Attendees should enter through the hotel lobby/regist-

ration entrance. You must register in advance to attend. Our featured speaker is Jim Kennedy, retired KSC Center Director, speaking on "Stories of Space Exploration." Check-in starts at 11:00; the meeting begins at 11:30 and is expected to last about 90 minutes. Costs are \$23 for members, spouses and adult family members; and \$25 for invited guests. PLEASE REGISTER EARLY. Registration for attendance will begin on February 1st for members

and guests and ends at noon, February 10th. For reservations, contact Cheryl Thornton, cherylIT@cfl.rr.com, (321) 626-7119. Reservations priority: members & guests; each member may bring up to 3 guests. For more information, see our web site at www.nalfl.com, where you may register and pre-pay by PayPal. Confirmed reservations may also be paid for at the door.



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/>

04 Feb – JROTC Drill Meet in Veterans Memorial Park (0700-1230)

05 Feb – Immortal Four Chaplains Ceremony 1400-1600 VMC Plaza and Gray Hall.

18 Feb – JROTC Drill Meet in

Veterans Memorial Park (0700-1300)

23 Feb – Liberty Bell Museum Patriot Awards Dinner 1800-2100 Grand Manor Catering 1450 Sarno Road, Melbourne. Details follow to register and help honor

local volunteers who support veterans in many ways.

25 Feb – Back Brevard Heroes Fundraiser in Veterans Memorial Park 0900-1700

01 Apr – American Legion AUX 344 annual Easter Egg Hunt at Veterans Memorial Park 1300-1500

04 Mar – JROTC Drill Meet in Veterans Memorial Park District Championship (0700-1300)

18 Mar – Commemoration of the Last Naval Battle of the American Revolution 1000-1300 VMC Plaza, Museum and Gray Hall

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**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 Bag Sale
Thursday, February 2 and Friday, February 3 from 9am to 4pm
Saturday, February 4 from 10am to 2pm
Music Monday: Ed Mercier
Monday, February 20 from 6pm-7pm
Our Lagoon - Our Future
Monday, February 27 from 5:30pm-6:30pm

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.
Zumba Gold

Fridays 9:30-10:30am Cost is \$5 per class.
Yoga with Pam Fridays from 2-3pm. This class is suitable for all bodies. \$5/class.
Acrylic Painting
Tuesdays, January 10, 24 and 31 from 1:30-3:30pm Instructor fee is \$5 and materials fee is \$10 (\$15/class). Pre-registration is required with a maximum of 10 students. Register by visiting or calling the library reference desk (321-868-1101).

Tech Help
Fridays from 12-1pm
Bring your own device and get one-on-one tech help from your librarian.
Personal Finance Seminar:
3rd Friday 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 DeGroodt Memorial Library 6475 MINTON RD SW, PALM BAY 321-952-6317

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

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

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

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

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

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

Computer Basics Class
Tuesdays, 10:00-11:00AM or 11:00AM-12:00PM
Hooks and Needles
Tuesdays, 1:00PM - 2:00PM

Line Dancing Class with "Dance Lady"
Mondays, 12:00PM - 2:00PM Fee: \$5 per class.
Gentle Yoga with Cindy
Mondays, 3:00PM - 4:00PM. Please bring a yoga mat and a bottle of water. Fee: \$5 per class

Coloring Club
First Wednesday, 2:00PM-3:00PM. Materials are provided.
Book Club
First Thursday, 1:30PM

Painting Class
First Thursday, 6:00PM Fee is \$10 and covers all supplies. Registration is required as space is limited.
Cook the Book Club
Third Thursday, 6:00 PM

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

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

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

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

Sit-n-Stitch 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.
Seaside Quilt Show Group, 1-5pm, meets first Monday
Wednesday Art Group, 1:30-4pm. Meets second Wednesday

Multiple Myeloma support group, 10:30am-12:30pm, meets 4th Monday
Space Coast Poets, 5:30-7:30pm. Meets 3rd Tuesday
Non-Fiction book club, 3-5pm. Meets fourth Tuesday

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

FEBRUARY 2023 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 Step-ping 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 martinandersseniorcenter.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 nbssc.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
Golden Hearts Senior Fitness- Monday 1PM-2PM \$5/\$6 Robin 321-514-5945
Mexican Train Dominoes 1PM-3PM \$2/\$3, Joanne (321)267-5923
Hand & Foot 1pm-3:30pm \$2/\$3 Donna (407) 808-5237
Poker 10AM-2PM \$2/\$3 321-591-5156
Bunco 1PM-3PM Carol 332-268-8087 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 Gold 9:15AM-10:15AM \$5/\$6 Robin (321)514-5945

Golden Hearts Senior Fitness- Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945
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 4:00PM-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
Tai-Chi - Thursday 1PM-2PM \$3/\$5 Ada 321-848-4689
Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945

Zumba Gold Tone/Chair-Thursday 11AM-Noon \$5/\$6 Robin 321-514-5945
FRIDAY
Euchre - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679
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
No Brevard Line Dance 12PM-2PM \$3/\$4 Yvette 321-258-6534
Line Dance Social (1st and 2nd Fri) 6PM-9PM \$5 Ferrel 321-267-0195
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 gpbasc.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) 12:30-3:30pm
Movie Night 6:30-9:30pm
Ping Pong 1-3:30pm
Pinochle 11-3pm
Scrabble 9:30am-noon
Travel Office open 9am-2pm
Woodshop 8am-noon
Yoga, Chair 10:30-11:30am

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

Monday - February 27th
10:30am-11:30am
Helping Seniors Info Series
"Your Legal Checklist" with Expert Speaker Bill Johnson, Esq., Board Certified Elder Law Attorney with the Law Firm of William A. Johnson, P.A. Don't miss the valuable time to determine best steps to ensure you have a good plan so that things move the way you would like them to move in your health and financial decisions.
February meeting: **Buena Vida Estates: 2129 W. New Haven Ave in Melbourne.** Event is free - those with RSVP also receive a Take Home Lunch. Call (321) 473-7770 to RSVP.

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.

SENIOR CAL cont'd on next pg



One Senior Place
8085 Spyglass Hill Road,
Viera, FL 32940
321-751-6771

FEBRUARY 2023 ONE SENIOR PLACE EVENTS

SPECIAL EVENT

Senior Living Options Day & Chef Competition Friday, February 10th, 2023 from 11am - 1pm

Being held at the Space Coast Health Foundation Center for Collaboration, 1100 Rockledge Blvd. (Hwy 1), Rockledge, FL 32955. FREE Event, Vendors, Giveaways, Door Prizes, Food & Dessert Samples! For more information and to RSVP, call 321-751-6771

Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Wednesday February 1st, from 11 - 1pm, REPEATS Thursday February 23rd, from 2 - 4pm. We invite you to join us for a FREE informational seminar to learn more about the benefits of preplanning your cremation. Learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. Seating limited MUST RSVP to 321-751-6771.

Heart Health, Senior Health Friday with Nurse Lisa, Friday February 3rd, from 10 - 11am. Join Nurse Lisa and Debbie Whittable, RN Cardiopulmonary Rehab Specialist, as they explain anatomy, risk factors, treatment, and prevention for those with and without heart disease. RSVP to 321-751-6771.

Salad in a Jar, Sunday February 5th, from 2 - 3pm. Presented by Aquatic Health & Rehab. Learn how to set up your workweek lunch in a healthy way, as well as learning about nutrition. For more information and to RSVP, call 321-253-6324.

FREE Liver Scans, Monday February 6th, and Wednesday February 15th, from 10 - 2pm. ClinCloud is offering FREE Fibroscans the FIRST Monday (unless it's a holiday) and THIRD Wednesday of each month at One Senior Place. Please call 321-751-6771 to schedule your half hour appointment.

Veterans Benefits Seminar, Tuesday February 7th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

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

Growing Old without Going Broke, Thursday February 9th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. 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.

Movie Matinee with Rhodes Law, PA, Thursday February 9th, at 2pm. Hosted by Rhodes Law, PA. Join us as we watch this classic "When Harry Met Sally..." and enjoy movie

treats! MUST RSVP to 321-751-6771.

Identifying Risks for Alzheimer's, Ask the Doctor Lunch & Learn Series, Tuesday February 14th, 11:30 - 1pm. Presented by Rosemary Laird, Board-Certified Geriatrician, Head of Research Staff, ClinCloud Research. Lunch provided by ClinCloud Research for all registered attendees. RSVP required, call 321-751-6771.

BINGO! Tuesday February 14th, 2 - 3:30pm. Brought to you by Florida Health Care Plans. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

The Law Academy presents Family Law 101, Wednesday February 15th, at 10am. The Law Academy presented by Rhodes Law, PA. Limited seating must RSVP to 321-751-6771.

Low Back Pain, Thursday February 16th, from 12 - 1pm. Presented by Aquatic Health & Rehab. Causes, Prevention and Treatment. For more information and to RSVP, call 321-253-6324.

Hearing Loss [= Brain Stress?], Lunch and Learn Seminar, Friday February 17th, from 11 - 1pm. This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AUD from Widex. During this presentation, you will learn how living with hearing loss negatively affects our ability to think and what we can do about it. Boxed lunch provided, must RSVP to 321-751-6771.

Varicocele Embolization, Lunch & Learn, Monday February 20th, 11 - 1pm. Please join Vascular Interventional & Physicians for an informative lunch & learn presentation. Varicocele embolization is a non-invasive, non-surgical option that can be performed in an outpatient setting. A painless procedure that uses tiny coils to effectively treat the condition. RSVP to 321-751-6771.

Personal Finance 101: Six Steps to Financial Success, Tuesday February 21st, from 2 - 4pm. Join special guest speaker, James DeLaura, Financial Advisor with Raymond James. Come and learn about a six-step plan to help you achieve financial success. Seating limited MUST RSVP to 321-751-6771.

MAC User Group Meeting, Tuesday February 21st, from 5:30 - 7pm. If you have questions about your iPad, iPhone, MacBook or Apple Watch, or you want to know how some apps work, this meeting is for you. RSVP to 321-751-6771. Presented by Jim DeLaura, RJFS and MAC Mad.

Take the Stress Out of Medicare, Wednesday February 22nd, from 10am - 11:30am. With multiple plan types & many coverage options available, how do you know which is right for you? Get the answers you need to make an educated decision. Presented by Viera Insurance Professionals. RSVP to 321-751-6771.

Estate Planning Seminar, Thursday February 23rd, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

Wreath Workshop with Cape Canaveral Pen Women, Friday February 24th, from 1 - 3pm. Join Marion Coste as she helps us create a one of a kind wreath to enjoy for St. Patrick's Day. This is a FREE event. All materials sponsored by Rhodes Law, PA. Space is limited, MUST RSVP, call 321-751-6771 to reserve your seat.

AARP Smart Driver Course, Monday February 27th, 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.

Essential Legal Documents That Provide Peace of Mind, Tuesday February 28th, 10 - 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Find out what documents are the essential ones everyone should have, what they mean, and how they can provide you some peace of mind. RSVP to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays February 9th and 23rd, from 10-12pm. While the feelings and emotions associated with grief and loss are unique and individual to each person, one often can find comfort from the experiences of others. Limited seating must RSVP to 321-751-6771. Facilitated by VITAS Healthcare.

Parkinson's Support Group, Wednesday February 15th, 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 February 15th, from 2 - 3pm. The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia. RSVP call 321-751-6771.

RECURRING EVENTS

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

Ask the Realtor, Oceans Realty Florida, Every Monday from 9 - 12pm, and Thursday from 1 - 3pm. Barbara Asinari, Realtor with Oceans Realty is available to answer your real estate questions, whether you're buying or selling, NO OBLIGATION. For more information or to make an appointment call 321-751-6771.

Book Club - Legacy Club, Thursday afternoons from 1 - 2pm. Join us to read thought provoking literature and participate in lively discussions. Sponsored by the Legacy Club. RSVP 321-751-6771 to reserve your seat.

THE CLUB ACTIVITIES - Membership \$1 weekly - New members are welcome!

The Club each 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

FEBRUARY 2023 SENIOR CALENDAR (continued)

Wickham Park Senior Center 2785 LEISURE WAY, MELBOURNE
 321-255-4494 bcscwp.com

MONDAY PROGRAMS

Billiards - 8:30 am-4:30 pm
Jazzercise Lo - 8:30-9:30 am
Hand & Foot - 9:00 am-12:00 noon
Friendly Poker - 1:00-4:00 pm
Shuffleboard League - 6:30 pm (April 12 to May 31)

TUESDAY PROGRAMS

Billiards - 8:30 am-4:30 pm
Zumba Gold - 8:30-9:15 am
Social Scrabble - 9:30-12:00 noon

Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am
Dealers Choice Poker - 1:00-4:00 pm
Line Dancing for Fun & Exercise - 4:15-5:30 pm

WEDNESDAY PROGRAMS

Billiards - 8:30 am-4:30 pm
Jazzercise Lo - 8:30-9:30 am
Tai Chi - 8:30-9:15 am
Mah Jongg - Chinese - 1:00-4:00 pm
Mexican Train Domino's - 1:00-4:00 pm

THURSDAY PROGRAMS

Billiards - 8:30 am-4:30 pm
American Mah Jongg - 9:00 - 12:00 noon
Strength & Flexibility - 9:30-10:30 am
Silver Sneakers - 11:00 am-12:00 noon
Bunco - 12:30 - 4:00 pm - 1st & 3rd Thursday
Rubber Bridge - 1:00-4:00 pm
Shuffleboard Open Practice - 6:30 pm

FRIDAY PROGRAMS

Billiards - 8:30 am-4:30 pm
Jazzercise Lo - 8:30-9:30 am

Tai Chi- Wednesday - 8:30-9:30 am

Hand & Foot - 9:00 am-12:00 noon
Bingo - 11:15 am - 2:00 pm - Doors open at 10:00 am
Pinochle - 12:30- 4:00 pm
Dealers Choice Poker - 1:00- 4:00 pm

SATURDAY PROGRAMS

WPSC Building Closed - No Programs inside the Building
Shuffleboard Open Practice - 9:00 am - 12:00 noon

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

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