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MARCH 2023

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Mimi Givens



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Lewis

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John Frederiksen

### ASSOCIATE PUBLISHER:

Fran O'Hara

### ART DIRECTION:

Bernadette de Isaza

### PRODUCTION:

Seadragon Creative – Dan Lee

### EXECUTIVE EDITOR:

Charlotte McQueen

### ASSOCIATE EDITOR:

Jill Fulford

### PHOTO JOURNALIST

Cheryl Clermont

### BROADCAST AUDIO

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# Letter from the Publisher



**H**ave you recently stopped to think what a great place Brevard County is? Great weather, community events, shopping, schools, elder services, on and on. It's so easy to gripe if it goes below 60 degrees or if we get stuck in 5 minutes of traffic. For those of us with roots up North, it's easy to forget about 12 inches of snow or an hour commute. So enjoy what we have here and spread the smile.

It seems like we have returned to some activity for health fairs and expos. As always, we sponsor and participate in most of these and love to meet so many of our readers. We are constantly amazed at our readers' active life style, community involvement and attention to the world around us. We also enjoy the complements about Senior Scene Magazine and the recognition of our place in the community. Speaking of health fairs and expos, check out the MEGA Senior Expo presented on page 5.

Senior Scene is excited to remind our reader about a resource here in Brevard County for our mature residents. This is a professional, comprehensive and uncomplicated online product, designed to provide a centrally located Directory of all businesses and services available to our Seniors. Go to [www.helpingseniorsdirectory.com](http://www.helpingseniorsdirectory.com) and enjoy. Speaking of Helping Seniors of Brevard, this essential, non-profit organization currently has two fund-raising programs. See page 3 for the fantastic cruise event and watch their Newsletter for future information on their Car Raffle.

Please take care and stay safe. See you next month.

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# Gary Lewis & The Playboys Still Bringing Back Music of the 60s

By Nick Thomas

**D**on't expect any vocal surprises if you ever attend a concert featuring Gary Lewis & the Playboys.

"I'm a real stickler for absolute originality," said Lewis from his home in Rochester, New York. "The fans want to hear the songs just like they remember them from the radio, they don't want to hear new arrangements, so we keep it very original when playing live."

Fans can also expect to enjoy most of Lewis's big hits from the 60s including, "This Diamond Ring," "Everybody Loves a Clown," and "Green Grass." In March, Gary and the boys will be performing in several Florida cities (see [www.garylewisandtheplayboys.com](http://www.garylewisandtheplayboys.com) for their 2023 touring schedule).

"We had seven Top 10 songs in a row in the space of two years, so I was very blessed to have such amazing success so quickly," noted Lewis.

"This Diamond Ring," the group's first record, reached the

number 1 spot in the U.S. in February 1965 and Lewis remembers excitedly watching it climb the charts over six weeks. But the upbeat version released was very different from the original.

"I first heard it in producer Snuffy Garrett's office at Liberty Records when he played a demo, a very different slow version," recalled Lewis. "At the time, I just wanted to get a song recorded and said I loved it. But then Leon Russell made a new arrangement – the version that was released – and it became this huge hit."

Lewis credits his mother for supporting his early music passion, offering financial help and advice,

*Gary Lewis & the Playboys... continued on page 46*



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# The Bermuda Triangle - Forget About It! Enjoy Your Cruise.

By Diane Barile

The whole thing started as the last mission before graduation from Advanced Training for a group of Navy and Marine pilots. The story of the five Avenger bombers, called Flight 19, grew to not only an unsolved military quandary, but a source of folklore and fear. The designation of a swathe of the Atlantic as a danger zone is imprinted on the minds of us all. But what really happened?

Missions followed repeatedly every day with instructors was Navigation Problem 1 not only to teach Overwater Navigation, but to include a low level torpedo bombing run at Hen and Chickens Rocks east of home base, Naval Air Station, Ft. Lauderdale. After the torpedo run, the pilots were to test their aerial navigation skills by dead reckoning. For example, this meant flying along a theoretical line, with prescribed turns dictated by the flight plan, at a given speed, heading and timing. The method did not account for wind speed direction or visual correction.

On that afternoon, December 5, 1945, the lead instructor Lt. Taylor, a skilled World War II pilot, reported in late for his assignment from Naval Air Station (NSA) Miami where

he operated primarily in South Florida and the Keys. His request to have another instructor assume his assigned mission was denied.

As instructor, Taylor then led the squad of five Grumman TBM Avengers. These torpedo bombers had been successful in WWII Pacific battles, their safety well established. Preflight ground checks of gear, instruments and rescue equipment was complete. However, note was made that none of the aircraft had 24 hour clocks. Most had been removed by former pilots as keepsakes of the war. This was not seen as a problem since the pilots had wrist watches. The one thousand gallons of fuel provided five hours of flight time for the three hour mission. For takeoff, each aircraft was manned by an experienced pilot, gunner and radioman.

At 2:10 the flight headed east from Air Station, Ft. Lauderdale to release live torpedoes at Hen and Chickens Rocks, south of Grand Bahama Island. Their first leg of the flight plan directed 67 more miles further east. Legs two

*The Bermuda Triangle... continued on page 43*

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## COVER STORY

# Mimi Givens

Mimi Givens moved to Melbourne from Rhode Island, where she lived all her life. She holds an undergraduate degree from Harvard, and a master's in teaching from Rhode Island College.

Mimi is happily married to her high-school sweet heart, Kevin, although it took them twenty years after high school to find each other again. They celebrate life, motorcycling, golfing, traveling, working out at the new gym, and tending to their garden together. She has four grown children: Adam, Raymond, Jennifer, and Brittany. She loves animals, and has one furry friend named Rocky, a Bichon Frise, who is her constant walking companion.



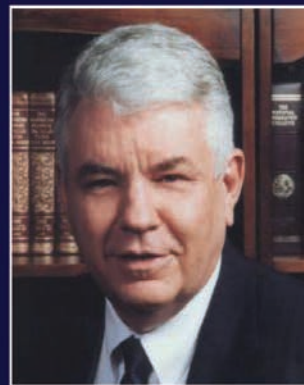
When not teaching or enjoying the great outdoors of Florida, Mimi loves to paint. For three years, she was part of a vibrant artist's community and fine arts gallery specializing in oil painting, where she painted with other artists in a large, sunny studio. She is self-taught, and currently paints at home, although she is exploring other avenues and other mediums,

such as neo-colors, a water-soluble oil crayon that acts like a watercolor when wet. She has sold several of her pieces, and been in several art shows, including the Scituate Art Festival of Rhode Island; painting is a true joy for Mimi, and like most joys in life, "happiness is better shared."

Mimi is currently exhibiting in several locations through the Brevard Cultural Alliance exhibit program. 



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## What Did I Do Wrong?

By Joe Steckler, President, Helping Seniors of Brevard County

What if I had done things differently? That is a good question and a common worry for seniors. It is also an issue most of us think we cannot change or do something about and that too is subject to discussion. I guess it all depends on how much the question bothers a person.

As we age, we often come across someone who is truly unhappy. No matter how much we want to help such a person, nothing seems to work or bring about a different outcome. Does that mean we should stop trying to help such a person? Not at all, but it does mean we might have met our own limitations in trying to advise them.

While we cannot always change another person, we most certainly can change the way we are trying to help. Too often, we want others to adopt a lifestyle we see fitting them best, when in fact such a change might not be beneficial at all. Then we must regroup and rethink the problem at hand. Maybe we need someone to tell us how to do things differently so we can achieve better outcomes for those we are trying to assist. It can become a huge problem unless we find the right source to guide us.


Geriatric care can become more difficult if resources are misdirected. Too often we look for quick solutions to a complicated problem that requires more training than most

of us have. Recognition that we are at an impasse is vital. I hope the foregoing discussion will enable you to ascertain whether you have reached a point where it is time to call in reinforcements for a problem you are trying to resolve. As we get older there are many times we might question the path we have chosen to get where we are in our life. For most of us it is fine but there are those that might need selective support.

Helping Seniors of Brevard, now in its 12th year, is in the process of opening a Senior Resource Center in the Apollo Professional Tower at 1344 S. Apollo Boulevard, Melbourne. Various resources that assist seniors will be located in the Center, plus a calling card library of senior services from Micco to Titusville. One of the most sought-after services for those caring for seniors is respite care for the caregiver—did you know that free services can be obtained at the Brevard Alzheimer's Foundation or at Holy Name of Jesus Catholic Church, Indialantic, as well as other locations throughout Brevard County? Places of assistance are available; you just have to know about them.

If you are not happy with your life, make a change and become a volunteer at the Senior Resource Center. Help another senior in need with respite care, transportation, or telephone contact. ☺

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# Does It Matter How You Hold Title To Property?

By Attorney Truman Scarborough

**T**itle to property can be held a number of different ways: individually, jointly with or without survivorship rights, husband and wife as "tenancy by the entirety", in a corporation, in a Limited Liability Company (LLC), in a partnership (limited or general), and in various kinds of trusts. There are ownership interests that are only available with certain types of property: life estates and remainder interests with real estate, convenience accounts at banks (giving someone authority to sign checks without ownership rights), transfer on death (TOD) with stockbrokers and payment on death (POD) with bank accounts. There are unique ways of holding property for particular individuals, e.g. the Florida Transfer to Minors Act allows property to be placed in a custodial account for an individual under twenty-one years of age. Some property interests are created by the Internal Revenue Code: like IRAs, 401(k)s, 403(b)s, 457s, etc. Other properties, like the home, are given special treatment under Florida law.

In a series of articles, we will discuss the different ways property can be titled. Each way of holding title addresses different concerns. Our goal might be to find a simple

solution to avoid probate, qualify for Medicaid, limit taxes, protect assets from creditors, or avoid conflicts. There is no simple way to title property to meet all these objectives. Furthermore, titling property a particular way to solve one problem may increase exposure to other problems.

We will begin our discussion by looking at individual ownership. The advantage of individually owned property is that no one else has direct access to help themselves to the property. Likewise, no one else's creditors can reach the property to satisfy a judgment. Generally, if someone can access property because their name is on the title, their creditors can as well.

Another advantage is appreciated assets will receive a full "stepped-up-basis" at death. This limits the capital gains taxes that have to be paid when it is sold by the beneficiaries. The gain is calculated by subtracting the "basis" from the sales price. If sold during your life the basis is the purchase price plus the cost of any improvements. However, when property is inherited it obtains a "stepped-

*Does It Matter How You Hold Title... cont'd on pg 17*



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## Colorectal Cancer Awareness Month

**M**arch is National Colorectal Cancer Awareness month, the perfect time to bring attention to this deadly – and often avoidable – disease, which is the third leading cause of cancer-related deaths in both men and women in the U.S., according to the American Cancer Society.

**Q I've read that early screening for colorectal cancer is important. Is that really true?**

**A** Yes. According to the National Foundation for Cancer Research, studies show that early (and ongoing) screening could prevent 1/3 of colorectal cancer deaths in the U.S. To put that in perspective, the five-year survival rate is 90% if it's detected early, according to the American Cancer Society.

**Q My husband is 65 and I'm 55. Neither of us has had a colorectal screening. Is it too late?**

**A** No, but you should both speak with your doctor about scheduling colonoscopies as soon as possible as the

risk for developing this cancer increases with age.

**Q Are there any lifestyle factors that increase the chance of getting colorectal cancer?**

**A** Yes. There are many lifestyle-related habits that are linked to an increased risk for colorectal cancer. A major one is obesity, which increases a person's risk of getting colorectal cancer by about 30 percent, according to the National Foundation for Cancer Research. In addition, smoking and excessive alcohol use, diets high in red and processed meats as well as lack of exercise all contribute to an increased risk.

**Q My father died of colorectal cancer. Does that increase my risk of getting it?**

**A** Yes, people with "first-degree" relatives, including parents and siblings, who have had colorectal cancer are two to three times as likely to get it.

*VNA continued on page 43*

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# Cyber Security

By James Bowman, Data Doctors of Melbourne

Cyber security is a growing concern in our increasingly interconnected world. With the rise of technology, cyber threats, such as data breaches, malware, and phishing attacks, have become a serious issue for businesses, government agencies, and individuals alike. Cyber security is the practice of protecting networks, computers, programs, and data from

unauthorized access or attacks that are aimed at disrupting normal operations.

The need for effective cyber security solutions has become more evident as the threat landscape has become more complex and the number of cyber-attacks has steadily increased. Cyber criminals are often highly skilled and well organized, making it difficult for organizations to protect their networks and data from attack. To combat these threats, organizations must invest in robust solutions that can detect, prevent, and respond to cyber-attacks.

One of the most important aspects of cyber security is maintaining secure networks and systems. Organizations and individuals should use firewalls, antivirus software, and other security measures to protect their networks and data from unauthorized access. Additionally, organizations and home users should regularly update their systems and software to ensure they remain secure.

Organizations must also be aware of the potential risks associated with employee behavior. Employees should be trained to recognize and report suspicious activities, such as emails with suspicious links or attachments, or any attempts to access confidential information. Organizations should also develop policies and procedures to ensure that employees are following best practices when it comes to security.

Finally, individuals must take steps to protect their personal devices and data from cyber-attacks. Users should use strong passwords and two-factor authentication when logging into accounts. They should also use antivirus software and regularly update their operating systems. Additionally, users should be aware of phishing attacks and avoid clicking on suspicious links or attachments.

Cyber security is an increasingly important issue that affects all levels of society. Organizations must invest in robust solutions to protect their networks and data from cyber-attacks. Additionally, individuals must also take steps to protect their personal devices and data from attack. By following the steps outlined above, organizations and individuals can help protect themselves from cyber-attacks. §

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# Are 4% Withdrawals Still Feasible In Retirement?

By Max Valavanis, CFP®

Since 1994, many financial advisors have considered the 4% withdrawal rule gospel. A rule that could be written in stone. It's simple; every year, a retiree can pull 4% – plus inflation – from their retirement accounts to live off in perpetuity. For decades this principle has been steadfast and a pillar of the financial planning community. However, just like life, things change.

In an economy scarred by hyperinflation and a turbulent stock market, should retirees live by a rule developed when neither was present? Currently, many portfolios continue to lose value, and the economy's high inflation is driving down the real value of retirement funds.

The golden 4% rule was conceived in 1994 by Certified Financial Planner William Bengen. While operating his California practice, he researched the previous returns in the stock and bond markets, trying to formulate the ideal withdrawal rate to align with retirement accounts. Then in 1998, the Trinity Study truly solidified the 4% rule. The three researchers from the Texas university determined there's a 98% chance a retiree could live 30 years off the 4% rule. 98% sounds simply amazing, but does this figure hold true today?

Unfortunately, the economy is a living and breathing entity; and with economic changes, the rulebook may

need to be rewritten. Even William Bengen stated the rule was oversimplified, and more recently, in 2021, Morningstar conducted its own study. The financial services firm determined a new safe withdrawal rate to be around 3.3%. Moreover, this new withdrawal rate would only have a 90% success rate! In fact, Morningstar determined the 4% rule would be successful a measly 80% of the time. While this would be the best odds in a casino game, it isn't prudent regarding your retirement nest egg. In three decades, the failure rate for a 4% withdrawal has multiplied by ten folds!

In finance, it is said that history does not repeat itself, but it does rhyme. Sadly, there is no "one size fits all" withdrawal rate that would benefit everyone. No one has a crystal ball to magically find the best withdrawal rate, but I can use my expertise to plan out your retirement income. If done improperly, you risk outliving your money. If you require planning your income in retirement or believe your current plan is out of date, give our office a call. We specialize in lifetime income planning for retirees and offer free consultations. §

*Max Valavanis, CFP® 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.*

## Does It Matter How You Hold Title To Property? continued from page 13

up-basis" which is the value at the time of your death.

With individual ownership, a problem does arise at the owner's demise. When someone dies, no one is empowered to sign the deceased person's name. A Power of Attorney does not help since it works only while the creator is living. Frozen in the decedent's name, the asset can only be transferred through the probate court process. This can take six months or more from the time a petition is first filed with the probate court.

To avoid the time and expense of probate, you can use payment on death (POD) provisions for bank accounts and transfer on death (TOD) provisions for brokerage accounts. However, there is nothing similar for real estate without putting someone's name on the title to your property. Sometimes people provide for direct transfer of accounts on their demise, but leave real estate that must be probated. When there are no funds in an estate to maintain the property and pay for probate administration, someone will have to advance their personal funds. §

*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.*

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## Social Security Celebrates Women's History Month

**M**arch is Women's History Month. It is an opportunity to recognize and celebrate the achievements of women. Social Security provides vital benefits and financial protection for women.


Nearly 55% of the people receiving Social Security benefits are women. Today, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history.

Women also have longer average life expectancies than men and tend to live more years in retirement. This means women have a greater chance of exhausting other sources of income. It's important for women to plan early and wisely for retirement.

Our online booklet, Social Security: What Every Woman Should Know found at [www.ssa.gov/pubs/EN-05-10127.pdf](http://www.ssa.gov/pubs/EN-05-10127.pdf), provides detailed information about how life events can affect a woman's Social Security retirement benefits. These events may include marriage, death of a spouse, divorce, self-employment, and other life or career changes.

Your earnings history will determine future benefits, so we encourage you to verify that the information in your record is correct. You can create a personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to review your full earnings history. You can also view your Social Security Statement using your personal my Social Security account, to get estimates of future benefits and other important planning information.

If you find an error in your earnings record, it is important to get it corrected so you receive the benefits you earned when you retire. Our publication, How to Correct Your Social Security Earnings Record at [www.ssa.gov/pubs/EN-05-10081.pdf](http://www.ssa.gov/pubs/EN-05-10081.pdf), provides you with details on how to make a correction.

Learn about how Social Security benefits women at [www.ssa.gov/people/women](http://www.ssa.gov/people/women). Please share this information with your loved ones. 



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# Downsizing With a Plan

By Dr. Kimberly Turner, CFP®, WMCP®, CRS®, LHC®, REI®, SRES®

**M**oving to a smaller home can be a challenging and emotional process for seniors, as they often have deep attachments to their current homes and communities. However, downsizing can also bring many benefits such as reduced stress, better health, and a more manageable living situation. In order to make the transition as smooth as possible, it is important to have a plan in place that addresses the needs and concerns of the senior.

The first step in downsizing is to have a clear understanding of why it is necessary. This can include factors such as needing additional assistance with housekeeping, maintenance, or yard work, health issues that restrict mobility, or financial concerns such as the cost of maintaining a larger home. It is important to have an open and honest conversation with the senior about these issues and to involve adult children in the discussion.

Once the decision to downsize has been made, it is important to plan early and allow for at least three months to complete the process. The plan should include specific goals and timelines, as well as an assessment of the costs associated with moving. This can include the real estate sales commission, the price of the new home, closing costs, professional movers, and utility services. It is also important to

consider factors such as the monthly utility rates at the new home, mortgage rates, and insurance and property taxes.

One of the most difficult aspects of downsizing is decluttering and sorting through possessions. A senior may have accumulated many treasures over the years and it can be overwhelming to decide what to keep, give to adult children, donate, or sell. To make this process more manageable, it can be helpful to work on decluttering in room-by-room chunks and to take breaks when necessary. A Seniors Real Estate Specialist can provide information on the value of the senior's current home and what upgrades and repairs can increase its value.

In conclusion, downsizing can be a difficult process for seniors, but it can also bring many benefits. By involving the senior in the decision-making process, planning early, and addressing the costs and logistics associated with moving, the transition can be made as smooth as possible. Downsizing can also bring a better quality of life for seniors, which is what matters the most. A Seniors Real Estate Specialist can help seniors to manage the financial, emotional, and transitional challenges that are associated with downsizing. Ⓢ

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# The Ladies Have Stories To Tell!

**M**arch is Women's History Month and this year's theme is "Celebrating Women Who Tell Our Stories." Working in the senior industry, we get a front row seat to many of these amazing women and their stories. They carry the histories of their families in intimate detail, as they care for each generation.

Statistically speaking, women really are the caregivers. Depending on the study, 59-81% of caregivers are women. The average is 47-49 years old, still working, and caring for their mother as well as their children. Many are also seniors themselves, caring for a spouse while dealing with chronic illness of their own. These women are the unsung heroes of our families and the greater medical/social system. AARP suggests that these folks provide the equivalent of \$470 billion dollars of care each year. That is a lot of time spent with family. Caring, listening, sharing stories, and creating new ones.

We need to nurture the women who are nurturing us. Listen to their stories. Support them whenever possible. At Seniors Helping Seniors one of our tag lines is, "Why not love?" While we are "loving" on the senior that we are caring for, we are also extending that love

to the family caregiver. We often find the statistics to be true, that person is the wife or daughter. They are often overwhelmed, tired, and needing the precious time to be able to care for themselves. So while we are working with the client we are also trying to look after the family caregiver and their needs as well. At the very least we want to give them peace of mind that, even for a few short hours, they don't have to worry about their loved one. They can take a moment to breathe, get to their own doctor appointment, or go out to lunch with friends. If you have ever been a caregiver, you know how precious those moments are.

While it is said that "it takes a village to raise a child" it also takes a village to support family caregivers. This March reach out to the ladies in your life and listen to their stories. Offer a hand, make a meal, sit with their loved one. Our senior caregivers would love to be a part of your "village." You can call Seniors Helping Seniors to find out more: 321-722-2999 ☎

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# I'm A Senior On My Own. My Kids Want Me To Get A Pet. Should I?

By Barbara Fradkin



**O**ne third of seniors report feeling lonely. As we lose our spouses, friends and relatives, our social interaction decreases. Chronic loneliness is not healthy. It can lead to an increased risk of heart attack, stroke, depression and early death.

Your kids have a point: a pet can help! Speaking from experience, my dogs force me to go outside for walks. They bring me toys to play with. They cuddle, talk back and even encourage me to share my sandwich. Plus, they provide the unconditional love we all crave.

88% of people aged 50-80 say their pets help them enjoy life, 86% feel more loved, and 79% report lower stress. Not

only are pets wonderful companions, but they can have a positive influence our health, too.

- Lower blood pressure- People who own a pet have lower blood pressure and a steadier heart rate than non-pet owners.
- Improved mobility- Regularly walking a dog is associated with lower obesity rates, fewer doctor visits and a greater desire to exercise.
- Heart disease recovery- After a heart attack, seniors owning a dog or cat show improved recovery rates.
- Pain relief- Loyola University found seniors receiving pet therapy after surgery needed significantly less medication for pain.

■ Dementia and Alzheimer's- Pets have been shown to reduce agitation among those with dementia and Alzheimer's.

■ Longer life- According to a study of people aged 40-80 living alone, the risk of death was 33% lower for dog owners than people without dogs.

So, listen to your children. Whether it is a cat or dog, lizard or hamster, pets are scientifically proven to help you maintain a happy, balanced life.

Learn more about seniors and pets March 10, during a special Senior Health Friday with Nurse Lisa. Psychologist Dr. Joel Shuy is the guest speaker and Touch of Grey Rescue will be bringing by some friendly pooches. RSVP online 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 or call 321-751-6771. Barbara Fradkin is a Social Worker, Certified Care Manager and the former Director of One Senior Place, Viera.*

## UPCOMING TRIPS

**March 30th - 7pm-9pm. Join us at the Cocoa Playhouse for The World of Viking- Exploring the World in Comfort**  
 Presenter: Mario Herrera, Director of Business Development - Viking  
 Jean Paugh - All About You Travel Unlimited  
 RSVP by March 27th

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**Men are from Mars, Women are from Venus Live - NEW DATE Saturday, May 20th, 2023 - \$138** - 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.

**Join Jean on the American Queen Empress July 23rd - July 31st, 2023.** Start with an overnight in Vancouver, Washington then sails to Astoria, Oregon; Stevenson Washington; The Dalles, Oregon; Richland, Washington and Clarkston, Washington. Private balcony - starting at \$4500pp

**Celebrity Apex - October 16th-23rd sailing from Athens to Haifa, Israel;** overnight in Jerusalem; overnight in Alexandria, Egypt; and Ephesus, Turkey - infinite balcony staterooms starting at \$3234pp based on double occupancy and includes pre paid gratuities, wi-fi, classic drink package and all port charges and tax.



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# Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

March 2023

## Your Living Safe at Home Checklist.



**Tips & Ideas  
to help you develop  
Your Aging Plan.**



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The 2023 Mazda Miata



The 2023 Mitsubishi Outlander



6p-9p - Saturday - Oct 7<sup>th</sup> 2023 - Grand Drawing Celebration

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## Let's Go Sailing!

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## President's Message

A Word from Joe Steckler,  
Our President & Founder



We have a few modifications to make to the new Senior Resource Center, located in the Omni Healthcare Professional Tower at 1344 S. Apollo Boulevard in Melbourne. Then we will then start opening ours and other offices. This is the culmination of a project started many years ago that has finally come to life.

The nonprofit world is like any other business competing for customers and operating space. Over a span of time, nonprofits change their missions, their objectives, their staffing, all done to achieve the financial stability needed to successfully compete in their chosen market of service.

Such change is not always bad. Quite often, however, this competition harms the sector in which the service is most needed. Here I am referring to the affordable housing market.

In my opinion, we need to tighten the span of control to develop affordable housing. If we think we can continue to throw small amounts of money at a sector of our economy that will not return a measure of profit, we will never solve the problem. What builder is willing to step in and build housing which could be affordable because the general market which needs the housing may not treat it nicely? Often, the housing that is available is not suited to safe family living or to single or married seniors.

So, what does a count of the homeless that adds a few dollars in government funding amount to in terms of building affordable housing and eliminating slum areas in our community? That is really the major area we are trying to address, is it not? We want clean, well maintained, safe places to live that certain segments of those we call homeless can afford to rent or families in or coming to an area can afford to rent.

This is a vicious cycle that the Brevard County Commissioners need to address. It will require more than \$585,000 in HUD dollars and a few nonprofits to resolve.



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# Helping Seniors Of Brevard



## Helping Seniors Work!

*Kerry Fink, Executive Director  
Helping Seniors of Brevard*



## Have You Thought About This?

*Nancy Deardorff, Operations Director  
Helping Seniors of Brevard*

### Full Speed Ahead at Helping Seniors of Brevard!

As we round the bend into March 2023, the pace is busier than ever as we expand our services to serve the Seniors in Brevard County.

As you may have heard, we are busy organizing the Helping Seniors Resource Center in the Omni Healthcare Professional Tower in Melbourne - with the generous help of Dr. Deligdish and the Omni Healthcare group, we are establishing a 5,500 sq. ft. space dedicated to making sure we can get the right resources into the hands of our Seniors - both via our (321) 473-7770 Helping Seniors Infoline and through our various media efforts on radio, TV, digital, and print.

We were also just awarded a grant by the Palm Bay CDBG and City Council to expand our efforts in the battle to eradicate senior homelessness. In partnering with Christian Housing Ministry, led by Vinnie Richardson, who herself is a member of HUD's elite national housing counselor's certification program, together, we are serious about helping those in Palm Bay specifically, but throughout our county generally, to provide fair housing counseling.

We are also quite busy right now with our Senior Resource Education Series, which takes place on the last Monday of each month and is dedicated to helping Seniors, and those who care and love them, with their Aging Plan - what we often call "Getting Your Ducks in Row." Make plans now to join us at Buena Vida Estates, 2129 W. New Haven Avenue in Melbourne, on Monday, March 27<sup>th</sup> at 10:30 AM, for "Your Living Safe at Home" checklist presentation. Call (321) 473-7770 to RSVP today.

### Safety and Quality of Life Go Hand and Hand

I think it is safe to say that most people prefer the idea of aging in place at home, but how do we do this safely. Safety is the state of being "safe", the condition of being protected from harm. Improving safety at home means the control of recognized hazards and a plan to reduce risk.

Falls is the leading cause of injury death for adults 65 years and older. Taking steps to reduce fall risk must be a priority. However, when it comes to safety there is more to consider.

- Home security – appropriate locks on doors and windows. Proper outside lighting.
- Fire safety – having and knowing how to use a home fire extinguisher. Safe use of appliances such as cooktops, ovens, toaster ovens, and the microwave. Working smoke detectors. A fire exit plan.
- Mobility safety/fall prevention – unobstructed walkways in the home. Adequate lighting. Safe placement of furniture. Removal of area and throw rugs if necessary. Safe bathing and showering and use of grab bars and other medical assistive devices.
- Personal & financial safety – being aware of identity theft and scams that target seniors.
- Hurricane safety – preparation for sheltering in place or evacuation. Home storm preparation such as hurricane shutters.

The list of safety considerations goes on.

Be sure to check out Jennifer Barton's article "Your Living Home Safely Checklist" for important information for living at home safely, and for more information or access to resources that can help you live safely at home, give us a call at Helping Seniors of Brevard at 321-473-7770.





## Your Living Home Safely Checklist

*Jennifer Barton*  
Owner - Seniors Helping Seniors

Most of our clients have a similar goal, staying safely at home for as long as possible. Unfortunately, many have not considered how to make it happen. A little prior planning can make it possible. Here are five things to consider:

### ☑ PLANNING FOR TRANSPORTATION

Inevitably we must give up our license at some point. We have customers do so at 63, others at 97. Macular degeneration, glaucoma, seizure disorders, and dementia are some reasons why people stop driving. Let's face it, Brevard County is too spread out for comprehensive public transportation. How do you get groceries or get to doctor appointments? Know your options: volunteer organizations, Uber/Lyft, medically based transportation, and home care companies are all viable solutions depending on your need and budget. Be prepared to pre-plan appointments and schedule weekly outings.

### ☑ PLANNING FOR NUTRITIOUS MEALS

It is no fun to cook for one. It's easy to fall into quick, simple dinners that may satisfy but are not providing nutrition. Meal preparation is one of our favorite services that we provide. Many of our caregivers are also cooking for one and know how to successfully navigate a healthy diet that is satisfying and easily maintained. Prep-cooking homemade meals, shopping for healthy but delicious snack options, learning to hydrate properly, and managing what is in the refrigerator and what should be on the list are just a few ideas.

### ☑ SOCIALIZATION NOT ISOLATION

One thing Covid taught us is that isolation is not good for our emotional health or our physical health. Seniors often self-isolate, choosing to stay home. This lack of interaction puts them at a higher

risk for dementia. People really do need people. Stay involved in your church community. Take advantage of free concerts and plays. (Join Brevard County Schools Legacy Club to gain free or reduced entrance to games, plays, and music events near your home!) Get out of the house at least two to three times a week.

### ☑ HOME REPAIRS AND MODIFICATION

Install grab bars not only in the bathroom but any area of the home where there is a step up or down. Higher seated toilets are extremely helpful. A walk-in shower with a shower chair is ideal but there are companies that can create a "door" to access the tub rather than ripping out the entire bathroom.

Get rid of area rugs and clear pathways to reduce tripping hazards. Check that all carpets are fixed firmly to the floor. If there are steps into and out of the home, plan for a ramp with handrails. Steps to a second floor may require an elevator chair. Place light switches at the top and bottom of stairs and remember to turn on night lights.

Take an honest look at your house. If it is too big or there are too many renovations needed, downsize to a one-story home in a 55+ community.

### ☑ UTILIZE TECHNOLOGY

That can be as simple as a robot vacuum! If there are memory issues, automated medication boxes are the answer. A tablet (one of our clients loves her "Grand-Pad") can let you play games to help the mind stay active and even text or Facetime your grandkids!

Seriously consider a personal safety device, especially if you are still active. These emergency alerts are not the "Help!" buttons from the 80's. We provide clients with the Electronic Caregiver, a stylish version that can go anywhere with you: hiking, shopping, or driving across country. It can provide medication reminders, activity reminders, even Bluetooth your blood pressure to the doctor's office! It is insurance that you hope you don't have to use but is truly a lifesaver during an emergency.

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## What Are You Including in Your Aging Plan?

*Barbara McIntyre, CRMP, NMLS # 453405  
Reverse Mortgage Funding LLC*

This is a very confusing time for many Americans who are either fully retired or approaching their retirement years. With so much uncertainty in our economy and the markets where so many Americans have their retirement assets being managed in IRA's and 401K's or even by their financial advisors in brokerage accounts, listening daily to talk of inflation and recession is very scary.

Statistics show that more people are worried about outliving their money than even dying. Makes sense when you think that the cost of long-term care for health issues is the largest cost older American might face in the future.

For almost eighteen years I have worked with Brevard County Seniors, their families, and advisors to educate them on a potential solution. When they see in black and white the actual glide path of success when adding the retained equity of their home to their long-term retirement plan, everyone says "AH HA" why didn't I do this sooner?

All I can say is "you don't know what you don't know". Education is so important and that is what I bring to you. I am talking about a Reverse Mortgage. Please find out for yourself what this mortgage truly is and don't rely on a neighbor or someone else to educate you.

Here are Five reasons to consider a reverse mortgage if you currently have an existing traditional mortgage payment:

1. **STOP MONTHLY MORTGAGE PAYMENTS AND ADD TO SAVINGS –**  
Because you can use a reverse mortgage to eliminate your monthly mortgage payment,

you can add the amount you save each month to your savings or simply use the funds to help pay your other bills. As with any home-secured loan (or mortgage), you must meet your loan obligations, keep current with property taxes, insurance, maintenance and any homeowner's association fees.

2. **AVOID QUALIFIED WITHDRAWALS TO REDUCE TAXES –**

If you are withdrawing IRA monies to pay your mortgage, you are incurring taxes to do so. For every \$1,000 you draw out of your IRA to make a mortgage payment, you may be incurring \$250 in taxes! Not to mention if you are making withdrawals in a down market you will take much longer to recoup your deductions.

3. **CASH OUT –**

In addition to eliminating existing mortgage payments, a HECM reverse mortgage may also provide you access to **income -tax-free funds**. These funds can be used to pay taxes, insurance or any other need you might have.

4. **FLEXIBILITY –**

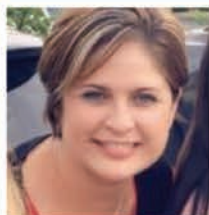
One of the unique features of a reverse mortgage is you do not have to make payments on the loan. You can make payments at any time, **but that choice is completely up to you!**

5. **PEACE OF MIND –**

Having **one less bill to pay each month** may reduce your anxiety and allow you to enjoy your retirement.

Want to learn more and see if this could be part of your retirement strategy? **Give me a call today at 321-259-7880.**





## Simplifying Home Health Care Services

*Kara Anderson  
Simplifying Senior Living*

Home health services in Florida are performed in many different ways. Home health services can be delivered by licensed and registered providers as well as independent health care providers.

### Home Health Providers in Florida

These providers include: Home Health Agencies, Nurse Registries, Hospices, Home Medical Equipment Providers, Homemaker/Companion Services, and Independent Health Care Professionals.

They provide services according to how they are licensed by the state. Each provider must provide only those services they have been licensed to provide.

### Home Health Services in Florida

These services include: nursing care; physical, occupational, respiratory, or speech therapy; home health aide; medical social services; nutritional counseling; medical equipment and supplies; and homemaker/companion services.

Home health services are provided in the home by companies who provide employees or independent contractors as well as independent healthcare professionals. You can find a complete list of companies on [FloridaHealthFinder.gov](http://FloridaHealthFinder.gov). If you employ an independent health care professional, be sure to determine who will pay employment taxes, income withholding, and unemployment taxes.

### Who Provides the Services?

Home health agencies and nurse registries provide nurses, certified nursing assistants, home health aides, or homemakers/companions to offer services to the patients where they reside. These providers can offer nursing care; physical, speech, occupational, respiratory, and IV therapy; assistance with activities of daily living (bathing, grooming, dressing, toileting) or companion/homemaking services such as light housekeeping, meal preparation, and transportation.

Other providers offer home medical equipment; nutritional guidance; and medical social services.

### Who Pays for These Services?

Most services are available to individuals no matter where they reside if they wish to pay the provider out-of-pocket. This is often called Private Duty Home Care. If you have a long-term care insurance policy, often these services are covered though you will want to review your policy for any restrictions. Otherwise, a doctor's order is required to obtain services that will be paid for by insurance, Medicare, or Medicaid. Although, there are specific services that are not considered "medically necessary" and therefore not covered by Medicare.

### What is Not Covered by Medicare

Medicare does not cover help with Activities of Daily Living (unless skilled services are also ordered), 24-hour care at home, meals delivered to your home, or homemaker/companion services.

### What is the Difference Between Skilled and Non-Skilled Services?

Skilled services are provided by a licensed individual such as a nurse or therapist. A patient's doctor must sign a doctor's order for skilled services and a plan of care will be developed. The patient has the right to be included in their own plan of care and their doctor will review the plan periodically to discuss progress with the home health provider.

Non-skilled services are provided by unlicensed individuals and include tasks like help with bathing, grooming, dressing, medication reminders, and toileting. Companions/homemakers provide unskilled services such as light housekeeping, meal preparation, and transportation. These services do not require a doctor's order or a plan of care. Often these tasks are completed by certified nursing assistants and home health aides.

All facts from this article are based on information from the AHCA Consumer Guide Home Health Care in Florida.

*- Adapted from a piece originally written as a guest blogger for Amy. B. Van Fossen, P.A.*





## A Case Manager's Tips on Staying Home Longer

*Rachel McLain*  
*Law Office of Amy B. Van Fossem, P.A.*

We all hope to stay independent and at home as long as possible. Here are some simple tips that can make aging in place at home a possibility.

### Tip 1 – Eliminate safety hazards.

- Consider the removal of area rugs, as they may pose a tripping hazard.
- Declutter spaces and offer larger walking paths for navigation with medical equipment.
- Install grab bars beside toilets and in showers.

### Tip 2 – Medical equipment can be helpful.

- If you are unsteady on your feet, consider using a device for ambulation. Your doctor or therapy team can evaluate you for the appropriate device and in most cases, this equipment is paid for by insurance.
- If insurance is unavailable and cost is a factor, consider other inexpensive options such as a loan closet or a used Durable Medical Equipment store.
- Other types of medical equipment could be of use as well. For example, grabbers, elongated shoehorns, shower chairs, ramps, and toilet seat risers are just a few examples of tools that can help prevent possible falls when completing everyday tasks.

### Tip 3 – Stay active.

- We've all heard the term use it or lose it. This phrase has some truth as we age. The bottom line is if you are active, stay active.
- Use home health services to your advantage. Physical, occupational, and speech therapies are often available if you are feeling weak or have had a medical event. In many cases, your doctor can order a home health evaluation. These therapy services can then

help you build strength and teach you how to make your home more independent and complete everyday tasks in a safer manner.

### Tip 4 – Have an emergency plan.

- Using a home safety alert/pendent system can be helpful for falls or emergency events.
- If you have a Do Not Resuscitate Order, place it on the refrigerator for easy view.
- Keep an updated list of your medications, allergies, emergency contacts, and chronic conditions in your wallet/purse and on the refrigerator in case of emergency.

### Tip 5 – Enlist help when you need it.

- Write your wishes down. An elder law attorney can help you create an aging plan for your assets and your healthcare needs. If you don't have a Power of Attorney or Healthcare Surrogate to act on your behalf, choose someone you trust and complete documents to give authority to your agents.
- Talk over your plans with your agents. Be sure your personal team knows your wishes and is comfortable carrying them out.
- When help is needed for activities of daily living, consider bringing in supportive home care to assist with companion care, cooking, cleaning, dressing, bathing, transportation, and setting up medications. It is important to ask each agency what services they can perform as their license might prohibit them from providing clinical services.
- If cost is a concern, enlist the help of your community. Many of these needs can be met for little to no funds using insurance, free services, and community organizations who have alternative funding sources.
- For each person, there is a combination of equipment, assistance, and planning that makes staying home a possibility for longer. If navigating your aging needs is overwhelming, consider requesting the assistance of a case manager to help find resources, navigate your aging needs, and provide advocacy where needed.





## Violence Against Seniors Don't Be a Victim

*Traci Graf, RN  
AVID Home Care*

Violent crimes are on the rise in the senior population. One of the most effective ways of prevention is to learn self defense, and there are several kinds that can accommodate seniors with mobility issues. Let's take a look at the most popular.

Aikido is ideal for older adults and people with disabilities. By turning an attacker's strength and power against him or her, a less physically equipped adult can overcome a younger and stronger opponent. Aikido does not generally involve punches and kicks. It also teaches how to fall properly to avoid injuries.

Wing chun is a form of kung fu that uses open-handed strikes and low kicks. Because it focuses on precision and posture rather than raw power, wing chun can be excellent training for older adults. It's a low-impact activity that does not involve jumping or acrobatics, so it's easier on the knees.

Many people believe that Krav Maga is the best martial art for self-defense. The whole focus is on surviving an attack using simple movements such as groin kicks and eye gouges (which are not permitted in other martial arts). The techniques are highly efficient and can be used by people of any age, since they do not rely on strength, speed, or flexibility.

Why not transform a common mobility aid into an effective tool for self-defense? "Cane fu" teaches seniors to fight back against attackers using an ordinary walking stick. Unlike pepper spray or stun guns, a cane can be taken anywhere and is always ready for action. Some techniques include swinging the cane in circles, hooking an assailant's neck or foot, and striking the knee, nose, or throat.

Finally, be aware of your surroundings, walk with your head up and shoulders back. If someone stops you, make eye contact with them. Carrying yourself with confidence is one of the easiest ways to avoid becoming a victim of violent crime. Stay safe!



## They Told Me That I Need...

*Lee Sheldon, DMD  
Sheldon and Furtado, PLLC*

I don't care who you hear that from, doctor, contractor, auto mechanic. It makes no difference. "You need" is a very confusing term. Do you need it? Or would it be a good idea to have it? Or might it be something that you might "want" rather than need?

It's a battle to determine needs. In dentistry, the primary need is the removal of infection. Those needs come in three forms, periodontal disease, tooth decay, and the results of tooth decay, the dental abscess. And yes, there is the fourth need: to get out of pain, the result of decay.

The least expensive portions of dentistry are the most straightforward treatments. Tooth extraction is the least expensive treatment for all of the above. I'm not saying it's the best treatment. It's the cheapest treatment to remove a toothache and an infection.

The wants are different. "I want to save my teeth." "I want to decorate my teeth." "I want to restore my broken down teeth." "I want to treat the periodontal disease and save my teeth." "I want dental implants rather than dentures."

All of those procedures require time and technical expertise to do them correctly. And yes, there are varying levels of training by the dentists who do these procedures. There are specialists in every one of the fields above who have trained well beyond dental school to provide exceptional levels of expertise to accomplish those procedures.

So look at needs and wants. When presented with a large treatment plan, ask what is needed and what might be wanted. You may choose to do it all or subdivide it based on the answer to "Can we separate this into needs and wants?"

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# Mom & Me by Audrey & Kimberley

## DEAR MOM AND ME,

I am an elderly woman. I never thought I would live so long or I would have taken better care of myself. I would have divorced him years ago for starters.

Living with all of this stress in my life has left me with many stress related health problems, high blood pressure, skin rashes, headaches, arthritis, insomnia and colitis. I am taking so many medications - but he is fine. He does not have health problems - he just gives them to me!

What do you suggest I do?

– Overmedicated in Bluffton

## DEAR OVERMEDICATED,

It is time for you to ask yourself what is the best course of action for me? I do not know your financial position - but some women just say that they have just HAD IT and leave and get a small apartment for themselves. Others visit relatives or friends for a short period of separation to sort things out.

Explain to your physician your problems and they might re-evaluate your medical condition and order a few sessions with a stress management therapist. Try and get extra physical exercise and have lunch with a friend. Now - go walk a mall.

– Audrey

## DEAR OVERMEDICATED,

I always find it sad when people look back at their lives in regret. Something that they did or did not do that had far reaching consequences. However, it is not too late to make a plan to enjoy your time remaining.



If you have a support system of family and friends, discuss your situation with them. If you do not have a support system develop one through common interest and/or community activities. Talk with your religious advisors, if you have strength in the church.

Make an appointment with your physician. Talk to him/her about your situation, your concerns about your health and what medically can be done to help you.

If you have the money it is possible to rent a place of your own, if that is what you want. If not, perhaps family and friends can help. In my community there are low income housing opportunities for seniors operated by churches. Your community may have the same alternatives.

It is not too late to enjoy your life, the first step is deciding on a plan and then following through on your plan. Good Luck.

– Kimberley

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# Ways to Train Your Brain

By Matilda Charles

There are several "brain support" online programs out there, but many cost more than we'd like to pay.

Lumosity (lumosity.com) comes in seven languages and has games that promote memory, attention, flexibility, problem-solving and more. After you sign up, you'll get three free games per day, and the Brain Performance Index monitors your progress. There is a subscription plan, of course, if you want access to more areas of the site, and you can pay by the month or the year. Test the free version first to see if you like it.

BrainHQ (brainhq.com) is another cognitive training program that you can access online. Their exercises explore brain speed, memory, attention and more. And you can design your own program. Their goals are to help you think faster, focus better and remember more. You can try it out by subscribing to their email newsletters, which have free daily exercises to sample.

As for me, I've found books that don't cost much and are good at putting my brain through its paces on a daily basis. The New York Times series of puzzle books begins with the Monday editions, which are the easiest of the week. (The crossword puzzles get increasingly difficult as the week progresses.) I found the whole series of spiral-bound puzzle books (50 to a book) on Amazon.

Then there are the online jigsaw puzzles at TheJigsawPuzzles.com. The puzzles (a new one every day) can be set in any number of ways, including the number of pieces in a puzzle. I've found that the 100-pieces level is plenty challenging when viewed on a computer monitor.

And then there is online chess, for those of us who used to play back in the day but would be embarrassed to lose to a small child now without serious brushing up of our skills. Try this for free at [www.chess.com](http://www.chess.com) and play against their computer. © (c) 2023 King Features Synd., Inc.

## King Crossword

### ACROSS

- 1 Appear  
5 Commotion  
8 Online auction site  
12 Actress Fisher  
13 Part of DJIA  
14 Dell  
15 Youthful countenance  
17 Laundry appliance  
18 Soft leather  
19 Columns of light  
21 Pro votes  
24 Numerical prefix  
25 July's stone  
28 It ain't worth a nickel  
30 Prattle  
33 "Life — cabaret ..."  
34 Stuns, as a perp  
35 "Bali —"  
36 Chum  
37 Sharif of "Funny Girl"  
38 Wild guess

### DOWN

- 39 Run after K  
41 For fear that  
43 "No cheating!"  
46 Eucalyptus eater  
50 Thames town  
51 Temporary mental fatigue  
54 Dazzle  
55 Here, in Dijon  
56 Slangy suffix  
57 Skater Lipinski  
58 Muppet eagle  
59 Dance partner?  
11 Desires  
16 Tina of "30 Rock"  
20 Colorations  
22 Wax-coated cheese  
23 Twine fiber  
25 Wardrobe malfunction  
26 "Suits" network  
27 Jim Bouton book  
29 Simple  
31 Small battery  
32 Clothing protector  
34 Writer Morrison  
38 Gems  
40 Food from heaven  
42 Enjoy Aspen  
43 Optimum  
44 Jazzy James  
45 Baseball stats  
47 Roundish 'do  
48 Lake bird  
49 Awestruck  
52 Nipper's co.  
53 Goal

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57					58				59			

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# PAW'S CORNER

By Sam Mazzotta

## Crying In the Car Is Never A Good Thing

**DEAR PAW'S CORNER:** My Border Collie, Sugar, gets very anxious during car rides. She is not one of those dogs who likes to stick their head out of the window! Instead, she whimpers, cries, drools and paces around on the back seat. I'm very worried that she'll try to jump into my lap. How can I stop her crying?

– Wendy G., Atlanta

**DEAR WENDY:** Poor Sugar! Anxiety in pets is often tied to a distressing experience in their past. And her uncontrolled movement around the car is a safety issue.

Talk to Sugar's veterinarian about her behavior. They can provide advice and help determine if and when anti-anxiety medication should be given.

Adding a pet restraint system (like a doggie seat or seat belt) or kennel cage will keep Sugar from sliding around in the car and may help her feel more secure.

Next, help reduce Sugar's anxiety by helping her

associate car rides with good things. This will take a little extra time and effort each day, but it's worth it.

- With the car parked in the driveway, sit in the back seat with Sugar (in her seat or cage) for about five minutes. Give her a small treat and lots of praise when she does. Do this daily, without driving anywhere.

- When Sugar regularly stays calm, shift to the driver's seat after sitting with her in the back seat.

- Step up to the next level: Turn on the car, giving Sugar a treat when you do so. Put soothing music on the radio.

A trainer can be a good investment, as well. They'll work with Sugar (and often the vet) to make her car rides bearable, and maybe even enjoyable.

How does your pet stand car rides? Tell us about it at [ask@pawscorner.com](mailto:ask@pawscorner.com).

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# Delight is Praise

Rev. Jeff Wood, First Presbyterian Church of Sebastian

I did a wedding recently. Part of my remarks in a wedding service are about the gift of marriage. I say how it is a gift. I say a few other things and then, "Let marriage be honored by all." How do you best honor marriage? By writing an essay about it or more so by greatly enjoying that gift? Or consider the wife. The wife is praised, is she not? less by words of praise about her and more by the husband's

plain delight in her. She is exalted by being enjoyed.

The Westminster Confession asks what is the chief end of man. To glorify God and enjoy him forever. It does not ask what are the two chief ends of man. It asks what is THE chief end. There is one chief end and it is stated in synonyms – glorify and enjoy. To enjoy is to glorify. To glorify is to enjoy.

As we quite naturally move from that on which the

sunbeam falls to the source of the sunbeam, from scent to the flower, from art to artist, from creation to creator ... we are, in all that, enjoying him.

When I read a book I think is profound, I look to see who the author is. What else has she done? Where was she educated? What's her training? Same with God – we look about and ask who made that starry night that I am so tantalized with? The horse that is so lithe in its gallop? The geyser with its blasting steam? The hummingbird on rotating wing? We quite naturally move from these to the one who conceived them.

God is most praised by our enjoyment of his gifts and our enjoyment of him. He leads us to him through his gifts. ☺

Pastor Jeff Wood, First Presbyterian, 1405 Louisiana Ave, Sebastian, FL 32958 (772)589-5656]

Welovefirst.org / facebook.com/welovefirstsebastian

Sunday Worship 10am; Wed Bible Study 9 am

## CALENDAR HIGHLIGHTS



### Helping Seniors Television Monday - Friday

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

Date	Day	8:00am	8:30am	5:00pm	5:30pm
Mar 1	Wed	Elder Law Services	Restorative Dentistry	How to Cruise Successfully	Life Enrichment
Mar 2	Thu	Assisted Living Hibiscus Court	Reverse Mortgage-Now the Time?	All About Home Health Care	How Public Adjuster Helps
Mar 3	Fri	Great Employment for Seniors	Real Estate Transactions	Probate - What it is/How it Works	Capital Update
Mar 6	Mon	Checking out Zon Beachside	Care Management	Chefs for Seniors	Debt Relief for Seniors
Mar 7	Tue	Helping Seniors Travel Club	Put Kids on Bank Account?	Golden Providers B2B	Capital Update
Mar 8	Wed	Durable Power of Attorney	How Assisted Living Benefits	Periodontal Disease	Capital Update
Mar 9	Thu	Senior Mental Health	Technology & Home Care	3 Reasons for Reverse Mortgage	Capital Update
Mar 10	Fri	Parts of Medicare	Housing Foundation of America	Stay Home Safely or Downsize?	Capital Update
Mar 13	Mon	Helping Seniors Service Directory	When to Call Adult Abuse Line	Benefits of a Holistic Approach	Capital Update
Mar 14	Tue	Smorgasboard of Legal Matters	Two Assisted Living Questions	The Value of Professional Printing	Capital Update
Mar 15	Wed	Principles Periodontal Treatment	Senior Expos & Events	Trusts	Capital Update
Mar 16	Thu	About Golden Providers	Senior Travel Safe & Fun	Power of Attorney/Super Powers	Capital Update
Mar 17	Fri	Helping Seniors Communications	Dirty "D" Word - Dementia	The "Talk" About Assisted Living	Capital Update
Mar 20	Mon	Hometown News/AARP	Things to Know About Elder Law	Finding Good Help at Home	Capital Update
Mar 21	Tue	5 Steps to Staying Safely at Home	Living Beyond Current Home	Parts of Medicare	Capital Update
Mar 22	Wed	What Assisted Living Can Mean	How Public Adjuster Helps	Assisted Living Appropriate?	Capital Update
Mar 23	Thu	Your Legal Documents Checklist	Dental Diagnosis	Let's Talk Medical	Capital Update
Mar 24	Fri	Understanding Medicare Options	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2	Capital Update
Mar 27	Mon	Guardianship	Senior Real Estate: What to Know	What Elder law Attorney Can Do	Capital Update
Mar 28	Tue	In Home Care Giving	Helping Seniors Travel Club	Medicare - Questions & Answers	Capital Update
Mar 29	Wed	Care Management	Assisted Living Right for You?	The Vial of Life	Capital Update
Mar 30	Thu	Assisted Living & Memory Care	Why a Public Adjuster Helps	Real Estate Transactions	Capital Update
Mar 31	Fri	Senior Info in Senior Scene	Top 3 Public Benefits Questions	Inclusive Dentistry	Capital Update



Date	Day	Program	Topic	Special Guest
Mar 1	Wed	Helping Seniors Radio	Focus on Elder Law	Bill Johnson, Esq.
Mar 8	Wed	Helping Seniors Radio	Focus on Your Smile	Dr. Lee N. Sheldon
Mar 15	Wed	Helping Seniors Radio	Focus on Real Estate	Barbara McIntyre
Mar 22	Wed	Helping Seniors Radio	Focus on Help at Home	Jennifer Barton
Mar 29	Wed	Helping Seniors Radio	Focus on Medicare	Jerry Hadlock Jr.



# Something New For One Or Two

Recipes especially created for 1 or 2 diners

*March is the beginning of spring and with days getting longer and weather milder and St. Patty's Day just around the corner, it's a good time to fix some light fare for two. Again we can make use of the abundant seafood in our area and the fresh vegetables that we have most of the year round.*

## HOT BROCCOLI SOUP

1 package of frozen chopped broccoli  
2 T. butter  
1/2 cup chopped spring onions (Vidalia if you can find them)  
1/2 t. salt  
2 T. flour  
1 1/2 cups 2% milk  
1/4 t. celery salt  
1/4 t. garlic powder  
2 shakes Worcestershire sauce  
Sour Cream and croutons optional

Cook and drain broccoli. Melt butter and saut, onion until tender. Add flour and salt. Cook 1 minute over medium heat. Stir in milk gradually, then add seasonings and Worcestershire sauce. Cook stirring constantly until thick. Add broccoli and stir well. Pour into a blender container and puree. Return to the saucepan and heat thoroughly. Garnish with sour cream and croutons. Serves 2.

## SOUTH ALABAMA SHRIMP SALAD

1/2 pound shrimp, cooked, peeled and deveined  
1 hard-cooked egg, chopped  
1/2 cup chopped celery  
1/4 cup chopped spring onion  
1 T. dill relish  
1/4 cup Miracle Whip  
1 T. catsup  
dash of Worcestershire sauce  
dash of hot sauce  
salt & pepper to taste  
Boston lettuce leaves, washed and dried.  
Combine all of the ingredients except the lettuce and chill. When good and cold, serve on lettuce leaves with a dollop of Miracle Whip and a dash of paprika on top. Serves 2.

## BISCUITS FOR TWO

1 cup flour  
1 1/2 t. baking powder  
1/2 t. salt

1 T. canola oil  
1/2 cup buttermilk

Combine the flour, baking powder and salt. Mix the buttermilk and oil and pour over the dry ingredients. Stir until almost smooth and turn the dough out on a floured pastry board. Knead 5 or 6 times. Roll out to about 1/2 inch in thickness and cut with a 2 1/2 inch cutter, place on a lightly greased cookie sheet and bake at 450 for 10 to 12 minutes or until nice and brown on top. Makes 6.

## GRASSHOPPER TARTS

Combine 1/2 cup chocolate cookie crumbs with 2 T. melted butter and press into two 5" tart pans. Mix 1 cup marshmallow cršme, 1 T. green cršme de menthe, 1 T. white cršme de cacao at high speed with a mixer for 1 minute, then fold in 1/2 cup Cool Whip. Spoon into the crusts and freeze. Serves 2.

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

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# The Legacy of Four WWII Chaplains Lives on in Brevard County

**O**n Sunday, February 5th, it rained hard most of the day along the Space Coast which kept attendance down, but several veteran organizations still held a unique ceremony of remembrance, including at the Veterans Memorial Center (indoors) on Merritt Island.

Eighty Years ago, on February 3/4, 1943, the USAT Dorchester troop transport vessel pressed into service during World War II was sunk by torpedoes from a German U-boat about 120 miles southwest of Greenland.

Hundreds of American soldiers on their way to England and Navy crewmen perished in the explosions or in the icy waters as the vessel sank. Thanks to US Coast Guard Cutters and many acts of heroism may were also saved. It is often described as the second worst maritime disaster for the United States in WWII.

On that night several eyewitnesses reported on an amazing sight — four US Army Chaplains from three different Protestant and the Jewish faith were seen locking arms and praying together as the bow of the ship slipped under the Atlantic Ocean surface. Before that they had given up their cold weather gear and life jackets to army soldiers and helped organize as many lifeboats as they could. Witnesses later confirmed they indeed saved many lives as the sacrificed their own.


After the war, the story spread and it was decided to always honor and remember these “Four Immortal Chaplains” through ceremonies around the country every early February. Completely funded by donations a Chapel and Museum was built in Philadelphia over the years which is now a foundation. Details about this amazing story now 80 years removed from the incident can be found on the website: [fourimmortalchaplains.org](http://fourimmortalchaplains.org). In 2001 the Chapel was moved to the Philadelphia Naval Shipyard.

In 2018 the Veterans Memorial Center created a monument with donations of more than \$22,000 to honor the Immortal Four and All Chaplains. Like an older memorial in Sebastian, FL, that monument was endorsed by the Four Immortal Chaplains Foundation and tells the story with some information about the chaplains.

Ruled ineligible for the Medal of Honor due to rules about direct combat, the Four Immortal Chaplains received many awards including the Purple Heart. Decades later



Congress approved creating a special Gold Medal of equal weight to the Medal of Honor to the families of the Four.

At the 2023 VMC Ceremony, Marine Corps League Detachment 513 of Brevard conducted the ceremony and reenactment of survivors returning the life jackets to the four chaplains. MCL Det 513 is led by Dennis Herring, pictured below in the red jacket on the far right. 

## Weekly SUDOKU

by Linda Thistle

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

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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## Get Your Free PACT Act Screening

**A**s of the first week of 2023, the Department of Veterans Affairs had screened 1 million veterans for exposure to toxins. As part of the PACT Act, signed last summer, they pulled out all the stops to get this done.

If you're one of the million who stepped up to get your screening, well done. If you haven't, don't let this opportunity pass by.

The PACT Act expands benefits for veterans who were exposed to toxins from Agent Orange and other chemicals, as well as from burn pits, Camp Lejeune water, radiation and others. The damage from those can take years to surface in your health.

You might have been turned down in the past if you filed a claim, but the PACT Act opens a big new door: You no longer have to prove that your illness was caused by toxic chemicals. It will be assumed that it was based on your service in that location. The PACT Act adds to the list of presumed medical conditions, called "presumptives."

If you've never received VA health care, you can still qualify for this screening. Call them. They're doing screenings at VA facilities across the country, and it takes about 10 minutes. It's better to get going with the VA now rather than wait until down the road when a health issue might crop up. Get the screening; get your information on file. Benefits will be backdated to the time the bill was signed, so don't delay.

Survivors of a veteran also might be eligible for the benefits -- either a monthly payment or a one-time payment -- for a surviving spouse, dependent child or dependent parents.

To learn more about the PACT Act, go to [www.va.gov/resources/the-pact-act-and-your-va-benefits](http://www.va.gov/resources/the-pact-act-and-your-va-benefits). At that link you can apply online for disability compensation with Form 21-526EZ. You can also call them at 800-698-2411. Or call 800-827-1000 for help applying online. Look for Form 10-10EZ to apply for VA health care or to check the status of an application you already submitted. (S)

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See ad on pg. 45



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See ad on pg. 43

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## King Crossword Answers

**Solution Time: 21 minutes**

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

## Sudoku Answers

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



## Tinnitus

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and three of the flight would take planes back to base Ft. Lauderdale.

3:19 A fishing craft saw the formation over Grand Bahama. (They were off course.)

Then things begin to happen.

3:40 Lt. Taylor calls the tower "My compasses don't work. I don't know where we are."

3:45 Another Instructor Cox over hears Taylor's distress calls claiming to be in the Florida Keys. Taylor is advised to try other radio frequencies. Cox "Radio reception fading. You must be further north than you think."

A blimp is sent from Miami Dinner Key to scan for the flight at various radio frequencies and radar. Land bases, merchant ships and the Coast Guard are alerted.

From 4:30 until 5:18, NAS asks all airfields along the Florida coast to direct search lights, field lights and beacons into the Atlantic. Taylor yet believes he is in the Gulf of Mexico and must fly east to the West Coast of Florida.

The other pilots in Flight 19, who had been schooled over these waters for weeks, try to convince Taylor that they should be flying west. Taylor lead the Avengers west for ten minutes looking for land fall then returns to the Eastern route.

Taylor calls for a weather report at 5:24. Triangulation of radio signals places the flight probably within one hundred miles of a point 130 east of New Smyrna Beach. Then 6:20 the last message from Flight 19 "All planes keep tight... We will have to ditch unless landfall. When the first plane is down to ten gallons, ditch."

Flight 19 is listed as unaccounted for at 7:00 pm. Rescue begins with two PBH Mariner Flying Boats, sometimes called flying gas tanks, joining the search taking off from Banana River Naval Air Station at 7:27. Loaded with extra men, rescue equipment and fuel for a twelve hour mission, one Mariner explodes and disappears minutes after takeoff.

The Miami Herald December 6, 1945 headline announced the loss of twenty-seven seamen, fourteen from Flight 19 and thirteen from the Mariner rescue plane. The U. S. Navy undertook the

largest peace time rescue mission, combing some 250,000 square miles with 245 planes, 18 surface craft and shipping interests. Survey of the Gulf of Mexico, the Atlantic and peninsula Florida produced nothing. Based on evidence at the time, the loss was seen as a natural disaster. The Naval Board of Inquiry noted human and navigation errors leading to the lack of fuel and loss of the Flight 19 formation. There was no reference to paranormal forces at work.

The term, Bermuda Triangle, was never used until 1964. Next month - the story of how a military accident came to frighten and mystify the world. In the meantime, enjoy your cruise and next flight – no problem. §

## VNA – Colorectal Cancer *cont'd from pg 15*

**Q** I am well over 50 and know that I'm long overdue for a colonoscopy, but I just dread having to drink that awful stuff and not eating anything else all day (I get lightheaded easily). What other ways can I get checked, if any, for colorectal cancer?

**A** While the most common form of screening is a colonoscopy, there are other ways, including (but not limited to) an at-home fecal blood test such as Cologuard. There are pros and cons to both. If you're unsure of what to choose, and for more information, discuss it with your appropriate medical Wprovider. §

*This information is for educational purposes. Please consult your physician for any medical issues. For more information about VNA services, call 321-752-7550 or visit [www.vnadc.com](http://www.vnadc.com).*



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## SENIOR SCENE MONTHLY TRAVEL TIPS

### Real Cruise Jokes

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Let's have some fun this month. Here are questions that we have accumulated after talking to the captain and his staff. These are real questions that guests have asked over the years.

It is now time to Laugh! But let's get ready to Cruise! Here you go -

- Do these stairs on this ship go both up and down?
- How far are we above sea level?
- Does the crew sleep on the ship? (No, we tow them in the

life boats.)

- Does the ship generate its own electricity? (No, we pull an extension cord from Miami.)
- If the photos aren't marked, how do I know which one is mine?
- Is the water in the toilet fresh water or sea water? (I don't know, I haven't tasted it.)
- What do you do with the ice carvings after they've melted?

- Is there music in the Disco?
- What time is the Midnight Buffet?
- Do you grow your own flowers?
- Which hotel will we be staying at in the port?
- Do I have to leave the ship to take a shore excursion?
- If I take the snorkeling tour, will I get wet?
- Which bus do I take for the walking tour?
- Has this ship ever sunk?
- Does the captain steer the entire ship from the bridge? (No, it is like a hook and ladder fire engine. The Captain steers the front of the ship and the First Officer steers the rear of the ship)
- Does this elevator go to the front of the ship?
- Is that salt water in the swimming pools? Oh, that's why it's so rough!
- I'm one bottle over my duty-free allowance – but I drank it last night. Do I still have to declare it?
- How often do the icebergs go by?
- Does the water go all the way around the island?
- How do they handle first and second seating in the lifeboats?
- Which way is the ocean?
- Does the galley tour include the kitchen?
- Which side of the ship is the water on?
- Is the TV on the ship cable or satellite? Ⓢ



## LUNCH & LEARN

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Rheumatoid Arthritis



Gout



Psoriatic Arthritis

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# Dr. Pasteur as Scientist and Current Global Health

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

**D**ecember 27, 2022, marks the bicentenary of Dr. Louis Pasteur's two hundredth birthday, and scientists from all the world celebrated for his discoveries of the principles of vaccines and microbial fermentation. His legacy echoes the many streets, schools, and hospitals that bear his name, and in the widespread use of pasteurized food worldwide.

Born in Dole, France, on December 27, 1822, Dr. Pasteur was a young polymath when he embarked on a path of discovery with profound societal relevance. By the age of 40 years, he was a national hero and an international authority on microbiology, vaccines, and immunology. His germ theory of disease laid the foundation for hygiene and sanitation within public and global health. He developed the first vaccine against rabies in 1885. Along with other great scientists of his time, Dr. Pasteur shaped scientific reasoning and communication for the better, creating a legacy that catalyzed progress in human health that has been sustained for the past 150 years. Yet, infectious diseases continue to cause millions of unnecessary deaths. Even before the COVID-19 pandemic, global burden of disease data indicated that infections were involved in more

than 20% of deaths globally.

The barriers to realizing Dr. Pasteur's legacy in combating infectious diseases become apparent. Let's see the technologies and strategies that have advanced infection control and prevention in the context of health-care settings. Most hospital-acquired infections can now be prevented. Yet infection control remains problematic in low-income countries where basic implementation of simple practices is challenging and often left unaddressed. Consider the disproportional burden of rabies, which still kills one person approximately every 10 minutes, in poor settings in these low-income countries, despite effective vaccines to break transmission chains between humans and dogs. It becomes apparent that failures to rendering equal production to all are consequences of health inequities that are propagated by sociocultural and political environments and ineffective messaging and community engagement.

The 21st century is seeing a changing landscape of

*Dr. Pasteur as Scientist... cont'd on page 51*

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**Gary Lewis...** continued from page 9

unbeknownst to his father.


"Before our first hit, we were doing a lot of auditions as Gary & the Playboys because my mom didn't want me getting work just because I had a famous father," said Lewis. "When Diamond Ring began climbing the charts, she said I should put Lewis in the band's name. I did, but still not everyone realized I had a very famous entertainment father and so we were thrilled to get work based solely on our talent."

His dad, of course, was comedian Jerry Lewis who had no idea his son had a hit record until Gary presented him with a gift. "When I got the first gold record for Diamond Ring, I signed it to him and I went down to Paramount Studios where he was filming and I walked in and said 'Dad, this is for you.' He was very surprised and, I think, quite proud."

Much has been written over the years of the strained relationship between Jerry Lewis and his children.

"I was always able to separate my career from what he and I were," said Lewis. "It bothered me that we never got along too well, but that's just the way it was and I'm over it."

When he performs today, Lewis's songs not only have the same arrangements as the originals, but a similar sound despite being performed by all-new Playboys.

"Over the years there have been many sets of Playboys, but today's group has been with me since 2004 and has that same great original sound," he says. We don't do a huge number of shows a year now, but I still love it and seeing the fans, new and old, who still love our music." 

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

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# Mix Edibles, Ornamentals For A Creative Landscape

By Gary R. Bachman

**W**hen planning my home garden and landscape, I love to combine different plants in containers. My basic practice is to follow the thriller, filler and spiller recipe.

The thriller plants are upright and grow taller than the rest, adding interest and excitement. The spillers are low-growing plants that sprawl out and over the container edges. Filler plants have rounded and mounding growth habits that fill in the gaps between thrillers and spillers.

The beauty of this recipe is that you can leave one of the parts out of the planting.

I leave the filler out of many of my plantings to make room for something else. I like to plant French marigolds underneath tomatoes, or I place classic Vista Bubblegum Supertunia underneath my various citrus growing in 25-gallon containers.

While I primarily use this simple recipe for combining plants in containers, it is also practical for creating different combinations in landscape beds or along walkways.

Most gardeners combine like plants, so they primarily use just ornamentals for their flowers or foliage. However, one great idea has been around forever, but people have been slow to adopt it. That is to create an edible landscape, combining edibles with ornamentals.

I think the reluctance to combine edibles and ornamentals is a garden paradigm, similar to the idea that tomatoes must be red or that vegetables must be grown in the backyard.

Combining veggies with flowering planting opens up another avenue for home gardeners to be creative.

The size of your gardening space shouldn't be a limiting



*Mix Edibles, Ornamentals...continued on page 49*

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factor. Porches, patios and even balconies are perfect locations to show off pretty, edible plants and flashy flowers. In fact, just growing veggies in containers is a great way to enjoy an easy, little kitchen garden.

Brie Arthur is one of my great horticulture friends, and her book, "The Foodscape Revolution," is a fantastic blueprint for combining food, blooms and foliage for increasing curb appeal and helping to reduce your grocery bill. When you plant with the idea of combining vegetables, herbs, flowers and foliage, you create a garden space for maximum production of edible goodness combined with beauty.

We're quickly racing toward the warm season, and that means home gardeners will soon grow lots of summer favorites. Here are my recommendations that would be

perfect for a big combination container.

One good thriller has to be a cherry tomato like the red Sweet 100. For a little more interest, consider the bright-yellow Patio Sunshine. The fillers are basil, either the green Genovese or the dramatic, nearly black Amethyst Improved. Or you could use a brightly colored coleus to add interest. The spillers are nasturtium for late spring and early summer or lemon verbena.

Combining edible and ornamental plants in containers or the landscape will only be limited by your imagination.

Visit your favorite, independent garden center and group different plants together to see how they look. Think of this as a test drive before you take them home to plant and enjoy in your garden. ☺

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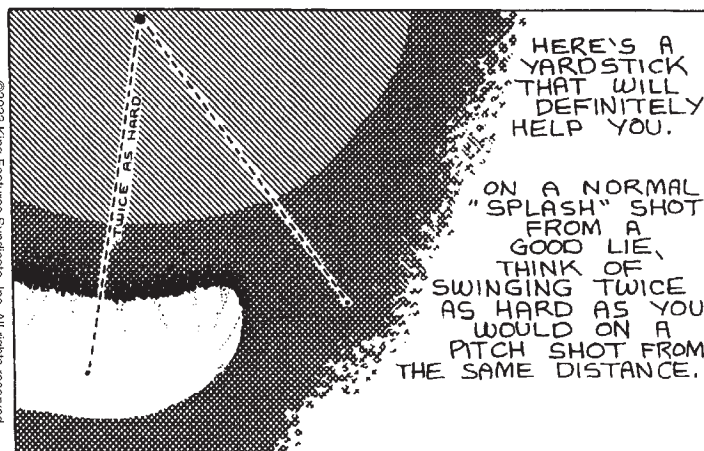
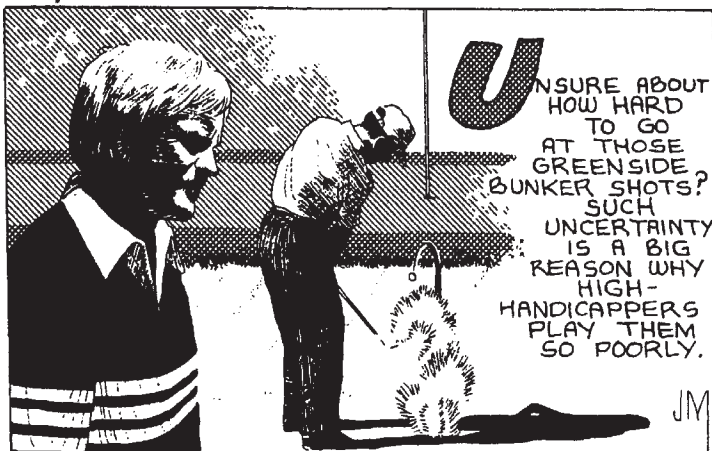
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# MARCH COMMUNITY CALENDAR

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

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

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

## MARCH EVENTS

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

**Mar 1: The Beach Boys with Special Guest John Stamos**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Mar 3: Tower of Power**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Mar 3: Opening Reception: 100% Pure Florida**, Fifth Avenue Art Gallery, Eau Gallie Arts District, FifthAvenueArtGallery.com, 321-259-8261

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

**Mar 3: Friday Fest**, City of Cape Canaveral, CityofCapeCanaveral.org, 321-868-1220

**Mar 3-26: Priscilla Queen of the Desert**, Titusville Playhouse, TitusvillePlayhouse.com, 321-268-1125

**Mar 4th, Mar 11th, Mar 18th, and Mar 25th, 10 AM to 2 PM Open House at Green Gables Historic Riverview Village, Inc.**, 1501 S. Harbor City Blvd., Melbourne, Saturdays - \$10 per person to tour the home. Also visit us at: <https://www.greengables.org> and on Facebook

**Mar 4: Downtown Melbourne Botanical Fest**, Melbourne Main Street, DowntownMelbourne.com, 321-724-1741

**Mar 4: Opening Reception: The Evolution of SLICE Exhibit**, Studios of Cocoa Beach, Downtown Cocoa Beach, StudiosofCocoaBeach.org, 321-613-3480

**Mar 4 & 5: Spring Fine Art & Craft Fair** in Historic Cocoa Village, VisitCocoaVillage.com, 321-631-9075

**Mar 4 & 5: Grant Seafood Festival**, GrantSeafoodFestival.com, 321-723-8687

**Mar 6: The Grand Shanghai Circus**, King Center, Melbourne,

KingCenter.com, 321-242-2219

**Mar 8 & 9: Sundry Showcase Swingtime Concert**, Melbourne Municipal Band, Melbourne Auditorium, MMBand.org, 321-724-0555

**Mar 10: Joe Bonamassa**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Mar 10: Pavel Haas String Quartet**, Melbourne Chamber Music Society, St. Mark's United Methodist Church, Indialantic, MelbourneChamberMusicSociety.com, 321-213-5100

**Mar 10: Spring Fling Sock Hop**, Melbourne Municipal Band, Melbourne Auditorium, MMBand.org, 321-724-0555

**Mar 10-19: Steel Magnolias**, Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

**Mar 10-26: Cinderella**, Surfside Playhouse, SurfsidePlayers.com, 321-783-3127

**Mar 11: Fly-in / Drive-in Breakfast**, Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, WarbirdAirMuseum.com, 321-268-1941

**Mar 11 & 12: Indiafest**, Wickham Park, Melbourne, IndiafestBrevard.org, 321-779-0110

**Mar 11: Mendelssohn & Beethoven Concert**, Brevard Symphony Orchestra at the King Center, Melbourne, KingCenter.com, 321-242-2219

**Mar 11: The Yale Spizzwinks in Concert**, Space Coast Symphony Orchestra, Eau Gallie High School, SpaceCoastSymphony.org, 855-252-7276

**Mar 12: A Spring Fling Concert**, Community Band of Brevard, Merritt Island High Auditorium, CommunityBandofBrevard.com, 321-338-6210

**Mar 12: Saxophonist Jeff Rupert & Friends: Jazz Concert**, Space Coast Jazz Society, Veterans Memorial Center, Merritt Island, SpaceCoastJazzSociety.org

**Mar 12: Haydn, Mozart & Barber's Adagio for Strings Concert** with Riverside Chamber Orchestra and Riverside Community Chorale, Riverside Presbyterian Church, RiversidePresbyterianChurch.org, 386-320-6112

**Mar 12 & 13: On Your Feet!**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Mar 15: Gordon Lightfoot**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Mar 16: Eric Johnson - Treasure Tour**, King Center, Melbourne, KingCenter.com, 321-242-2219

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

**Mar 17: Get the Led Out**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Mar 17: Tennessee Bluegrass Band: Bluegrass Concert**, Shepherd's Hall, Titusville, JTsBluegrass.com, 321-222-7797

**Mar 17: Friday Fest**, Downtown Cocoa Beach, CocoaBeachMainStreet.org

**Mar 17-19: River Days & Craft Brew Hullabaloo**, Sebastian Rotary Foundation, Sebastian Riverview Park, riverdaysfl.com

**Mar 17 - Apr 23: Leading Ladies**, Melbourne Civic Theatre, Downtown Melbourne, myMCT.org, 321-723-6935

**Mar 18: Symphonic Jukebox Concert**, Space Coast Symphony Orchestra, Satellite High School, SpaceCoastSymphony.org, 855-252-7276

**Mar 18: Robert Jon & The Wreck**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Mar 21: The Guess Who**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Mar 22: The Jungle Book (youth theatre)**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Mar 22 & 23: University of Saturday Morning Cartoons Concert**, Melbourne Community Orchestra, Melbourne Auditorium, MCOchestra.org, 321-285-6724

**Mar 24: Nate Bargatze - The Be Funny Tour**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Mar 24: New Exhibit - Cryolophosaurus: Frozen-Crested Lizard at Museum of Dinosaurs**, Cocoa Beach, DinosaurStore.com/Museum, 321-783-7300

**Mar 24 - Apr 2: Godspell**, Henegar Center, Downtown Melbourne, Henegar.org, 321-723-8698

**Mar 25: All About Joel: The Billy Joel Tribute**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Mar 31: Rock 'n' Roll Revue**, Melbourne Municipal Band at Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

**Apr 22: 10 a.m. to 5 p.m. MetaFest**, Merritt Square Mall, FREE, Entertainment! Classes! Vendor tables, Raffles, Children's Activities. Call/text 321-417-4309, connect@buneke.org

## ONGOING EVENTS

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

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

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

**Brevard Museum and Sciences Center**, Cocoa, Brevard-Museum.com, 321-632-1830

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

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

**DrumLuv Dance Center**, Palm Bay, DrumLuvDance.com

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

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

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

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

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

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

**Gleason Performing Arts Center**, Florida Institute of Technology, Melbourne, FIT.edu/Gleason

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

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

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

**North Brevard Art League**, Titusville, NorthBrevardArtLeague.com

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



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

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

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

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

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

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

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

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

## CLUBS & ORGANIZATIONS

**The Space Coast Weavers & Fiber Artists** meets monthly at 10:00 a.m. on the 4th Saturday at the Merritt Island Public Library, 1950 North Courtenay Parkway. Meetings are free and open to the public.

**Mar. 3: The Single, Separated, Widowed and Divorced (SSWD)** group will meet for lunch at Longhorn Steakhouse 770 E. Merritt Island Cswy., M.I. on Friday, March 3 at

12 p.m. All are welcome to join the group. For additional details, please call (502) 299-8949.

**Mar. 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, March 16 at 12 p.m. Please bring a dish to share. All are welcome to attend. For additional details, please call (502) 299-8949.

### Monday - March 27th 10:30am-11:30am Helping Seniors Info Series

"Your Living Safe at Home Checklist" with Expert Speakers/Panelists Jennifer Barton (Owner - Seniors Helping Seniors); Bridge Brown (Clinical Home Health - CareWell Home Health); and Jennifer Allen (Vitas Healthcare), 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 as it pertains to safely aging in place.

**March 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.



**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 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

**25 Mar** – Space Coast Jeep Club Show and Blessing at VMP 1000-1400.

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

**29 Apr** – Brevard Parkinson's Alliance 5K to raise funds to beat Parkinson's. 0700-1200 Veterans Memorial Park, Center and Plaza. 0800 5 K Run with Running Zone and 1000 1K Walk. Stroll for those

with Parkinson's. Register on line at [secure.runningzone.com](https://secure.runningzone.com).

**29 Apr** – Limited Vietnam Commemoration Ceremony at Cape Canaveral National Cemetery in Scottsmoor/Mims 0900-1000. Details in late March.

**01-07 May** – Florida's 35th Annual Vietnam and All Veterans Reunion at Wickham Park, Melbourne. Traveling Wall, both, food and drinks, entertainment, displays, and more. Contact VVB Quartermaster Faye Nelson for more information.

**07 May** – Back Brevard Heroes Festival to honor First Responders and Veterans, VMC Plaza, Gray Hall and Park 0930-1400.

## Dr. Pasteur as Scientist *continued from page 45*

infectious diseases. Old and new pathogens are emerging under growing pressure of anthropogenic forces. Climate change is affecting the distribution and transmission of pathogens. Antimicrobial resistance and emerging zoonosis are profound threats, now and in the immediate future. More than one million people – a number set to rise – die from bacterial antimicrobial resistance each year, disproportionately affecting people where health care and sanitation infrastructure are weakest. Pandemic will become more common, yet lessons from COVID-19 are being ignored. To combat such threats, we should call for prosociality, whereby governments and institutions reorient towards multilateral systems that foster international public health collaboration and solidarity.

The unstable social and political context in which we live our lives is creating new public health challenges. An infodemic has seen the rapid spread of misinformation that resonates with people in ways that expert advice does not. Vaccine hesitancy is now a major barrier to fighting infectious diseases. Many parents are reluctant to

vaccinate their children because of concerns about vaccine safety, despite reassurance from doctors and public health authorities. This hesitancy reflects a broader breakdown on trust in the state and in scientists. Dr. Pasteur had crafted his public image to bolster support for his research. He understood the power of knowledge, know-how, and dissemination of information in his relationship with the public. Now, more than ever, the medical research community needs to hone creative and authentic science communication and public engagement skills to rebuild trust with a divided society so their work can save lives.

"In our century, science is the soul of the prosperity of nations and the living source of progress. Undoubtedly, the tiring daily discussions of politics seem to be our guide – empty appearances! – what really leads us forward are a few scientific discoveries and their applications." These words of Dr. Pasteur's could not be more poignant in a 21st century shaping up to be dominated by polarizing and health-harming politics. ☺



**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 Better Book Sale**  
Thursday, March 2 and Friday, March 3  
from 9am-4pm, Saturday, March 4 from  
10am-2pm

**"New Atheism" is lying; WHY?**

Saturday, March 11 from 12:30-1:45pm  
Fifteen years after the advent of "New Athe-  
ism", their promise of evidence has failed.

**Even more Cape Canaveral Rocket  
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Tuesday, March 21 from 2-3pm, Presented  
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through the Health Insurance Marketplace  
10am - 3pm. Call 321-615-3764 for an  
appointment.

**Purly Girls Knitting Club**

Tuesdays 10am to 1pm

**FIT Over 50 with Polly**

Tuesdays from 9-9:55am, \$5/class.

**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  
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**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  
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**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  
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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

**Neighbors Book group**, 2-4:30pm, meets  
3rd Thursdays

**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**



# MARCH 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 Stepping** A quick 30-minute "in-place" full body workout that builds cardio and endurance.

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

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

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

**Introduction to Oriental Dancing: Mondays, 12:30-1:30, \$2 cost**  
**Line Dancing: Tuesdays, 12N-1:30, \$2 cost**

**Basic Line Dancing: Tuesdays, 10:30-11:30, \$1 cost**  
**Chair Stretch & Balance: 2nd & 4th**

**Thursdays, 2PM**  
**Video Exercise Classes: M, W&F, 12:30PM**

**Karaoke: Thursdays at 12:30 till 3PM**  
**Game Time: Thursdays, 10-12N, \$1.00 cost**

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

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

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

## MONDAY PROGRAMS

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

## FRIDAY PROGRAMS

**Bargain Thrift Corner 3-6pm**  
**Billiards, Open Play 12-4:00pm**  
**Bingo 6:00-10:00pm** Doors open at 4pm.

Food available to purchase  
**Bocce 9-11am**  
**Bridge 12:15-3:30pm**  
**Crafts 9:30-11:30am**  
**Knotty Habit 9:30-11:30am**  
**Poker, Straight 12-3:30pm**  
**Travel Office open 9am-2pm**  
**Wood Shop 8am-noon**

## SATURDAY PROGRAMS

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

SENIOR CAL cont'd on next pg





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

## MARCH 2023 ONE SENIOR PLACE EVENTS

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

**Benefits of Pre-Planning your Cremation Seminar, by National Cremation,** Wednesday March 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.

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

**FREE Memory Testing,** Tuesdays March 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.

**How to Minimize Taxes on Trusts or Probate Estates,** Thursday March 9th, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. It is important to plan ahead to help your heirs avoid giving away their inheritance to the government. Learn more at our informative seminar. 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 "The Apartment", and enjoy movie treats! MUST RSVP to 321-751-6771.

**Physical and Psychological Benefits of Animals and Seniors,** Senior Health Friday with Nurse Lisa, Friday March 10th, from 10 – 11am. Presented by Nurse Lisa and Dr. Joel Shuy, Psy. D. Enjoy refreshments and be entered to win a raffle prize. Touch of Grey will bring friendly dogs! RSVP to 321-751-6771.

**Value and Importance of Having a Memory Scan,** Ask the Doctor Lunch & Learn Series, Tuesday March 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 March 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 Medicaid Planning 101,** Wednesday March 15th, at 10am. The Law Academy presented by Rhodes Law, PA. Limited seating must RSVP to 321-751-6771.

**Osteoarthritis,** Thursday March 16th, from 12 – 1pm. Presented by Aquatic Health & Rehab. Causes, Symptoms and Treatment. For more information and to RSVP, call 321-253-6324.

**Tinnitus [and Hearing Loss], Lunch and Learn Seminar,** Friday March 17th, from 11 – 1pm. This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AUD from Widex. This presentation will center on the causes of Tinnitus, "Ring-ing in your ears", and what can be done to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

**Hemorrhoidal Artery Embolization,** Lunch & Learn, Monday March 20th, 11 – 1pm. Please join Vascular Interventional & Physicians for an informative lunch & learn presentation. This procedure is performed by doctors specially trained to do minimally invasive vascular procedures. Complimentary lunch, must RSVP to 321-751-6771.

**Medicaid Planning Seminar,** Tuesday March 21st, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

**MAC User Group Meeting,** Tuesday March 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 March 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.

**Make Space Now,** Friday March 24th, at 10am. 10 tips to downsize and de-stress your move. Presented by Barbara Asinari, Realtor with Oceans Realty Florida and Christina Knowles, Professional Organizer, Certified Senior Move Manager. RSVP to 321-751-6771.

**Staying Positive When Everything Is A Mess,** Friday March 24th, 2 – 3:30pm. Please join April Boykin, MSW, LCSW with Counseling Resource Services as she helps us understand why we may have a hard time staying optimistic these days and share helpful tips with us on how to keep positive. RSVP to 321-751-6771.

**AARP Smart Driver Course,** Monday March 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.

**Who Will Inherit My Estate?** Protecting Heirs, Tuesday March 28th, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Find out what documents are the essential everyone should have, what they mean, and how they can provide you some peace of mind. RSVP to 321-751-6771.

**PWR! Up for PD,** Wednesday March 29th, from 1 – 2pm. Presented by Aquatic Health & Rehab. Parkinson's Wellness Recovery (PWR) is an exercise program developed specifically for persons with Parkinson's Disease. For more

information and to RSVP, call 321-253-6324.

**Estate Planning Seminar,** Thursday March 30th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

### SUPPORT GROUPS

**Loss, Grief & Bereavement Support Group,** Thursdays March 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 March 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 March 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.

**Veterans Resources Q & A,** Wednesday March 22nd, from 11 – 12pm. This group is for Veterans and families to. Facilitated by Michael Tucker, MSW, Veterans Liaison, VITAS Healthcare. 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](mailto:Audrey@oneseniorplace.com)  
 One Senior Place, 8085 Spyglass Hill Road  
 Viera, FL 32940 (321) 751-6771

## MARCH 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





## Meet the One Senior Place Family

One Senior Place has the privilege to partner with a wide array of high-quality, senior-focused businesses that help make us Brevard County's 'Experts in Aging' — and the one-stop resource for seniors and their caregivers. Our family of Resident Businesses provide a comprehensive collection of services to help you connect with the solutions you need — *all under one roof!*



**321.339.0551** **OneSeniorPlace.com**

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