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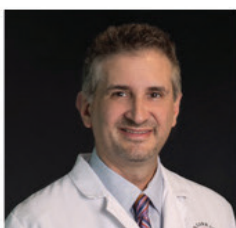


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John Frederiksen

### ASSOCIATE PUBLISHER:

Fran O'Hara

### ART DIRECTION:

Bernadette de Isaza

### PRODUCTION:

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### EXECUTIVE EDITOR:

Charlotte McQueen

### ASSOCIATE EDITOR:

Jill Fulford

### PHOTO JOURNALIST

Cheryl Clermont

### BROADCAST AUDIO

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# Letter from the Publisher



**T**he month of May has special meaning for many of us. During this month we celebrate our Moms on May 14. Whether she is still here with us or not, it can be a time to share some wonderful memories. The other special day in the month of May is Memorial Day Holiday, May 29. We all know someone who has served in our military. Please remember to thank them, either in person or at one of the many celebrations around the Space Coast.

One of these events this year is the Annual All Veterans Reunion at Wickham Park May 1-7. It is an educational and emotional experience that is well worth a visit.

We want to give a special thanks to Jeanne Weaver for her meaningful art as a fitting tribute for Memorial Day. Too many have of us have had the knowledge of such sacrifice.

Our staff and I have had the opportunity to meet many of our loyal readers at the many health fairs and expos over the last few months. We always love hearing how much you enjoy reading our magazine cover-to-cover and enjoy all the informative articles. Have you had a chance to visit us on facebook yet? It's a great way to keep up with any special news items we have for you.

On a lighter note, for those of us who saw Star Wars in May 1977 in the theater, let's join in celebrating May 4. May the 4th be with you.

So with another busy month behind us, another is on the way. See you next month.

*John*

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# Still Dreaming of Jeannie

By Nick Thomas

No doubt many a teenage lad, and even a few adults, developed a major crush on Barbara Eden during her 5-season run in the 60s sitcom "I Dream of Jeannie." Now 91, fans are delighted to see the actress looking so youthful and healthy.

"I have exercised all my life and now do a mild spin (stationary) bicycle and walking," Eden said from her home in Los Angeles. "I've always been careful about what I eat but I'm not fanatic about it – I'm a carnivore! I try to stay away from sugar, but unfortunately I like it too much."

As for her skincare, she does adhere to a ritual. "I use sunscreen every day and Estee Lauder line repair that I put underneath the sunscreen and underneath moisturizer before I go to bed."

But Eden and her husband of over 30 years, Jon Eichholtz, did experience a health scare after contracting COVID.

"We caught it early and Jon was very ill," she recalled.

"Our doctor had us infused with the antibodies right away and luckily I wasn't sick. We did catch the variant later, but it was just like a cold."

Growing up in San Francisco, young Barbara dreamt of becoming a singer, spending

two years at the local Conservatory of Music and taking singing engagements with bands around the Bay Area. But after moving to LA in the early 1950s, her stunning beauty, charm, and talent inevitably led to Hollywood.

Best known for her role as the magical genie in the popular NBC series, Eden has delighted fans for decades

*Still Dreaming of Jeannie continued on page 22*



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# Lost Planes – A Matter of Hen and Chickens

By Diane Barile

A squad of five Navy aircraft was lost December, 1945. The story of their loss founded the myth of dangerous Atlantic waters off the coast of Florida, the Bermuda Triangle. What really happened to those experienced navigators, gunners and pilots fresh from World War II experiences?

The crews were completing training to improve navigation and bombing skills on a routine training flight from Naval Air Station (NAS) Ft. Lauderdale. Well into the flight briefing a new instructor from Naval Air station (NAS) Miami arrived asking to be replaced on his assigned and eminent flight. His request denied, Lt. Charles Taylor rushed to assume leadership of the squad for their last exercise before graduation later that afternoon. The five TBM Avenger Torpedo Bombers were already flight checked and fueled with petrol sufficient for five hours of a triangular flight pattern. The planes were to navigate by dead reckoning, following established time, distances and prescribed turns without relying on ground or sea observation, then returning to Ft. Lauderdale in about three hours. This flight group was one of various training teams proceeding most of the day.

Lt. Taylor commanded from the rear of the trainees as they approached the end of the first leg of the flight at Hen and Chickens east of the Ft. Lauderdale base. After the bombing run, Lt. Taylor is believed to lead. This is his first excursion from Ft. Lauderdale NAS after his having flown missions from NAS Miami in southern Florida to the Florida Keys. The NAS Ft. Lauderdale trainees had flown Bahamian waters throughout their training missions.

Taylor began calling into Ft. Lauderdale "My compasses don't work. I don't know where I am." He begins hearing from other pilots flying in the vicinity. More aircraft, even a blimp from Miami, begin looking for the flying formation in the Atlantic. But Taylor believes he is in the Gulf of Mexico and by flying east, the planes would hit the west coast of the state. At this point, Flight 19 is not following the dead reckoning course laid out for the trainees. According to the flight plan, the Avengers were to travel east to Hen and Chickens, then north before turning west back to Ft. Lauderdale. However, Lt. Taylor, believing he is in the Florida Keys, insists on flying east.

*Lost Planes... continued on page 43*

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## COVER STORY

# Jeanne Harris Weaver



The May cover art (vertically cropped for our cover) of the oil painting Bugler is by artist, Jeanne Harris Weaver. Bugler is one of twenty-one oil paintings Mrs. Weaver painted in one year in memory of her son, 1LT Todd William Weaver, killed in action in Kandahar, Afghanistan, September 9, 2010. The series has been exhibited in many venues on the Eastern coast to include TAPS in Washington, DC, Orange County Convention Center (I-ITSEC), and Compassionate Friends to name a few.

The series, **Losing Todd: A Mother's Journey** will be exhibited in the Rotunda of the Florida Capitol in Tallahassee on April 26, 27, & 28. The series of

paintings will also be exhibited for Memorial Day from Friday, May 26 - Tuesday, May 30 at the Porcher House, 434 Delannoy Ave, Cocoa. Jeanne will be present each day from 2:00 - 5:00 p.m with her book by the same name.

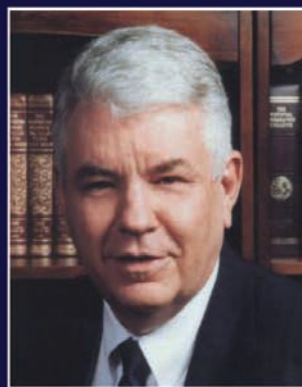
Of the series, the Director of the Muscarelle Museum of Art

in 2015 said "...It is with great respect and honor, albeit a very painful honor, for me to be able to recognize the ultimate sacrifice given by 1LT Todd William Weaver in Afghanistan.... For Todd's mother, Jeanne, she had to feel her way through this new part of her life through her art, and what

*Jeanne Harris Weaver cont'd on page 39*



## ESTATE PLANNING BOOKLET



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# Should I Admit Defeat?

By Joe Steckler, President, Helping Seniors of Brevard County

**S**hould I admit defeat? No, but in researching this article I came up with some grim answers on section 8 and section 202 affordable housing. First, we need a heck of a lot more work to make the system user-friendly. Second, and more importantly, it is way past time for the County and cities to work together with established nonprofits to address the issue. We have managed to kick the problem down the road until it has become of such magnitude that it will require some work in and out of the box to solve.

Section 202 housing, sometimes called subsidized housing for the elderly, applies to seniors 62 years of age or older. In all of Brevard County there are only six locations that are designated as Section 202 housing, and three of them are the Trinity Towers in downtown Melbourne. Currently all locations have waiting lists of two, three, or even four years. Section 8 housing is more complicated but has an equal waiting period and is becoming less available due to this type of housing being renovated and the rents on the renovated property being such that current tenants have been forced out and often become homeless. The Section 8 housing voucher program is not open right now in Brevard and you cannot even get on a waiting list. In

some cases, there is no section 8 housing available to those who already have their housing voucher. We need landlords and Brevard County to work together to increase the availability of section 8 housing.

Resolution of the affordable housing situation needs immediate attention. I applaud the work of the small nonprofit, Saint Stephen's Way, which has initiated an affordable housing project on Lipscomb Street in Melbourne, demonstrating that family friendly affordable housing can be constructed in a reasonable amount of time. If you doubt my words, take a moment and drive by the project. If you like what you see you might want to make a small donation. I should also tell you that the group has managed to build the entire project with private money and plans to pay off the project in about five years.

Now think what could be done with a half or whole penny tax directed to construction of affordable housing developments across Brevard County. While I think the tax should be collected as any other revenue source, I believe a nonprofit or taxing district should be established to

*Should I Admit Defeat? cont'd on pg 39*

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# Does It Matter How You Hold Title To Property?

By Attorney Truman Scarborough

This is the third in a series of articles on the different ways title to property can be held. In the first article we discussed the various aspects of an individual holding title in just his/her name. In the last article we looked at several ways property could be held with other people and some of the advantages and disadvantages.

Property does not have to be held in individual names. It can be placed in a corporation, a Limited Liability Corporation (LLC), a general partnership, different types of Limited Partnerships, and various kinds of trusts. Just like a natural person, these legal entities have the right to own property, enter into contracts, and sue in the courts. Many of these are created for business purposes. Some of these, like the Limited Liability Corporation (LLC), the Limited Partnership and Irrevocable Trust provide additional protection from creditors. Others offer estate planning opportunities. For example, probate can be avoided with a Revocable Living Trust simplifying the settlement of an estate.

When someone dies assets titled just in the decedent's name without beneficiaries are frozen. A Power of

Attorney is effective only while the creator is living. An order from the probate court is needed to access assets in the decedent's name. Beneficiaries in probate do not normally receive their inheritance until the end of the probate process. If everything runs smoothly in formal administration, it takes approximately six months from the time pleadings are first filed with the court. With a Trust, no court authorization is required. The successor trustee you name has immediate control of your assets after you are gone to pay expenses and make distribution to beneficiaries. It is similar to a corporation, where if the president dies, his successor immediately has control.

To avoid the probate process, the trust must come into existence and assets must be transferred into the trust while you are living. Therefore it is called an "inter-vivos" or "living trust". If I build a shed to keep my tools dry, but forget to put in the clippers, the shed won't protect them from the weather. In a like manner, if I fail to transfer assets into the trust that should be in the trust, they will have to

*Does It Matter How You Hold Title... cont'd on pg 35*



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# 10 Worst Things to Carry in Your Wallet



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**W**ith identity theft rampant, keep only the essentials in your pocket or purse when traveling the world or just going to the grocery store!

At Senior Travel we advise our clients when they travel to take only the essential credit cards and emergency info cards with them. Over the years I have seen some great tragedies that my senior clients tell me about the theft of their wallet, money, room keys, passports etc. When you travel you want to have a great time and not worry about identify theft or any type of theft to you.

In an episode of Seinfeld, Jerry's neurotic friend George Costanza has so much stuff jam-packed into his wallet that it's ridiculed as a "filing cabinet." Walking down the street, Costanza the pack rat tries to stuff one more thing inside, and the billfold explodes, scattering its contents to the wind.

The lessons of the old sitcom remain timely in an era

in which identity theft is epidemic: Identity fraud cost 40 million Americans a combined \$43 billion in 2022, according to an AARP-sponsored report from Javelin Strategy & Research.

Thieves could take more than the cash in your wallet; they could profit from your stolen information like your driver's license and used it to withdraw \$15,000 from your ATM account. We all think we are being careful, but it takes one second for a criminal to steal our wallet or purse," says AARP's Amy Nofziger, who oversees its Fraud Watch Network Helpline at 877-908-3360.

### HOW TO KEEP YOUR WALLET SAFE

Your wallet can be leaner — and to cybercrooks, meaner. Many of the informational items we once carried can be accessed on our smartphones, including digital wallets that

10 Worst Things to Carry in Your Wallet cont'd on page 47

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## Take Care of Yourself, Including Your Mental Health

**M**illions of people in the U.S. suffer from mental health issues, and if you are one of them, it's nothing to be ashamed of. Talking about mental health can reduce the stigma and encourage those who are suffering to seek help. Modern day heroes like Olympian Michael Phelps have struggled with depression and anxiety, so remember – you're not alone. In recognition of Mental Health Awareness Month, we've answered some questions here and hope if you, or someone you know, are experiencing signs of mental health issues you will seek the help you need.

**Q** My entire life my father has been the most positive person I know, but since he turned 80, I've noticed a shift; he's become, well, the best word is glum. I asked him what's bothering him, and he just says "getting old." Is this typical of seniors?

**A** According to the National Institute on Ageing, depression in older adults is a common phenomenon.

One of the most common reasons is that as people age, they tend to spend more time alone, and social isolation and loneliness are associated with higher rates of depression.

**Q** My son has always been moody, but since he hit his teenage years, he seems more blue than ever. Is this depression or normal teenage stuff?

**A** Seeking the help of a professional is the best way to find the answer to that. But generally speaking, according to the Diagnostic and Statistical Manual of Mental Disorders (DSM), published by the American Psychiatric Association, there are a few different types of depression. These include:

- **Major Depressive Disorder:** This includes symptoms lasting at least two weeks that interfere with a person's ability to perform daily tasks. These symptoms include, but are not limited to, diminished interest in all, or nearly all, activities; depressed mood most days; fatigue; sleep disturbance; feelings of worthlessness.

*VNA continued on page 43*

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~Queen H.,  
VNA Home Health patient

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# New Computer Migration Tips

By James Bowman, Data Doctors of Melbourne

I'm getting a new computer for the first time in a long while and want to make the transition as smooth as possible.

I equate getting a new laptop much like moving to a new house; it's exciting but will require a fair amount of time and effort to get everything set up the way you need it.

A new computer is essentially an empty home that needs to be furnished and decorated and it will take some time to get everything right, so be sure you manage your expectations.

You must decide what of your existing items are to be used in the new 'home', what to get rid of, and what new things you want to add.

If you've used your old computer for a long period, you'll

discover lots of old data files and programs that you forgot about but may still be important.

## Identify What's Important

Start by making a list of the applications on your old computer that you want on your new computer, then determine what it will take to install them on the new computer.

Do they require an installation disk, or can you download the program from the Internet?

The more web-centric your applications are, the less complicated the transition will likely be. For instance, if you're using Gmail instead of a traditional locally installed

program, all you'll need to do is sign in to your Google account as everything resides 'in the cloud'.

## Migration Tools

Depending upon which operating system you're using, there may be migration tools available to help with the transition, but I wouldn't rely solely on them for completing the transition.

The cleanest way to migrate is to install your applications from the most current download or from the original installation disks if it's an older program.

## Syncing Browser Settings

So much of what we do is based on your web browser, so your saved passwords and bookmarks will need to be addressed by syncing them: <https://bit.ly/3KZkZRb>

## Associated Data Files

Each of your important applications will have associated data files that will have to be transferred to the new computer and placed in the proper location.

This is one of the most important tasks as your computer and applications aren't much use if your associated data doesn't make it over.

*New Computer Migration Tips continued on next page*

## COMPUTER PROBLEMS?

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# Why Buy Life Insurance

By Max ValaVanis, CFP®

Unfortunately, the American people are underinsured concerning life insurance. The facts are glaringly obvious. As per the Population Reference Bureau, roughly 2.8 million people die every year in the United States, translating to roughly 852 poor souls per 100,000 in population. Interestingly, 90% of consumers agree that everyone needs life insurance; however, as of 2020, only 54% of American adults own life insurance... Would you believe that in 1960, 75% of US adults owned individual life insurance! Why the massive decline?

For years, misinformation regarding the life insurance industry led to this decline. For example, when it comes to the cost of life insurance, LIMRA ran a study comparing the perceived value of a policy compared to the actual price. Their results reveal that the average American guessed the cost to be twice as much as the actual price! Moreover, one of the most common excuses I hear when inquiring about life insurance is that the client is "healthy." Without a crystal ball, no one knows what their health will be ten years from now. In these cases, it doesn't hurt to inquire about life insurance. You can always back out of the policy before it begins!

I have witnessed firsthand families going into turmoil after the death of a breadwinner. These scenarios are not exclusive to the employment/working phase of life. When a pensioner passes away, their loved ones may also be at

risk. It usually results in complete financial ruin when the survivors are left with significantly less cash flow. This is entirely avoidable. Most of the time, purchasing a suitable life insurance policy only requires a knowledgeable advisor willing to design a plan that fits your budget and needs.

Many married couples and singles age 55 or older will stare at stagnant cash in the bank – or lagging investments – and wonder what to do with the funds. Using unproductive money for life insurance can leverage its buying power and provide a hefty tax-free death benefit for the insured's loved ones. With the proceeds, a nice legacy can be built and ensure their well-being for years to come!

Most need life insurance for one or more of these three reasons: replacing lost income, paying off burdensome debts, or creating a legacy for your loved ones. It all boils down to a straightforward question, are you willing to part with some monthly cash now to benefit your family when you pass on? Of course, you love your family – or most of them. So, give me a call. I'll interview you and see what plan best fits your scenario. You – and they – will be glad you did. 💰

*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.*

## New Computer Migration Tips *continued from page 16*

### Determine Compatibility

The older your existing computer is, the more likely that a compatibility issue could pop up especially if your new computer is using a much newer operating system.

One of the biggest (and most expensive) surprises for new computer buyers is when they are forced to purchase new software because their old programs aren't compatible with the latest operating systems.

This issue is prevalent with both Windows and Mac computers, so doing your homework on compatibility before buying a new computer will help you understand what it's really going to cost in the end.

### Shortcut Tool For Adding Utilities

You'll be surprised how many utilities you've relied on for years that also need to be installed. A quick way to understand and install those utilities is with a handy tool called Ninite (<https://ninite.com>).

In one step, you can install web browsers,

messaging/conferencing apps, media players, and lots of other essential utilities all for free. Mac users have a similar tool located at: <https://macapps.link> 💻

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## Getting Two SSI Payments In One Month

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We do this to avoid putting you at a financial disadvantage and make sure that you don't have to wait beyond the first of the month to get your payment. It does not mean that you are receiving a duplicate payment in the previous month, so you do not need to contact us to report the second payment.

Here's how this will work in April 2023. April 1, 2023, falls on a Saturday, so we will issue your SSI payment for the month of April on March 31, 2023. In this example, you get two SSI payments in March.

The first March payment, on March 1, is your regularly scheduled payment for March. The second March payment, on March 31, 2023, is your SSI payment for the month of April.

On our website, we provide a Schedule of Social Security Benefit Payments for the current and upcoming calendar year at [www.ssa.gov/pubs/calendar.htm](http://www.ssa.gov/pubs/calendar.htm).

Securing today and tomorrow starts with being informed. Please share this information with your friends and family. ⓘ



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# UPCOMING TRIPS

## Men are from Mars, Women are from Venus

**Live - 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! This trip is a go! Sign up by May 1st.

**Glacier National Park and The Canadian Rockies with Calgary Stampede option - new dates are set for July 15th-23, 2023 or if you want to take in the Calgary Stampede join us on July 13th to begin your trip.** As of 2022, Canada requires vaccination to enter their country. Rates starting at \$3250 pp based on double occupancy.

**American Queen Empress - July 23rd-31st, 2023** - sail on a paddlewheel boat on the Columbia

and Snake Rivers. rates include 1 per night hotel in Vancouver Washington, unlimited beverages, wifi, daily onboard enrichment and hop on/off in each port of call.

**Key West Holiday trip - Dec 3rd-6th, 2023** - join us for our 17th annual trip to Key West for the holidays. trip includes breakfast daily, 2 lunches, 2 dinners and sunset sail with live band and drinks. This trip sells out every year, nonrefundable deposit of \$100 due by June 1st, final payment due by October 1st.



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# How Can Seniors Avoid Getting Scammed?

By Lisa Conway



**U**nwary seniors make excellent targets for con artists. Seniors often live alone, have great credit and are not cyber savvy.

An 84-year-old client called me one morning, panicked after giving out her credit card number over the phone. She had been overwhelmed by the caller. We immediately contacted her bank and stopped payment.

According to the U.S. Senate Special Committee on Aging, con artists:

- Force you to make decisions fast and may be threatening
- Disguise their real phone numbers, using fake caller IDs and identities
- Sometimes pretend to be a government agency
- Try to get personal information like your Social Security number or account numbers


## The Top 5 Recent Florida Scams:

1. Social Security Impersonation Scam- Consumers receive calls from individuals claiming to represent the Social Security Administration.
2. Romance Scam- The romance scammer contacts the victim through social media or email. After spending time on the "relationship," they ask for money.
3. Sweepstakes Scam- Fraudsters usually contact the victims by phone or mail to tell them about a great prize

they've won -- but require the victim to pay a fee to collect their winnings.

4. Consumer- This broad category includes automated "robo-calls" that request information like social security or account numbers.
5. Grandparent Scam- Imposters pretend to be the victim's grandchild or a police officer --then claim the grandchild needs money for a made up emergency.

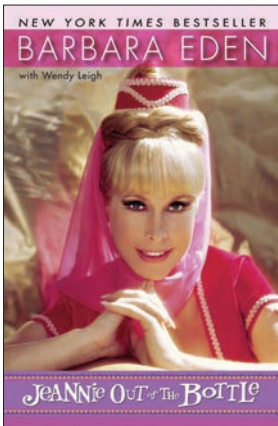
The Committee on Aging suggests asking a friend or family member before giving out your credit card or money --and to beware of offers for free travel or other items!

Want more tips? Join One Senior Place on May 16 for Suspect -- and Protect Yourself From Scams, presented by the Brevard County Sheriff's Dept. and the Florida Division of Consumer Services. RSVP online or by calling 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](mailto:askOSP@OneSeniorPlace.com), call 321-751-6771 or visit One Senior Place, The Experts in Aging. Lisa Conway is a Registered Nurse, Certified Dementia Practitioner and a Certified Care Manager for Senior Partner Care Services, Viera. Ms. Conway hosts a monthly seminar, 'Senior Health Friday with Nurse Lisa.'*

## Still Dreaming of Jeannie *cont'd from page 9*

with appearances at TV conventions and Hollywood autograph shows. She continues to travel, speaking to audiences and showing clips of her film and TV career, and taking questions. This year, she's already visited Georgia, Florida, and North Carolina (see [www.barbaraeden.com](http://www.barbaraeden.com)).



And while some actors who became closely associated with one standout role may distance themselves from that character, Eden never resented her connection to "Jeannie."

"Why would I want to step away from it?" she asked. "I'm lucky to have very polite fans and

have loved meeting them over the years in so many cities."

Beyond her "Jeannie" role, Eden's entertainment career has been extensive with over 25 film roles, appearances in numerous TV movies and series, and a vast stage career that includes touring major U.S. cities in the beloved play, "Love Letters," first performing it with "Jeannie" co-star Larry Hagman.

Hagman dealt with alcohol problems while working on "Jeannie" and could be difficult on the set.

"Larry was his own worst enemy but was always wonderful to me," she said. "He acted out with the crew and would be difficult with male guest stars came on the show. But we had a good rapport and worked together very well. I toured with him in 'Love Letters' and he was just wonderful."

*Still Dreaming of Jeannie continued on page 40*

## Celebrating Older Americans Month!



# Aging UNBOUND

How we all benefit when older adults  
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## Let's Go Sailing!

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## President's Message

A Word from Joe Steckler,  
Our President & Founder



By the time you read this, Helping Seniors of Brevard will be installed in its new headquarters in the Senior Resource Center, located at 1344 S. Apollo Blvd., Suite 2-C in Melbourne.

In addition to our office, the Center will house a radio station, a television production studio, and a small room for conferences or meetings. One room will be dedicated to volunteers who will help implement a volunteer transportation program, teach basic computer skills to seniors, and spearhead development of a plan to bring about affordable housing.

When I sat down to start writing this message, I learned about a homeless father and disabled son who were brought to our attention late on a Friday. That is a difficult time to bring about any real help, but probably could have been done if it were possible to BEND, not BREAK, existing rules. However, I have found in my time in Brevard County that when city or county is involved there is little give and take room.

Put yourself in the place of an elderly father using a walker and a disabled son walking from Eau Gallie/US 1 to Daily Bread near downtown Melbourne. They had no transportation, no money until the end of the month, and no shelter of any kind.

There were many other problems, which I will not address other than to say I have encountered similar situations during my nonprofit work but was always able to put a temporary fix on such a problem with the contacts I had. Now I do not have those contacts, but it is my intention to again develop such capability in the new Center.

With YOUR help it will be done. Currently there are almost no facilities to assist homeless men and very few for women. We need to do better, and I assure you that improved efforts will be made through the new Center. Still, we will need your financial help. Thank you.



**Need Help?**  
321-473-7770







## Older Americans! Let's Take Over!

*Kerry Fink, Executive Director  
Helping Seniors of Brevard*

Everyone has joked from time-to-time, "Are there any adults left in the room?" And, as we celebrate Older Americans Month, we can respond with a smile, "There are more of us than there are of you!" In Brevard County, 1 in 4 is age 65+, and there are more Seniors 65+ than there are kids under 18! Literally, half of us are 50+ - and, as you know, AARP calls you Senior on your 50th Birthday!

Seriously, though, Seniors do need and deserve more attention, not only because Seniors keep things moving (paying taxes year after year and working hard to make a difference), but also because there are challenges that Seniors uniquely face and we need to work together to help as needed.

For 12 years now, Helping Seniors has operated the County's Senior Information Helpline (taking more than 5,400 calls in 2022) and the need for help is growing. With that in mind, as Helping Seniors moves into our new Senior Resource Center at the Apollo Professional Tower in Melbourne, we are embarking on a couple of ambitious projects and could use YOUR help!

We are always looking for financial help (donate to our Car Raffle, come cruising with us, send in a charitable gift), but right now we are talking about establishing the **Helping Seniors Volunteer Corps**. While this is just getting rolling, we'd love to hear from you if you are interested in helping meet and greet guests to the Center or helping directly in our service initiatives. We won't take a lot of your time, but so many have so much good experience and a heart to help, and we would value your gift of your time to us as well.

Get on the list today - give us a call at 321-473-7770 - and we'll keep you posted as we organize this important effort in the latter half of 2023. Thank you and let's do this!



## Have You Thought About This?

*Nancy Deardorff, Operations Director  
Helping Seniors of Brevard*

## Senior Living Options

### Have You Thought About This?

When I think of my childhood memories, my Aunt Rose comes to mind. Aunt Rose was one of the most loving and giving people I've ever known and was also one of the most pragmatic people I have ever met.

When my aunt lost her husband of 50 years many years ago, my aunt made a bold move. She sold her home and she moved into independent living. She left her home of many years, the home that she shared with my uncle, the home where they raised their children, not an easy decision. But you see, as sentimental as Aunt Rose was, she was also practical. She knew that her beloved home for many years was too big for her to live in and maintain alone, and she enacted her Aging Plan. That's right folks, she got her ducks in a row.

When it comes to your own aging plan, it is important for you to consider where you may choose to live if your home has become too much for you to maintain. There are many independent and assisted living options here in Brevard County. The thought of moving and finding the right fit for you can seem overwhelming.

We have many trusted local Brevard County Senior Living Advisors that can help steer you in the right direction. The time to learn about and explore senior living options is now, before you need it. Consider contacting a local senior living advisor. Your local senior living advisor can take you on a tour of various independent and assisted living buildings based on your needs and wants.

For more information about a trusted local Senior Living Advisor, contact us at Helping Seniors of Brevard: 321-473-7770.





## Memory Boosting Activities for Seniors

*Denise Bergman, CSA, CDP  
Senior Care Authority Brevard*

As we age, our mental acuity can decline. Memory loss is a common issue for seniors, but there are activities that can help improve and maintain memory skills. Whether you are looking for an activity for an elderly relative or for yourself, here are some great activities.

### Brain Games

Playing brain games such as puzzles, crosswords, and word searches can be a fun way to stimulate your brain and increase cognitive function. There are many apps available to play these games on your phone or tablet. You can also find printable versions online. These activities not only help memory but also help improve problem-solving skills, reasoning abilities, and visual processing skills.

### Exercises For the Brain

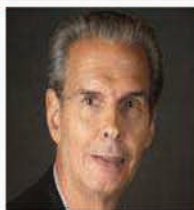
Just like physical exercise helps keep our bodies healthy, brain exercises can help keep our minds sharp. Many different exercises can boost memory, from writing down items to remember to repeating information aloud until it's memorized. Engaging in physical activities such as yoga or tai chi can also improve cognitive functioning and reduce stress levels, which may improve memory recall.

### Get Talking

Storytelling is an excellent way for seniors to get creative while also exercising their brains! Storytelling encourages imagination and critical thinking while honing verbal communication skills. It's best done in groups so everyone can share stories and ideas with one another; this helps create an environment where everyone is actively engaged in the process, leading to better recall later on.

These are just a few of the ways seniors can help boost their memory. So grab your friends or family today and start getting creative – who knows what new memories will be made!

*Looking for advice on how to engage with the senior in your life? We can help. Interested in eldercare consulting, in-home, or other senior living care options for your loved one? Reach out to Senior Care Authority today.*



## Think You Cannot Travel? Think Again!

*Chris Morse, Helping Seniors Travel Club  
& The Travel Center*

For the past 40 years I have been helping seniors that think they cannot travel again travel all over the world.

As one of the few travel advisors that is Special Needs Certified and on the Board of Directors of Helping Seniors of Brevard, Betty and I have planned very special vacations for seniors who thought they could never travel again. What we do is truly not done by other travel advisors: we ask questions!! We make sure your trip is planned to fit your needs, your budget, and all your requirements. When was the last time the Internet asked questions pertaining to you and your travel needs?

For example, Senior Travel just presented our Doo Wop Cruise on Princess Cruise lines. Of the 300 seniors onboard, 23 needed scooters, 19 needed wheelchairs, 18 had special food requirements, 17 needed massages, 7 needed sleep apnea equipment, and 4 needed 24-hour personal support. We also had 4 refrigerators for diabetics, special plug ins for breathing equipment, and had ensured that the ship's doctor had supplies on hand for seniors who required shots during the trip.

This is an example of what Senior Travel can do for you when you want to take that special trip, visit relatives, or finish your travel bucket list. **YOU CAN NOW TRAVEL!**

The best way to experience travel is to join the Helping Seniors of Brevard cruise in October 2023. You will be with others from the community, the cruise gives back to our community, and we will have an amazing time together. We have a 3-day cruise for our special needs seniors, a 7-day cruise for those that can get away for a week, and our very special 10-day cruise. All these cruises include cabin, taxes, port charges, gratuities, beverage package, wi-fi and travel insurance at a fantastic price.

For travel information, to book your very special travel package, or to discuss any special needs or requirements you may have, please call Chris or Betty at 818-430-1480 or 818-618-1211.





## Keeping Older Adults Engaged

*Hollie Fincher, PTA, LT, CDP, ED  
Hibiscus Court Assisted Living*

### How to keep older adults engaged, independent, and included:

I would like to start off by saying I have been in long-term care working very closely with residents for nearly 20 years. My goal is to end the stereotype of transitioning to assisted living as giving up or the end of life.

No, assisted living is not the home you're used to. However, the transformation I have seen throughout my years in health care from a senior being home alone with minimal activities, socialization, and mobility is more detrimental to one's health than having a fun filled day with entertaining activities, nutritious provided meals, and various outings, all while being supervised and assisted with medications and mobility if needed.

A medication error is the third leading cause of death. Having a trained medical professional assist with medications can help decrease this risk. How many of you stop and think did I take my medication today? How many of you are ensuring your medications are not expired or the dosages are correct? What does BID (twice a day) or TID (three times a day) mean? If you're asking yourself these questions, then it may be time for help.

I would say 95% of residents who transition into assisted living once acclimated truly thrive! Having an increase in mobility, walking, or peddling in a wheelchair to three meals a day is more movement than you'd get at home walking to the kitchen three times a day. With increased mobility you have increased muscle pumping, which decreases swelling.

How many of you have lower extremity swelling at the end of the day? As we age our vascular system does not work as well and the best way to decrease swelling is mobility and movement. Getting to meals alone is just the start of it. Assisted

living activities are geared towards movement and mobility. We have an exercise group each morning, various ball/balloon games, dancing, and singing to music and karaoke, which helps to maintain balance, strength, and mobility while having fun. Physical and occupational services are available as well.

How many of you have stopped going out because driving is unsafe or the hassle it takes to get in and out of the car through the store is too much anymore? Sometimes you revert to frozen meals that are quick and easy but are loaded with sodium with minimal nutrition. At assisted living you will have three nutritious meals provided, snacks as you'd like, and multiple alternatives if the meal is not to your liking. If you're a finicky eater you have your own fridge, and we assist you to the store so you can stock up on your preferences.

At assisted living our goal is to keep you as independent as long as possible and assist you where needed to allow aging in place. This means you don't have to go to a nursing home! For those of you who have been supporting and helping your parents at home, you can go back to being the child again since all aspects of care are being addressed at assisted living communities. How much more time would you have for yourself and your family if you didn't have to run and check on Mom and/or Dad on a regular basis?

If you're still not sure assisted living is the right choice, do a trial run. Here at Hibiscus Court community, we offer our Day Program where you can visit for the day. It's available from 9am-5pm with all activities, meals, medication management, and 24-hour care/supervision if needed.

Also, we offer our Respite Program where you can come for a week or a month+; there is no limit to your stay, you'll have access to all amenities, fully furnished room with cable and Wi-Fi. This allows families to vacation without worrying about their loved ones and helps with transition into assisted living.

For more information, contact Hollie Fincher at Hibiscus Court Assisted Living Community at 321-951-1050.





# Helping Seniors Of Brevard



SENIOR RESOURCE  
CENTER OF BREVARD

Helping Seniors of Brevard steps into a new level of service to the 300,000 age 50+ (with special focus for the 150,000 age 65+) who live in Brevard County.



The 5,500 sq ft state-of-the-art Senior Resource Center of Brevard, located in the South Apollo Professional Tower (Melbourne Florida), opening May 2023, will house the Helping Seniors Info Line (a free call for Seniors and their families at 321-473-7770), the Helping Seniors TV/Radio Media Center as well as a number of Resources designed to provide excellent service for Seniors.



*The Reception Area of the Senior Resource Center of Brevard.*

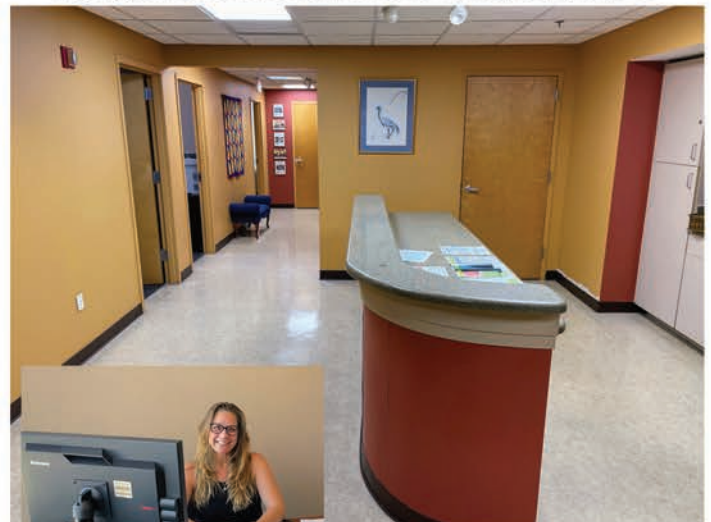
Through the generosity of the Omni Healthcare group, space in the premiere South Apollo Professional Tower, located conveniently near the hospital and medical campus in Melbourne, has been provided to Helping Seniors of Brevard for our centrally-located Senior Resource Center of Brevard.

The Helping Seniors Housing Task Force as well as the Helping Seniors Volunteer Force will headquarter here, as will a number of resource partners that help provide a solid patchwork of services to assist Seniors, and those who love and care for them, in navigating the many challenges that can come with aging.

Look for information on our Open House and special events calendar coming in June 2023!



*Jennifer Barton, Seniors Helping Seniors owner & long-time member of Helping Seniors Board, settles into her new office, ready to serve!*



**The Senior Resource Center of Brevard.**  
Brevard County's Information Resource from Helping Seniors - intended to help Seniors navigate effectively through the challenges of aging.



Helping Seniors  
Resource Center  
1344 S Apollo Blvd  
Suite 2-C  
Melbourne FL 32901





## Medicare Savings Programs

*Jerry Hadlock, Jr.  
Medicare Insurance Agent*

World Elder Abuse Awareness Day (WEAAD) on June 15 is dedicated to raising awareness about the abuse and neglect that many elderly people face. It is an opportunity to promote respect for seniors' rights and dignity and encourage communities to take action to prevent elder abuse.

Elder abuse can include physical, financial, psychological, and sexual abuse, neglect, and abandonment. About 1 in 10 older adults experience some form of abuse or neglect, suffering significant harm to their health, well-being, and quality of life.

To prevent elder abuse, be aware of the signs, such as unexplained bruises or injuries, sudden changes behavior or mood, and financial exploitation. If you suspect an older adult is being abused or neglected, report it to the authorities or a trusted caregiver. To report abuse by phone, call the Florida Abuse Hotline (toll-free and available 24/7) at 1-800-962-2873 and press 2. To report via fax, complete the DCF fax reporting form and fax it to 1-800-914-0004.

Communities are taking many other actions to prevent elder abuse, including educating and training caregivers and healthcare providers, promoting social inclusion and engagement for older adults, and advocating for policies and programs supporting seniors' rights and dignity.

The Florida Department of Elder Affairs, Senior Resource Alliance, Brevard Alzheimer's Foundation, Brevard Commission on Aging, Aging Matters in Brevard, and other organizations are hosting a WEAAD program on June 15, 2023, from 9 a.m. to 12 p.m. at the Space Coast Health Foundation in Rockledge. The program includes information on protecting oneself from financial exploitation. Admission and parking are free, but please contact the Brevard Alzheimer's Foundation at 321-253-4430 ext. 104 to reserve your spot.

By working together to prevent elder abuse, we can help ensure that older adults can live safely and with the respect and dignity they deserve.

Get help from your state paying your Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) premiums through a Medicare Savings Program. If you qualify, Medicare Savings Programs might also pay your Part A and Part B deductibles, coinsurance, and copayments.

Apply for Medicare Savings Programs through your state. When you apply, your state determines which program(s) you qualify for. Even if you don't think you qualify, you should still apply.

In many cases, to qualify for a Medicare Savings Program, you must have income and resources below a certain limit, which go up each year. (For current limits, please go to [www.medicare.gov/medicare-savings-programs](http://www.medicare.gov/medicare-savings-programs)).

**You may still qualify for these programs even if your income or resources are higher than the limits listed.** Some states don't count certain types or specific amounts of income or resources when deciding who qualifies.

**1) Qualified Medicare Beneficiary Program** - helps pay for Part A premiums; Part B premiums, deductibles, coinsurance, and copayments (for services and items Medicare covers). If you qualify:

- Medicare providers aren't allowed to bill you for services and items Medicare covers, such as deductibles, coinsurance, and copayments.
- You may get a bill for a small Medicaid copayment, if one applies.
- You'll pay no more than \$4.30 in 2023 for each drug covered by your Medicare drug plan.

**2) Specified Low-Income Medicare Beneficiary Program** - helps pay for: Part B premiums (You must have both Part A and Part B to qualify.)

**3) Qualifying Individual Program** - helps pay for: Part B premiums (You must have both Part A and Part B to qualify.)

Source for Information: Medicare.gov.

You can call Jerry Hadlock for Help.  
cell/text 321-720-4526.





## The Senior Housing Crisis

*Traci Graf, RN  
AVID Home Care*

Are you aware of what's happening in Merritt Island? Many large apartment complexes have been bought by a large group from Lakewood, NJ. All are zoned as "low-income housing/apartments" per the Brevard Public Appraiser site. While some residents may assume the properties will be cleaned up or crime decreased in those areas, there is also a different perspective.

These apartment complexes house people receiving state benefits and living on fixed incomes. Many tenants were hard working people all their lives but now due to age and physical disabilities can no longer work. They pay their rent and bills on time, attempt to save anything left over, their apartments are clean, they attend church and care about this community. Many of the people living in these apartments have been there 20 + years and are now in their 70's, 80's, and 90's. Many are veterans!

Their rents are being raised by \$300-\$700 a month - not sustainable for most of them. Where are they going to go as they are evicted? They are going to your yards, your streets, your parks, any wooded area they can find! The wave of homeless seniors is going to cause an increased burden on the already overworked medical field.

We do have a wonderful resource in Brevard called Senior 202 Housing, but it has a five-year waiting list. Rent is fixed and income based, utilities are covered, some even provide one meal and transportation. There are only six buildings in the county. It would be nice if the same kind of benefits in that program could apply to all senior citizens on fixed incomes no matter where they live.

What can you do? SPEAK UP! To anyone and everyone you know. Feel free to reach out to me either by email [Traci@avidhomecareservices.com](mailto:Traci@avidhomecareservices.com) or at 321-506-8591. Business owners in Merritt Island need to get involved, there is power in numbers!



## Is It Possible that I Don't Need Periodontal Treatment?

*Lee Sheldon, DMD  
Sheldon and Furtado, PLLC*

They say I need a deep cleaning. Do I?

That depends. As much as we talk about periodontal treatment in this column, many people see me for a second opinion. They've been told they have periodontal disease and need a deep cleaning. And when I see them, some don't.

Maybe they needed it and improved between their initial dental visit and their visit with me. I don't know.

Here's a rule: You don't need a deep cleaning if you have no pockets or bone loss. Loss of attachment between the tooth and the bone is the definition of periodontitis.

Gum tissue swelling and bleeding is "gingivitis." Gingivitis is caused by soft bacterial plaque and is easily reversed through good oral hygiene and regular professional cleaning.

If you are told that you have periodontitis, here's what you can look for:

1. You have periodontal pockets of 4 mm. or greater.
2. Those pockets are due to bone loss, not due to swelling of the gum tissue
3. You have dirty root surfaces with calculus (hard bacteria) below the gum line.

If you're still unconvinced, get a second opinion from a periodontist.

Unfortunately, periodontal treatment is being advertised within the dental profession as a "profit center" for their hygiene practices. Instead of health care, in an unethical practice, you become a revenue source.

You have to be careful within every business, and every profession, to be sure that the procedures that are recommended are needed. Just because it is covered by insurance doesn't necessarily mean that you need it. Be a wise consumer. Look. Ask questions. Find the best answer for yourself.





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# Mom & Me by Audrey & Kimberley

## DEAR MOM AND ME,

My mother has always been a feisty woman. I guess we survived because of it, but it is beginning to annoy us. We are embarrassed because she will argue with anybody. She is constantly sending letters to the editor of our local newspaper and to public relation departments of major companies. She must have ten cartons of food stuffs from these companies just to keep her quiet.

She walks five miles a day, eats fruits and vegetables and is on a low fat diet, plays bridge and weighs only ten pounds more than she did sixty years ago.

My father just looks the other way --- We are glad our jobs are not close by so we do not live in the same city. What goes with this mother of ours?

– Hazel in Hatpin

## DEAR HAZEL,

Ill-mannered people irritate me to no end. Some people feel that since they have lived to sixty-five plus years they no longer have to follow the social conventions of being patient and polite to others. Just last week I was standing in an express line at the grocery store. The line was not moving fast enough for this elderly gentleman. He started to complain. He was loud,

rude and inappropriate. But your mother sounds like she has been abrasive her whole life. There isn't a behavior change. Talk to her if her behavior bothers you. Tell her you find it embarrassing to be around her and if she does not change her behavior you may have to limit your time together. I suspect she will say why now? She has been this way her whole life. It would be a question I would ask you too..

– Kimberley

## DEAR HAZEL,

Your mother seems to have a very active mind and does all the right things to care for herself. Her personality is long set and nothing is going to change her.

Your father seems to have the right idea - accept her as she is. Try and focus on her good behaviors, and then try and not let her bad behaviors bother you.

Pryce, I have complained to you many times I know. Younger people are impatient with us, and we have become very defensive and hostile. Many capable seniors are pushed around and treated like children. We are retired, not expired.

Your mother's bad behavior is annoying to you - make sure you don't start acting like her - sometimes this happens.

– Audrey

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## Does It Matter How You Hold Title To Property? cont'd from page 13

go through probate.

While you are living, the trust is simple to manage. Initially either you, or you and your spouse, will be the trustees and beneficiaries. Similar to a corporation where you are the only shareholders and the only officers, you are responsible to no one else. You are free to buy, sell, gift, or do anything you want with your property. The IRS does not see this as a separate taxable entity. You will continue to use your social security number and file a regular 1040 tax return.

In addition to avoiding probate, a trust simplifies matters if you become incapacitated. With a husband and wife if one becomes incapacitated, the other continues as sole trustee. If neither spouse is competent to act as trustee, the person you have designated steps in and manages the trust assets for your benefit, avoiding the need for a guardian. Guardianships should be avoided if possible. First, there is the unpleasant court process of establishing incapacity, and then every year thereafter the guardian must report to the court. §

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.



## SENIOR NEWS LINE

# Food Prices to Rise Again this Year

By Matilda Charles

**B**race yourself, this is going to hurt: The price of all food is likely to go up an additional 7.9% this year. Food we eat at home is predicted to go up 8.6%, per the Economic Research Service of the U.S. Department of Agriculture.

Specifically, here are some of their expectations for price increases: Eggs up 37.8% (we've already seen some of that), dairy up 7.2%, cereals and bakery up 12.8%, fresh vegetables up 3%.

Some of us are going to be in trouble, if we aren't already.

Here are some ideas to keep food on the table:

Design your menu from the weekly sales flyer from your local store. Shop early before the sales items are gone. Stock up if you can on shelf-stable items and some multipurpose basics. Think: rice, pasta, soups.

Explore recipes online and search for inexpensive meals for seniors. You can even -- don't laugh -- look up websites with recipes for poor college students. (Some of them are quite creative.) Look up "nutritionally dense foods" to ensure that you're getting value for your shopping dollar.

Encourage your senior center (or even the rec center) to hold classes for seniors on how to put meals on the table without breaking the bank.

Call Meals on Wheels to see if you qualify for free meals. Use the food bank. Look up Commodity Supplemental Food Programs (CSFP) for your state and see if you qualify for a free food box each month.

Become a label reader again, especially if you're shopping by price and are considering buying foods you don't normally eat. Watch the sodium, carbs and calories.

Ask your doctor if you should take a daily vitamin supplement to get you through this period where your nutrition might not be the best. Good nutrition is a big part of staying healthy. ®

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## King Crossword

### ACROSS

- 1 Pot brew  
4 Rosary component  
8 Tempo  
12 Rowing need  
13 Scarce  
14 "Damn Yankees" vamp  
15 Polish composer Chopin  
17 Squad  
18 Oust from office  
19 Not 'neath  
21 Show to a seat, slangily  
22 Established rule  
26 Kick out  
29 Cat's coat  
30 Ms. Longoria  
31 Chaste  
32 River blocker  
33 Till bills  
34 Wyo. neighbor  
35 Corral  
36 Sanctify
- 37 — acid  
39 Luau bowlful  
40 Khan title  
41 Blacksmiths' blocks  
45 Indolent  
48 Curry powder  
50 Dayton's state  
51 "Do — others ..."  
52 "I love," to Livy  
53 Autograph  
54 Take five  
55 Bottom line
- 10 "The Greatest"  
11 Make lace  
16 Wimbledon tie  
20 Where Lux. is  
23 Actress Russo  
24 Currier's partner  
25 Mama — Elliot  
26 Monumental  
27 Dame Dench  
28 Part of Q.E.D.  
29 Summer cooler  
32 Illinois city  
33 Martini garnish  
35 Glutton  
36 Witticism  
38 Synthetic fabric  
39 Seg-ments  
42 Persia, today  
43 Rickey flavor  
44 Kilt wearer  
45 Part of UCLA  
46 Sashimi fish  
47 Sharp turn  
49 French article

### DOWN

- 1 Bean curd  
2 Deserve  
3 God of war  
4 Chicken serving  
5 Third rock from the sun  
6 "Exodus" hero  
7 Propriety  
8 Book jacket write-up  
9 Long time

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
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53					54					55		

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# PAW'S CORNER

By Sam Mazzotta

## Dog's Driveway Poop Is a Bone of Contention for Neighbors

**DEAR PAW'S CORNER:** My next-door neighbor shares a driveway with me. We get along fine, organizing our cars so no one is blocked in. However, every morning she walks her dog up the side of the driveway and doesn't pick up after it. I've asked her to do so, but she said that since it's her side of the driveway she has the right to let him poop there. What can I do to solve this?

— Stunk Out in Bradenton, Florida

**DEAR STUNK:** Neighbor disputes over dog droppings are always a bit nerve-racking, especially when the offending neighbor asserts their right to leave a mess.

Check your neighborhood homeowners association rules to see if this issue is addressed. If you don't live in an area with an HOA, check out your city or county's website to find out if there are any restrictions for this sort of behavior, and if it's possible to file a complaint.

Even though your neighbor is keeping the dog on her side of the driveway, it's shared property. Further, dog

poop left lying around, even on the edge of the driveway, is a health hazard. Not to mention how ick it is for anyone who parks on that side and accidentally steps out onto one of those "gifts."

No matter what, don't lose your cool. Stay civil toward your neighbor. Keep asking her to pick up after the dog, and note down the date and time of each interaction and each time poop is left behind. Take pictures with your phone as well. If the issue can't be resolved by politely asking, you'll need to file a complaint with the HOA or your municipality, and may have to provide evidence (notes and pictures, not the actual poo) to back up your complaint.

Readers, have you dealt with this problem? Tell us about it at [ask@pawscorner.com](mailto:ask@pawscorner.com).

Send your tips, comments or questions to [ask@pawscorner.com](mailto:ask@pawscorner.com). (c) 2023 King Features Synd., Inc.

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# The Easter Question

Rev. Jeff Wood, First Presbyterian Church of Sebastian

When Jesus said, "I am the resurrection and the life," he continues saying, "if a man believes in me, yet though he dies, he will live again." Then he asks, "Do you believe this?" That is the Easter question. It is a question that rings out beyond Easter day itself.

Paul Azinger, a famous golfer, faced that question Jesus posed, "He who trusts me will live again. Do you believe this?" He was thirty three years old when he got cancer. He said, "A genuine feeling of fear came over me that I could die of cancer. But then another reality hit me even harder. I am going to die anyway from cancer or something else. It is

just a matter of when. With that realization everything I had accomplished in golf became meaningless. All I wanted to do was live."

Then, a fellow golfer and Christian, Larry Moody said, to him, "Zinger, we're not in the land of the living going to the land of the dying. We're in the land of the dying going to the land of the living."

By receiving the power of Jesus, Azinger became a person not going from the land of the living to the dying but from the dying to the living. Azinger later said, "I've won a lot of tournaments. But that happens and is always temporary. The only way to have true contentment is in a

relationship to Jesus Christ. I'm not saying that nothing ever bothers me or that I don't have problems. But I have found the answer to the six foot hole... If a man dies, can he live again? Yes, Jesus proved it."

"Do you believe this?" And that's the Easter question he asks you. Do you believe Jesus rose from the dead and can raise you? Don't answer it by wishful thinking but by thinking. A thinking belief makes a difference for you and the world. ☺

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

## CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
May 1	Mon	Documents & Estate Planning	Helping Seniors Travel Club	The Ultimate Mouth Manual	Capital Update
May 2	Tue	Life Enrichment	Top 3 Public Benefits Questions	Reverse Mortgage - Now Time?	Capital Update
May 3	Wed	What Assisted Living Can Do	Medicare - Questions & Answers	New to Florida? Elder Law	Capital Update
May 4	Thu	Great Employment for Seniors	Real Estate & Seniors	How Public Adjuster Helps	Capital Update
May 5	Fri	Care Management	Printing & Direct Mail Options	Is Assisted Living Right for You	Capital Update
May 8	Mon	Senior Info in Senior Scene	Living Beyond Your Current Home	Technology and Home Care	About Golden Providers
May 9	Tue	Chefs for Seniors	Long Term Care Planning	Senior Travel: Safe & Fun	Safe and Secure at Home
May 10	Wed	The Dirty "D" Word - Dementia	Checking Out Zon Beachside	Your Legal Documents Checklist	Periodontal Disease
May 11	Thu	3 Reasons for Reverse Mortgage	Assisted Living Helps Thrive	The Parts of Medicare	Avoiding Probate
May 12	Fri	Your Eyes, Your Vision, Your Hope	How SRES Can Help	How Medical Office Team Helps	Capital Update
May 15	Mon	The Helping Seniors Directory	Smorgasbord of Legal Matters	Stay Home Safe or Downsize?	5 Ideas on Financial Checklist
May 16	Tue	Senior Real Estate Things to Know	Helping Seniors Directory	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2
May 17	Wed	Holistic Approach to Pain Relief	When to Call Adult Abuse Line	Guardianship	The Vial of Life
May 18	Thu	Inclusive Dentistry	Put Kids on the House Title?	2 Assisted Living Questions	What Assisted Living Can Do
May 19	Fri	What Elder Law Attorney Can Do	About Cataracts	Senior Mental Health	Capital Update
May 22	Mon	The Parts of Medicare		Finding Good Help at Home	Care Management
May 23	Tue	Elder Law Services	How Public Adjuster Helps	Real Estate & Seniors	When Assisted Living?
May 24	Wed	Helping Seniors - 12 Years Later	5 Steps to Staying Safely at Home	3 Reasons for Reverse Mortgage	Durable Power of Attorney
May 25	Thu	Golden Providers Biz-2-Biz	Debt Relief for Seniors	Medicare - Questions & Answers	Helping Seniors Travel Club
May 26	Fri	All About Home Health Care	The Dental Experience	Chefs for Seniors	Capital Update
May 29	Mon	Medicaid Planning - Part 1	Medicaid Planning - Part 2	Senior Info in Senior Scene	Trusts
May 30	Tue	The Talk About Assisted Living	In Home Care Giving	Cosmetic Dentistry	Reverse Mortgage - Now Time?
May 31	Wed	Value of Professional Printing	Understanding Medicare Options	Life Enrichment	Why Public Adjuster Helps Claims



Date	Day	Program	Topic	Special Guest
May 3	Wed	Helping Seniors Radio	Focus on Elder Law	Bill Johnson, Esq.
May 10	Wed	Helping Seniors Radio	Focus on Your Smile	Dr. Lee N. Sheldon
May 17	Wed	Helping Seniors Radio	Focus on Real Estate	Barbara McIntyre
May 24	Wed	Helping Seniors Radio	Focus on Help at Home	Jennifer Barton
May 31	Wed	Helping Seniors Radio	Focus on Case Management	Rachel McLain



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# Something New For One Or Two

Recipes especially created for 1 or 2 diners

**Warm weather is here with it's abundance of fresh fruits and vegetables and the best shrimp in the country. The following recipes make good use of local produce and seafood. The strawberries are absolutely wonderful and can be used for soups, salads, and desserts or just be eaten fresh off the vines.**

## FRESH FRUIT GAZPACHO

1/4 cup diced honeydew  
1/4 cup diced cantaloupe  
1/2 cup hulled strawberries  
1/2 small granny smith apple, peeled and diced  
1 t. sugar  
1 t. each grated orange and lemon peels  
1/2 cup orange juice

In a blender process all the ingredients till smooth. Chill for at least 4 hours, serve with a garnish of a few lemon or lime slices or fresh blueberries if available.

## ARTICHOKES DIVINE

2 T. red wine vinegar  
1/3 cup canola oil  
2 T. parmesan cheese  
1 T. chopped pimiento  
1/2 can artichoke hearts, drained and chopped  
1 Vidalia spring onion sliced  
Romaine and iceberg lettuces, shredded.  
(enough for 2)  
In a container with a tight lid, mix vinegar, oil, cheese, pimiento, artichoke hearts and onion.

Chill about an hour and toss with the mixed lettuces. Serves 2.

## GULF COAST BBQ SHRIMP

3/4 lb. large shrimp, headed with shell left on  
1/2 stick real butter  
1/4 t. red pepper  
1 t. Cajun seasoning or to taste

Melt butter in an iron skillet, add the pepper and seasonings and mix well. Add the shrimp and cook till bright pink, turning occasionally. Serve hot with crusty French bread to sop up the juices. Everyone peels their own. Serves 2.

## TOMATOES ROCKEFELLER

2 medium ripe tomatoes  
1 T. chopped onion  
1 T. chopped parsley  
1 T. butter, melted  
1/2 package frozen chopped spinach, steamed & drained well  
salt and pepper  
1 t. paprika  
1/2 t. garlic salt  
Italian bread crumbs.

Slice the tops from the tomatoes and scrape out the centers, drain on paper towels. Mix the onion, parsley, spinach and spices. Place the drained tomatoes in a baking dish and fill each with 1/2 the spinach mixture and top with the bread crumbs drizzled with the butter. Bake at 350 for 20 minutes

## STRAWBERRIES IN LEMON CREAM

Enough fresh ripe strawberries to suit each person  
1 3 oz. package cream cheese, softened  
2 T. confectioners sugar  
1 t. grated lemon peel  
1 T. lemon juice  
2 T. milk (or more, if needed)

Hull and slice strawberries. In a bowl with a mixer, beat cream cheese, sugar, lemon peel and juice and milk till light and fluffy. If needed add more milk till it mounds slightly with a spoon. Place sliced strawberries in two chilled bowls and fold in the lemon cream. Enjoy!!!!!!

To order a copy of the cookbook, "Something New for One or Two" send \$11.50 to Pickle Pepper Press, P.O. Box 66214, Mobile, AL 36660

*Jeanne Harris Weaver* cont'd from page 11

has resulted is resounding. It is soft, it is tender, it is uplifting and it is gut wrenching...but for Jeanne she had to do it..."

Jeanne received her B.A. from Florida Atlantic University. She studied oil painting three additional years under a master artist. She developed art curriculum for the College of William and Mary's gifted and talented program. In 2017, Jeanne received an Honorary Degree from The College of William and Mary. She is a published author of the book, **Losing Todd: A Mother's Journey, Finding Peace in My Heart**; and **illustrator to a children's book, Animals That Come From All Around Our Wonderful World**. Jeanne has designed 4 monuments. Three stand in the Monument Plaza at the Veterans Center on Merritt Island. The fourth sits on the Monument Walk of the National Cemetery of Cape Canaveral in Scottsmoor, FL.

Jeanne sits on the National Board of the Episcopal Church Visual Arts Organization; she is Resident Artist at St. David's by the Sea Episcopal Church in Cocoa Beach, and a member the Brevard Cultural Alliance. She paints on commission.  
[www.jeanneweaverartist.com](http://www.jeanneweaverartist.com). ©

*Should I Admit Defeat?* cont'd from page 12

plan, construct, and manage the projects because government control would result in longer building times and higher costs.

While there are many hoops to jump through, HUD money could be used to renovate property for affordable housing and that money NEVER returned if the housing projects are used 40 years for the purpose intended. Do you wonder why Brevard's Housing and Human Services Department has not sought out HUD sources for construction of affordable housing? The money is there and, while we have money to build homes in the Zoo for animals, we cannot seem to pull our act together to house people.

The homeless population in Brevard will continue to grow while we address the Lagoon, high speed trains, gun rights, and other hot potato issues. Those up for election never mention homelessness, affordable housing, and other issues affecting seniors that we continue to attract to Brevard County. The 25 million in CARES money we gave to the Commissioners could have built two projects like Saint Stephens Way. If we continue to ignore the housing problem, we will admit defeat when victory, with the help of a very small tax, could be achieved. ©

Contact Helping Seniors at 321-473-7770, at [www.HelpingSeniorsofBrevard.org](http://www.HelpingSeniorsofBrevard.org), or at P.O. Box 372936, Satellite Beach, FL 32937.




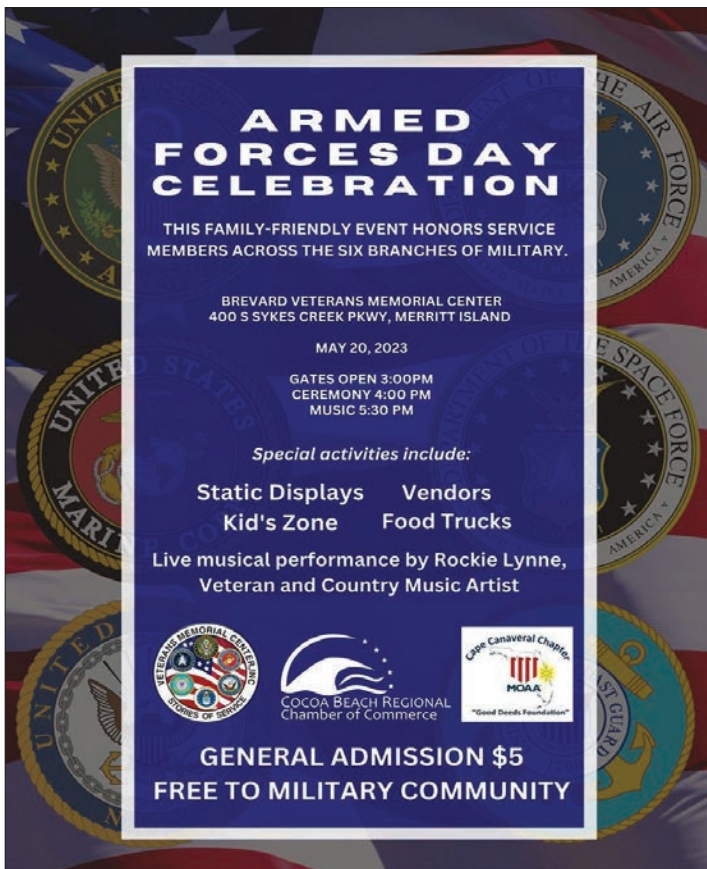
# Armed Forces Day Celebration: A Special Event on May 20

About a week before Memorial Day this year, the Cocoa Beach Regional Chamber of Commerce and the Veterans Memorial Center will be hosting a special Celebration to Honor and Recognize our active duty Military, National Guard, Reserves and their families, including those of deployed service members. From 3-8 pm on May 20th at the Veterans Memorial Center and Park Armed Forces Day 2023 will be celebrated.

The Poster below describes the event which is also supported by many sponsors from the business and veteran communities in Brevard. It is the first such major celebration of Armed Forces Day held in the community vice on our area bases, which offers a great opportunity for the community to show their appreciation as well as see many great displays from all the branches of service and listen to wonderful concert from Army Veteran and re-known singer, Rocky Lynne. There will even be a ceremony to induct more than 100 Brevard area high school graduates who are enlisting to join the various branches of service just out of school.

There will be plenty of food a drinks available with ALL military personnel and their families eating free thanks to community sponsors. It should be a great celebration and set the stage for more than 10 major events planned in Brevard from May 26-29 to honor and remember military sacrifice over Memorial Day Weekend.

For more information about Armed Forces Day at the VMC, contact Donn Weaver, VMC on 757-871-6576 or the Cocoa Beach Regional Chamber. 



## Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ♦**

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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## Still Dreaming of Jeannie *cont'd from page 40*

Eden is also an author, releasing her best-selling autobiography "Jeannie out of the Bottle" in 2012. Two years ago, she also published her first children's book, "Barbara and the Djinn," which perhaps not surprisingly features a young girl named Barbara and yes, a genie.

"The little girl magically travels to different places and meets different people learning what is most important in life which is kindness and understanding," she explained. "I've loved to read ever since I was 3 or 4 when my mother and aunt would read to me. I thought how sad that children

*Still Dreaming of Jeannie continued on page 46*



## Masks At VA Facilities Not Gone

**T**he Department of Veterans Affairs recently announced that they were relaxing the requirement for masks to be worn at all VA medical facilities. But if you heard on the news that the mask requirement is gone, it's not necessarily so.

There is now a three-tier safety system whereby each facility is rated as high, medium or low for Covid transmission problems, and each facility will be monitored weekly for any updates or changes.

So what does it mean if your facility ranks as high for Covid risk? I checked a half dozen VA facilities in my state, and all were ranked high. That means everyone has to wear a mask, they might screen for Covid at the door, only approved visitors can come in, physical distancing is required, and you should ask your care team about options for phone or video appointments instead of going in.

Sounds like nothing's changed over the past few years.

So I picked another state. Most were at a high level, but

I did see a few rated medium. For those, the facility itself will decide based on what's going on in the area. Care partners will be welcome, but no other visitors.

Then there's the Off-stage and On-stage middle-of-the-pack medium mask category. For Off, it's any area where patient care is not being performed, like hallways and admin areas. For On areas, masks are required in patient rooms and anywhere patients are being provided care.

After much looking, I finally found a VA facility rated as low. The rule is simple: You must wear a mask if veterans are present. Read the signs when you go in so you'll know.

Bottom line: A mask might be required no matter what level facility you enter. Tuck one into your pocket just to be sure you have it handy.

To check the Covid safety level at any VA medical facility you visit, look at their website for their rating. See [www.va.gov/find-locations](http://www.va.gov/find-locations) for the list of locations. ☺

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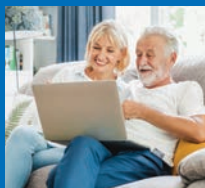
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See ad on pg. 43

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## King Crossword Answers

Solution Time: 21 minutes

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

## Sudoku Answers

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



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■ Persistent Depressive Disorder (Dysthymia) – a depressed mood that lasts more than two years, but the person may still be able to perform daily tasks, unlike someone with Major Depressive Disorder.

■ Substance/Medication-Induced Depressive Disorder – depression related to the use of substances, like alcohol or pain medication.

There are other types of depression in addition to the three mentioned above. For more information, consult a professional. You can also visit the National Institute of Mental Health's website for additional information: <https://nimh.nih.gov>

## Q Are there any local resources for people who feel depressed or anxious?

A Yes, in Brevard County these include:

- 1) Brevard Crisis Information: Dial 211 or (321) 632-6688
- 2) Suicide & Crisis Lifeline: Dial 988
- 3) Suicide Hotline 1-800-273-TALK (8255)
- 4) National Alliance on Mental Illness (NAMI) Crisis Information:  
visit: <https://namiflorida.org/crisis-info/>
- 5) Circles of Care comprehensive behavioral services (offers several different kinds of care, including inpatient and outpatient services), 400 East Sheridan Road, Melbourne, FL, 321-722-5200.
- 6) Coastal Psychiatric Urgent Care walk-in clinic

(no appointment necessary) 1335 Valentine Street, Melbourne, FL, 321-586-5444 (telehealth available). 1-722-

7) Legacy Behavioral Health Center (outpatient) 1924 Dairy Road, West Melbourne, FL, 888-975-3422 or 321-256-8000.

8) Palm Point Behavioral Health inpatient and outpatient services for children and adults. 2355 Truman Scarborough Way, Titusville, FL, 321-603-6550.

9) Brevard County, Cedar Village Rockledge Assisted Living Facility (for people with severe mental health issues who require a long-term residential facility). Call (321) 890-1555 for more information.

A few steps that you can take immediately to try and lessen your anxiety and/or depression, include:

- Talk to a good listener/Call a professional (review the above list)
- Go outside and take a walk
- Perform a random act of kindness
- Listen to your favorite music
- Write down your feelings

We hope you'll take advantage of this information. And if you ever find yourself considering suicide, you can seek help immediately by dialing 988 on your phone – from anywhere in the U.S. Stay safe, and remember, don't be shy about getting the help you need. (§)

*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).*

## Lost Planes ...

continued from page 10

In reality, Flight 19 was in the Atlantic flying toward Africa. The trainees, schooled in the area, tried to convince Taylor they were headed in the wrong direction. He agreed to turn west, but within a few minutes he turned the formation east once more. Radio trackers triangulated the flight location about 100 miles east of New Smyrna Beach.

With Lt. Taylor in command, the other pilots, some of whom out ranked their leader, had no choice but to follow their flight

Lost Planes... cont'd on page 44



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commander. Being a wrong way Corrigan is okay in football, but fatal in the Atlantic.

How and why all the confusion? The Naval Board of Inquiry in Jacksonville found the tragedy a natural disaster with human and navigation errors leading to the lack of gasoline and loss of five aircraft and the fourteen men of Flight 19.

Why did a pilot so experienced become so confused? He had quickly run through the preflight briefing, perhaps confident he knew the way. He had been on Hen and Chickens flights from Miami to the reef returning to Miami via the Gulf of Mexico. Ah, here's the rub!

Hen and Chickens designations are common along the U.S. eastern seaboard. Hen and Chickens describes a larger island surrounded by smaller islands or shoals. Taylor had been to Hen and Chickens Reef east of Plantation Key and Islamorada. The path for Flight 19 was to Hen and Chicken Rocks off Bimini in the Bahamas about one degree both north and west of Hen and Chickens Reef. Believing he was in the Keys, of course his compass would appear to be malfunctioning. In an exercise teaching dead reckoning, he relied on intuition. A confounding part of the story is that

the trainees had practiced similar patterns earlier in their program in the Bahamas.

The last communication from Taylor "All planes keep tight...We will have to ditch unless landfall. When the first plane is down to ten gallons, ditch." The exact location of the ditch is unknown, but various recovery attempts for the planes have been made in the past 78 years.

The possible confusion of Hen and Chickens Rocks and Hen and Chickens Reef by Lt. Charles Taylor seems not to have been noted by the Naval Board of Inquiry or the Board of Correction of Naval Records. Lt. Taylor's mother in 1947 had records changed, with the approval of the President, to clear her son's name of responsibility.

From the sad excursion of December 1945 augmented by sensation news reports, the myth of a Bermuda Triangle emerged rather than the navigational errors of a distracted flight commander followed by loyal airmen who followed orders to death.

Note from the author: This story is my own, created from documents, available public information and naval records. Comments are appreciated. ©

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# Third Anniversary of COVID-19

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

**A**cross the world, millions are left with lingering symptoms of COVID-19 infection. For many people, what started out as a relatively mild case of COVID-19 persisted into a lingering condition that took weeks or months before their suffering subsided ---- some are yet to fully recover. They live with long COVID, a condition health care providers have struggled to understand and accurately diagnose since the COVID-19 pandemic was declared by the World Health Organization (WHO) on March 11, 2020.

March 11, 2023 marked the third anniversary of COVID-19 pandemic. While the world is determined to move on from the acute phase, at least 65 million people are estimated to struggle with long COVID, a debilitating post-infection multisystem condition with common symptoms of fatigue, shortness of breath, and cognitive dysfunction, impairing their ability to perform daily activities for several months or years. Although the majority of patients infected with COVID-19 recover within a few weeks, long COVID-19 is estimated to occur in 10-20% of cases and affects people of all ages, including children, with most cases occurring in patients with mild acute illness. The consequence is

widespread global harm to people's health, wellbeing, and livelihood – an estimated one in ten people who develop long COVID stop working, resulting in extensive economic losses.

Some progress has been made in our understanding of its multifaceted nature, like the possible causes, including viral persistence, autoimmunity triggered by the infection, reactivation of latent virus, and inflammation-triggered chronic changes leading to organ damage, which might explain the different types exhibited by long COVID patients. Several candidate treatments are being tested, based on different symptoms and biological mechanisms. Because of long COVID's diverse symptomatology, reliance on self-reported symptoms, and a lack of diagnostic tests many patients struggle to obtain a definitive diagnosis. As a result, long COVID is often easily dismissed as a psychosomatic condition. Given what we now know about the effects of long COVID and its biological basis, it must be taken seriously.

*Third Anniversary of COVID-19 cont'd on page 47*

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## Still Dreaming of Jeannie *continued from page 40*

today just look at their phones and computers, so I wanted to give them a book to hold that can take them on an adventure using their imagination. It's a great book to give to the grandchildren."

While she has no plans for more books, Eden may appear on stage again for those still dreaming of seeing

"Jeannie" in person.

"I don't have any dates, but I'd love to do 'Love Letters' again," she says. "It's gratifying that people still want to see me perform and hear me talk about my career."

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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On a global scale, long COVID has not received the attention it deserves and there is a general lack of public awareness. In many places, data on long COVID are absent, especially in low-income and middle-income countries. Where studies have been done – such as in India, China, and South Africa – long COVID has been found. A global coordinated multidisciplinary research agenda, bringing together governments, non-governmental organization, and civil society, is essential to improve our understanding of the cause and pathogenesis, clinical diagnosis, treatments, risk factors, and prevention of long COVID. It was only in December, 2022, that the USA and the European Commission had a conference to foster international cooperation. In August, 2022 the USA set up the National Research Action Plan on Long COVID, which led to the US National Institutes of Health (NIH) to allocate \$1.15 billion to the Researching COVID to Enhance Recovery (RECOVER) project. The EU has yet to define a research agenda for long COVID and Long COVID Europe (a network of patient associations) is calling for €500 million in EU emergency research funds.

Without specific treatments for long COVID, attention needs to fall on prevention – keeping COVID-19 cases low and ensuring vaccination – and patient-centered multidisciplinary care. Patients, many with complex multimorbidities, need multisectoral physical, cognitive, social, and occupational support. Primary care has suffered in many countries, waiting lists have lengthened, and health systems are struggling. Education and awareness on the clinical management of long COVID in primary care remains insufficient and inequities in care continue. Delays in care and support prolong and exacerbate the symptoms of long COVID. The acute months of the COVID-19 pandemic motivated an unprecedented response from governments, international organizations, pharmaceutical companies, and civil society. Long COVID has not received anywhere near the same level of attention or resources: the result has been widespread harm to health, societies and economies. 3 years in, more is needed to recognize, treat, and support patients with long COVID. (S)

## 10 Worst Things to Carry in Your Wallet continued from page 14

contain digital versions of your credit and debit cards. Apple, Samsung and Google offer mobile payment services.

### FIRST STEPS

Take everything out of your wallet and sort it all, with an eye to eliminating most of the items. Remove old receipts, shopping lists, business cards, single-store credit cards that rarely get used, coffee shop punch cards that you'll likely never fill up, and so on. If it's not something you'll need often or in an emergency, keep it at home or in your car.

Create a safe and secure storage system at home or in your car for those items that you may use from time to time, but do not want to carry in your wallet. You can put extra cash there, too. Grab cards or items when needed, and when

done with your errand, return the cards to their secure spot.

### THINGS YOU SHOULDN'T KEEP IN YOUR WALLET

Here are the 10 things you should remove from your wallet and store in a safe place, depending on how often you need to access them:

- Social Security card. You do not need it for daily use, and criminals could use it to open lines of credit in your name or sell it to another criminal.
- Multiple credit cards and credit card receipts. Choose one credit card and one debit card you wish to use most of the time and leave the others at home. Multiple credit

10 Worst Things to Carry in Your Wallet cont'd on page 49



1. GEOGRAPHY: Which U.S. states share a border with Mexico?
2. MOVIES: Which movie was the first sports film to win the Best Picture award?
3. U.S. PRESIDENTS: How many former first ladies are still living?

4. TELEVISION: What is the name of Bart's teacher on "The Simpsons"?
5. LANGUAGE: What does the Japanese phrase "domo arigato" mean in English?
6. CHEMISTRY: What is the lightest element?
7. GENERAL KNOWLEDGE: Who is Marie Laveau of New Orleans?
8. AD SLOGANS: Which product was advertised with the slogan, "Great taste, less filling"?
9. U.S. CITIES: In which city would you find Thomas Jefferson's Monticello?
10. LITERATURE: Who wrote the autobiography "Dreams From My Father"?

### Answers

1. Four: California, Arizona, New Mexico and Texas.
2. "Rocky" (1976).
3. Five: Rosalynn Carter, Hillary Clinton, Laura Bush, Michelle Obama and Melania Trump.
4. Edna Krabappel.
5. Thank you.
6. Hydrogen.
7. Famous voodoo queen.
8. Miller Lite beer.
9. Charlottesville, Virginia.
10. Barack Obama.

# Cerise Charm Loropetalum Is An Easy Landscape Shrub

By Dr. Eddie Smith

One thing we know we can count on in the South is that it's going to get hot. It is useful to include plants in your landscape that can handle the hot and dry conditions. Loropetalum is a drought-tolerant plant that adds rich color and charm to your landscape. There are many selections available, ranging from large shrub/small tree sizes on down to dwarf and trailing varieties.

One of loropetalum's excellent landscape qualities is its evergreen foliage. The common species has green foliage. I love the burgundy-leaf varieties that have the best color when grown in full sun. Their leaves can turn a green color when grown in shade.

Loropetalums are in the witch hazel family and have flowers that look like fringe and resemble winter-blooming witch-hazel flowers. Loropetalum usually begins blooming in early spring and then blooms sporadically through the rest of the summer. The green-leaved varieties typically have white flowers, while the dark-burgundy-leaved selections have pink to red flowers.

Cerise Charm is a compact dwarf selection that boasts intense burgundy-purple foliage year-round. Even in the unforgiving heat of the Southeast, it keeps its color all summer. Hot-pink fringe flowers in the spring are a stunning contrast to the foliage. After flowering, bright reddish-maroon new leaves emerge, and these deepen in color to a dark plum as they mature. It forms a dense mound 2 to 3 feet high and wide. Little pruning is needed other than to maintain size and shape.

This drought-tolerant and low-maintenance shrub is sure to provide rich color and beauty in the sunny or partly shady landscape. It generally produces the best flowers and leaf colors in sunny locations.



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*Cerise Charm Loropetalum... cont'd on page 49*

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It tolerates many soil conditions, especially with some extra attention at planting. Amend native soil with good organic matter when filling in the hole to give the roots a good base to grow into. A common mistake gardeners make with loropetalum is planting the root ball too deep. Never plant deeper than the top of the soil line in the container, and dig the hole at least twice as wide as the container.

This shrub has many versatile uses and looks great in containers as well as the landscape. If you are looking for a shrub to provide color all year, Cerise Charm Loropetalum is a great choice. ☺

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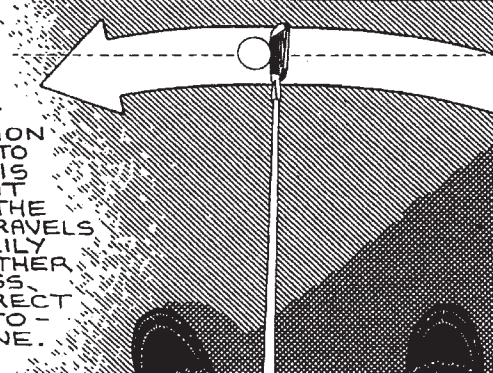
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THAT LOCATION FOR ME IS OPPOSITE MY LEFT HEEL WITH THE DRIVER, AND SLIGHTLY INSIDE IT FOR THE OTHER CLUBS. YOURS COULD BE ANYWHERE BETWEEN YOUR LEFT INSTEP AND THE CENTER OF YOUR STANCE.

USE YOUR PRACTICE SESSIONS TO LOCATE AND INGRAIN IT.



# MAY 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*

## MAY EVENTS

**Apr 21 – May 7: Legally Blonde,** Henegar Center, Downtown Melbourne, 321-723-8698, [Henegar.org](http://Henegar.org)

**Thru May 14: Disney's Mary Poppins,** Historic Cocoa Village Playhouse, 321-636-5050, [CocoaVillagePlayhouse.com](http://CocoaVillagePlayhouse.com)

**Apr 28 – May 14: You Can't Take it with You,** Surfside Playhouse, [SurfsidePlayers.com](http://SurfsidePlayers.com), 321-783-3127

**May 1: Music of the Theater Concert,** Brevard Chorale, Simpkins Fine Arts Auditorium – EFSC Cocoa Campus, [BrevardChorale.org](http://BrevardChorale.org), 321-794-7528

**May 3: Music of the Theater Concert,** Brevard Chorale, The Great Outdoors, Titusville, [BrevardChorale.org](http://BrevardChorale.org), 321-794-7528

**May 3 & 4: May Mysteries Concert,** Melbourne Community Orchestra, Melbourne Auditorium, 321-285-6724, [MCOOrchestra.org](http://MCOOrchestra.org)

**May 5-7: Annual Orchid Show and Sale,** Platinum Coast Orchid Society, Fri. and Sat. 9:00 AM – 5:00 PM, Sun. 9:00 AM – 4:00 PM

Kiwanis Island Park Gymnasium, 951 Kiwanis Island Park Road, Merritt Island, admission: \$5.00 (free parking) [www.platinumcoastorchidsociety.org](http://www.platinumcoastorchidsociety.org)

**May 5: Opening Reception: The View From A Blind Eye: Solo Exhibition by Esta Rubin,** Fifth Avenue Art Gallery, Eau Gallie Arts District, [FifthAvenueArtGallery.com](http://FifthAvenueArtGallery.com), 321-259-8261

**May 5: First Friday Reception: Joseph Wade Exhibit,** Eau Gallery, Eau Gallie Arts District, [EauGallery.com](http://EauGallery.com), 321-253-5553

**May 5: Friday Fest,** City of Cape Canaveral, [CityOfCapeCanaveral.org](http://CityOfCapeCanaveral.org), 321-868-1220

**May 6: Brevard Community Chorus Concert,** King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**May 6: Opening Reception, Studios of Cocoa Beach,** Downtown Cocoa Beach, [StudiosofCocoaBeach.org](http://StudiosofCocoaBeach.org), 321-613-3480

**May 7: Jazz Concert: Ron Teixeira & 2023 Jazz Society Scholarship Winners: Jazz Concert,** Space Coast Jazz Society, Veterans Memorial Center, Merritt Island, [SpaceCoastJazzSociety.org](http://SpaceCoastJazzSociety.org)

**May 12 – Jun 4: Sunday in the Park with George,** Titusville Playhouse, 321-268-1125, [TitusvillePlayhouse.com](http://TitusvillePlayhouse.com)

**May 13: Fly-in / Drive-in Breakfast,** Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, [WarbirdAirMuseum.com](http://WarbirdAirMuseum.com), 321-268-1941

**May 13: The Groove Shack Concert,** The Tangiers, Palm Bay, [TheTangiersFlorida.com](http://TheTangiersFlorida.com), 321-327-8759

**May 14: Mother's Day Special: Music and Memories,** The Tangiers, Palm Bay, [TheTangiersFlorida.com](http://TheTangiersFlorida.com), 321-327-8759

**May 19: Rodney Carrington,** King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**May 19: Friday Fest,** Downtown Cocoa Beach, [CocoaBeachMainStreet.org](http://CocoaBeachMainStreet.org)

**May 19 – Jun 25: The Cemetery Club,** Melbourne Civic Theatre, Downtown Melbourne, 321-723-6935, [myMCT.org](http://myMCT.org)

**May 20: Classic Albums Live: Tom Petty – Damn the Torpedoes,** King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**May 24: A Salute to Jazz Conductor Gene Egge Concert,** Melbourne Municipal Band, Melbourne Auditorium, 321-724-0555, [MMBand.org](http://MMBand.org)

**May 26-28: Hot Pink presents: Throwback to the Future,** Historic Cocoa Village Playhouse, 321-636-5050, [CocoaVillagePlayhouse.com](http://CocoaVillagePlayhouse.com)

**May 27: Brit Floyd,** King Center, Melbourne, 321-242-2219, [KingCenter.com](http://KingCenter.com)

**May 27: The Best of John Williams: A Side by Side Concert,** Space

Coast Symphony Orchestra, The Scott Center at Holy Trinity, Melbourne, [SpaceCoastSymphony.org](http://SpaceCoastSymphony.org), 855-252-7276

**May 27: Vendor Market,** Field Manor, Merritt Island, 321-848-0365, [FieldManor.org](http://FieldManor.org)

**May 28: Central Florida Winds: March On! Concert,** Suntree United Methodist Church, Melbourne, 321-405-2359, [CFWinds.org](http://CFWinds.org)

## ONGOING EVENTS

**American Police Hall of Fame,** Titusville, [APHF.org](http://APHF.org), 321-264-0911

**American Space Museum & Walk of Fame,** Titusville, [SpaceWalkoffame.org](http://SpaceWalkoffame.org), 321-264-0434

**Breakers Art Gallery,** Satellite Beach, [BreakersArtGallery.com](http://BreakersArtGallery.com), 321-779-6059

**Brevard Museum and Sciences Center,** Cocoa, [Brevard-Museum.com](http://Brevard-Museum.com), 321-632-1830

**Brevard Zoo,** Melbourne, [BrevardZoo.org](http://BrevardZoo.org), 321-254-WILD

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

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

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

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

**Field Manor,** Merritt Island, 321-848-0365,

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

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

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

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

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

**Harry T. & Harriette V. Moore Cul-**

**tural Complex,** Mims, HarryHarriette-Moore.org, 321-264-6595

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

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

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

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

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

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

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

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

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

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

**Valiant Air Command Warbird Museum,** Space Coast Regional Airport, Titusville, [WarbirdAirMuseum.com](http://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.

**May 5: The Single, Separated, Widowed and Divorced (SSWD)** group will meet for lunch at Grill's Seafood, 505 Glen Cheek Drive, Port Canaveral on Friday, May 5 at 12 p.m. All are welcome to join the group. For additional details, please call (502) 299-8949.

**The Brevard Antiques and Collectibles Club.** The first Friday of the month at the Suntree / Viera Library, 902 Jordan Blass Dr., at 10:00 AM, The third Tuesday at the Melbourne Beach Library, 324 Ocean Ave. at 1:30 PM. We have a different topic at each meeting. The group is open to anyone having an interest in learning about antiques and collectibles. We are collectors – not dealers therefore we do not give appraisals.





**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/>

**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. Schedule, Sunday 01 May – Escort and Assemble Wall; 02 May 1500-1700 Wreath Laying and Ceremony first come first served.

**07 May – Back Brevard**

**Heroes Festival** to honor First Responders and Veterans, VMC Plaza, Gray Hall and Park 0930-1400.

**20 May – Space Coast Military and Family Appreciation Day and BBQ** – On Armed Forces Day 2023, From 1500-1900 at the VMC and Park. Featuring CW Award winning singer Rocky Lynne. Active duty unit displays, music, food, kids games, many special activities to honor our ac-

tive duty forces and their families who eat free!

**26 May– Day ONE: Ride For Freedom and Flame of Honor Ceremony** at VMC Plaza area 1700- 2000. Rolling Thunder FL-1 Sponsor of 3 Day event. First Motorcycle Rally at 1600 at Fishlips at Port Canaveral with travel to VMC. Vietnam and GWOT Moving Walls from Patriot Guard Riders on Display at VMC with Gold Star Family and MIA/POW Remembrance Torch March through the VMC Memorial Plaza.

**27 May– Day TWO: Ride for Freedom Rally Space Coast Harley Davidson Ride for Freedom Festival** (1000-1600). Includes Food, Drinks, Music, \

**28 May – Day THREE: Motorcycle Ride for Freedom Kicks**

**Off** in the Merritt Square Mall Parking Lot adjacent to the VMC 1000 with apical events prior and after the Ride for Freedom departs VMC. 0900 -0930 Gray Hall Ceremony. Breakfast snacks and drinks available. Route of travel TBD.

**29 May – Memorial Day Remembrance** VMC 0930-1030

**29 May– Memorial Day Ceremony** at the Cape Canaveral National Cemetery in Scottsmeer/ Mims 0900-1000

**29 May – Memorial Day Ceremony and Display** downtown Cocoa Rieverfront Park 1600-1800

**03 Jun – Annual Courageous Division NSCC Sea Cadet Awards Ceremony**, VMC Gray Hall and Library 1100- 2100

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

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

**Purly Girls Knitting Club**  
Tuesdays 10am to 1pm  
**FIT Over 50 with Polly**  
Tuesdays from 9-9:55am, \$5/class.  
**Community Support Day**  
Wednesdays from 9am-3pm  
Hosting three great organizations to provide free help for our community: Second Harvest, for SNAP food assistance, 9am – 3pm; United Way for Health Insurance Marketplace, 10am – 3pm; Brevard Coun-

ty Libraries' Community Support Advocate will help you with housing, job/career, social security benefits, senior resources and other types of assistance. Available every other Wednesday.  
**Body Connect Yoga**  
Wednesdays from 2-3pm Please bring a yoga mat. \$5/class.  
**Intro to Stamping and Card Making**  
First Thursdays, 1-2pm Just \$1 and includes your supplies.

**Card Making with Donna Herring**  
First Thursday, 2-4pm \$5/class and an additional \$5/class for materials, pre-register at herring.donna@gmail.com  
**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.  
**Tech Help**  
Fridays from 12-1pm

Bring your own device and get one-on-one tech help from your librarian.  
**Book Club**  
Fourth Friday, 10:45-11:45am  
**Music Lovers Unite**  
Third Saturday, 12:30pm-1:30pm  
**Paint & Zen with S. J. Lentz**  
Tuesdays from 1:30pm-3:30pm  
Instructor fee is \$5 and materials fee is \$25 (\$30/class). Pre-registration is required

### 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

### Eau Gallie Public Library 1521 PINEAPPLE AVE., MELBOURNE 321-255-4304

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

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

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

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

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

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

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

**Book Sale and Bake Sale**  
April 3-7  
**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.  
**Craftroom**  
First Wednesday, 2:00PM-3:00PM. Materials

are provided. **"cancelled for April"**  
**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. **"cancelled for April"**  
**Cook the Book Club**  
Third Thursday, 6:00 PM

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

**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-Viera 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.

**Friends Book Sale** 4/20-21, 9am-5pm

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

**Non-Fiction book club**, 3-5pm, meets fourth Tuesday

**Brevard Investment Education Group** 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**

## MAY 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 martinanderseniorcenter.com**

**MONDAY**  
**Andersen Quilters** 9:00-12:00  
**Bone Builders** 9:00-10:00  
**Busy Fingers Crafts** 9:00-11:00  
**Intermediate Tap** 10:30-12:00  
**Party Bridge** 12:15-4:00  
**Belly Dance** 12:30-1:30  
**Spanish Class** 1:00-2:00  
**TUESDAY**  
**Art & Painting** 9:00-12:00  
**Morning Stretch & Exercise** 9:00-10:30  
**\*SHINE Counselor** 9:45-11:45

**Choral Group** 10:00-12:00  
**Grief Counseling** 2nd&4th Tues 10:00-12:00  
**Canasta** 10:00-2:00  
**Basic Line Dancing** 10:30-11:30  
**Line Dancing** 12:00-1:30  
**Gentle Yoga** 2:00-3:00  
**Tai Chi** 2:00-3:00  
**WEDNESDAY**  
**Bone Builders** 9:00-10:00  
**TOPS** 9:30-11:00  
**Writing Workshop** 9:30-11:30  
**Video Exercise** 11:30-12:30

**Spanish Conversational Class** 12:30-2:30  
**Book Club** (3rd Wed) 12:00-1:00 (bring your lunch)  
**THURSDAY**  
**Water Colors (Begin/Inter)** 9:00-12:00  
**Pinodhle** 10:00-3:00  
**Gentle Yoga** 10:30-11:30  
**Morning Stretch & Exercise** 9:00-10:30  
**\*SHINE Counselor** 9:45-11:45  
**Open Game** 10:00-12:00  
**Intermediate Tap** 10:30-12:00  
**Sewing Circle (4th Thurs)** 10:30-1:00

**Karaoke** 11:00-3:00  
**Chair Stretch & Balance** (2nd&4th) 2:00-2:50  
**FRIDAY**  
**Art & Painting** 9:00-12:00  
**Bone Builders** 9:00-10:00  
**Party Bridge** 12:15-4:00  
**Video Exercise** 11:30-12:30  
**Spanish Class-Beginner Plus** 1:00-2:00  
**Ballroom Dancing Class** 2:00-3:00  
**SATURDAY**  
**Dance** 2nd&4th Sat 7:00-10:00pm



# MAY 2023 SENIOR CALENDAR (continued)

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

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

### MONDAY-THURSDAY

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

### MONDAY

**No. Brevard Line Dance** 10AM-12:30 PM \$3/\$4 Yvette (321) 225-4872

**Gentle Yoga** 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782

**Golden Hearts Senior Fitness-** Monday 1PM-2PM \$5/\$6 Robin 321-514-5945

**Mexican Train Dominoes** 1PM-3PM \$2/\$3, Joanne (321)267-5923

**Hand & Foot** 1pm-3:30PM \$2/\$3 Donna (407) 808-5237

**Poker** 10AM-2PM \$2/\$3 321-591-5156

**Bunco** 1PM-3PM Carol 332-268-8087 Sharon (321)383-7927

**Zumba** 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945

### TUESDAY

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

(321) 537-5322

**Muscle Memory Strength Balance**

10:00AM-11AM Natine (321)609-0999

**Tap & Jazz** 11AM-12PM \$2/\$3 Marsha (321)264-2776

**Connie's Card Making** (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410) 598-3755

**Mahjong** 12:30 PM-3:30PM \$2/\$3 Andi (321)385-3595

**Party Bridge** 12:30PM-3:30PM \$2/\$3 Mary (321) 607-2200

**Darling Damsels Bridge** 1PM-3:30PM \$2/\$3 Kathy (321) 268 4827

**Tai Chi**, 1PM-2:30PM \$3/\$5 Ada (321) 848-4689

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

### WEDNESDAY

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

**Zumba Gold** 9:15AM-10:15AM \$5/\$6 Robin (321)514-5945

**Golden Hearts Senior Fitness-** Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945

**Hurricane Rug Hooking** (2nd & 4th Wed) 10AM-2PM \$2/\$3 Fonda (321-298-2796

**ACBL Duplicate Bridge** 12PM-3:00PM \$2/\$3 Judy (901) 336 1306

**Line Dance Class-Beginners** 4:00PM-5:30PM \$3/\$4 Ferrell (321) 267-0195

**Line Dance Class** 5:30PM-6:30PM \$3/\$4 Ferrell (321) 267-0195

**Line Dance Class** 6:30PM-7:30PM \$3/\$4 Barbara (321)452-1944

### THURSDAY

**Bingo** (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321) 231-1135

**Singles Club Planning Mtg** (1st Thurs) 4pm Call Jean for location (321) 352-2359

**Tai-Chi** - Thursday 1PM-2PM \$3/\$5 Ada

321-848-4689

**Zumba** 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945

**Zumba Gold Tone/Chair-** Thursday 11AM-Noon \$5/\$6 Robin 321-514-5945

### FRIDAY

**Euchre** - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679

**Shuffleboard** 10AM-12PM \$2/\$3 Bill (321)544-1430

**Muscle Memory Strength Balance** 10:00AM-11AM \$2/\$3 Natine (321)609-0999

**Billiards** 9AM-12PM \$2/\$3 NBSC (321)268-2333

**No Brevard Line Dance** 12PM-2PM \$3/\$4 Yvette 321-258-6534

**Line Dance Social** (1st and 2nd Fri) 6PM-9PM \$5 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 gpbsc.org

### MONDAY PROGRAMS

**Billiards**, Morning 8:30am-noon

**Billiards, Ladies** noon-3:30pm

**Bocce** 9-11am

**Bone Builders** 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)

**Bridge** 12:15-3:30pm

**Cornhole** 11:30am-12:30pm

**Golden Tones** 10am-noon

(On break until Sept)

**Ping Pong** 1-3:30pm

**Poker**: Straight 10am-2pm; Noon-3:30pm

**Sensible Weight Loss with Friends** 9-10am

**Shuffleboard (Indoor)** 1-3pm

**Travel Office** open 9am-2pm

**Vets-to-Vets Café** 3:30-5:00pm (4th Mondays)

**Woodshop** 8am-12pm

### TUESDAY PROGRAMS

**Billiards, Morning** 8:30am-12pm

**Billiards, PM** 12-4pm

**Hand & Foot** 11:30am-3:30pm

**Fitness Fun** 9:15-10:15am

**Mah Jongg (Asian)** 12:30-3:30pm

(1st & 3rd Tues)

**Ping Pong** 1-3:30pm

**Poker, Straight** 10am-2pm

**Poker, Straight** 6-9:30pm

**Sassy Senior Cheerleaders** 4-6pm

(On break until Sept)

**Travel Office** open 9am-2pm

**Wood Shop** 8am-noon

**Wii Bowling** 10:30am-12:30pm

### WEDNESDAY PROGRAMS

**Bargain Thrift Corner** 9am-12pm

**Billiards, Open Play** noon-4pm

**Bingo** 11:30am-3:30pm Doors open at 9am.

Food available to purchase

**Bone Builders** 9:15-10:15am;

10:30-11:30am (Dr's permission req'd)

**Bridge** 9:30am-12pm

**Darts** 4:30-6pm (2nd & 4th Weds)

**Golf** (Crane Creek on 192) 9:20am

**Travel Office** open 9am-2pm

**Woodshop** 8am-12pm

### THURSDAY PROGRAMS

**Art Class** 9:30-11:30am

**Bargain Thrift Corner** 9am-12pm

**Billiards**, Morning 8:30am-noon

**Billiards, PM** noon-4pm

**Euchre** 12:30-3:30pm

**Mah Jongg (American)** 12:30-3:30pm

**Movie Night** 6:30-9:30pm

**Ping Pong** 1-3:30pm

**Pinochle** 11-3pm

**Scrabble** 9:30am-noon

**Travel Office** open 9am-2pm

**Woodshop** 8am-noon

**Yoga, Chair** 10:30-11:30am

### FRIDAY PROGRAMS

**Bargain Thrift Corner** 3-6pm

**Billiards, Open Play** 12-4:00pm

**Bingo** 6:00-10:00pm Doors open at 4pm.

Food available to purchase

**Bocce** 9-11am

**Bridge** 12:15-3:30pm

**Crafts** 9:30-11:30am

**Knotty Habit** 9:30-11:30am

**Poker, Straight** 12-3:30pm

**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.

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

### MONDAY PROGRAMS

**Billiards** 8:30 am-4:30 pm

**Bones & Balance** - 10:00-11:00 am

**Duplicate Bridge** - 12:30-4:00 pm

**Jazzercise Lo** - 8:30-9:30 am

**Hand & Foot** - 9:00 am-12:00 noon

**Friendly Poker** - 1:00-4:00 pm

**QiGong-Tai-Chi** - 8:30-9:30 am

**Mah Jongg - American** - 12:00-3:30pm

**Pinochle** - 12:15-4:00 pm

**Shuffleboard League** - 6:30 pm (April 12 to May 31)

### TUESDAY PROGRAMS

**Billiards** 8:30 am-4:30 pm

**Chair Yoga** - 3:00-4:00 pm

**Rogue Bridge** 12:15-4:00 pm

**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

**Duplicate Bridge** - 12:30-4:00 pm

**Euchre** - 6:00-9:00 pm

**Jazzercise Lo** - 8:30-9:30 am

**Tai Chi** 8:30-9:15 am

**Mah Jongg - Chinese** - 1:00-4:00 pm

**Rummikub** - 1:00-4:00 pm

**Water Color Instruction** - 9:45am-12:30pm

### THURSDAY PROGRAMS

**Billiards** - 8:30 am-4:30 pm

**American Mah Jongg** - 9:00 - 12:00

noon

**Strength & Flexibility** - 9:30-10:30 am

**Oil Painting Class** - 3rd Thursday

**Bunco** - 12:30 - 4:00 pm - 1st & 3rd

**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** - 8:45 am - 12:00 noon

**Bingo** - 11:15 am - 2:00 pm - Doors

open at 10:00 am

**Pinochle** - 12:15-4:00 pm

**Dealers Choice Poker** - 1:00- 4:00 pm

**Senior Law** - 4th Friday 2:00-4:00 pm

### SATURDAY PROGRAMS

**Billiards** - 8:30 am - 12:30 pm

**Shuffleboard Open Practice** - 9:00

am - noon

**Duplicate Bridge** - 12:30 - 4:00 pm

**Rubber Bridge** - 12:30 - 3:30 pm

### Monday - May 22nd 10:30am-11:30am Helping Seniors Info Series

Join Helping Seniors for the May's Community Information Series Presentation "Your Senior Living Options Checklist - Don't Try This on Your Own" with

Guest Panelists/Speakers Rachel McLain (Law Office of Amy B Van Fossen), Danica Carluccio (Advocates for the Aging), and Ashleigh Caswell (Helping Seniors of Brevard/Rolle IT). Our May meeting takes place at Buena Vida Estates: 2129 W. New Haven Avenue in Melbourne and, as always, the event is free - as are

coffee & snacks - and those with RSVP's also receive Take Home Lunch!

RSVP (321) 473-7770 or HelpingSeniorsofBrevard.org/SRCB

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

## MAY 2023 ONE SENIOR PLACE EVENTS

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

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

**FREE Memory Testing**, Tuesdays May 2nd, and 16th, from 11 – 3pm. Merritt Island Medical Research will be offering free memory screenings the FIRST and THIRD Tuesdays of each month at One Senior Place. Please call 321-305-5015 to schedule an appointment.

**Benefits of Pre-Planning your Cremation Seminar**, by National Cremation, Wednesday May 3rd, from 11 – 1pm, REPEATS Thursday May 25th, from 2 – 4pm. 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.

**Mother's Day Tea, Honoring Our Mother**, Thursday May 4th, 10am – 12pm. Join us for a time to honor and remember our beloved mothers who are no longer with us, but always with us in our treasured memories and spirit. Hosted by VITAS Healthcare, RSVP to 321-751-6771.

**Take Healthy Back! Salad in a Jar Party**, Sunday May 7th, at 2pm. Presented by Aquatic Health & Rehab. Come and learn an easy way to prepare healthy meals for the week. Call Lisa at 321-253-6324 for more information and to RSVP.

**Healthy Liver**, Ask the Doctor Lunch & Learn Series, Tuesday May 9th, 11:30 – 1pm. Presented by ClinCloud Clinical Research. Lunch provided by ClinCloud Research for all registered attendees. RSVP required, call 321-751-6771.

**BINGO!**, Tuesday May 9th, 2 – 3:30pm. Brought to you by Florida Health Care Plans. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

**Veterans History Project**, History Project Training, Wednesday May 10th, 10 – 12pm. Presented by Library of Congress and One Senior Place. Make history by learning how to record their oral history for the Library of Congress Veterans History Project. RSVP required, call 321-751-6771.

**Current Parkinson's Disease Clinical Trials**, Wednesday May 10th, 1 – 3pm. Presented by Malisa Agard, M.D. Principal Investigator Conquest Research. Hosted by Brevard Parkinson's Alliance. Call 321-751-6771 to RSVP.

**Medicaid and Long Term Care Alternatives to Medicaid**, Thursday May 11, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. We will discuss how to pay for long-term care (home health care, assisted living facility, or nursing home) privately, through VA assistance or Medicaid so that you can make intelligent, informed choices. RSVP to 321-751-6771.

**Movie Matinee with Rhodes Law, PA**, Thursday May 11th, at 2pm. Hosted by Rhodes Law, P.A. Join us

as we watch this, who done it, "Murder Mystery", and enjoy movie treats! MUST RSVP to 321-751-6771.

**Romance & Aging, Senior Health Friday with Nurse Lisa**, Friday May 12th, from 10 – 11am. Presented by Nurse Lisa and Neil Frey, APRN AGACNP-BC, with Glomar Medical. Bring your "asking for a friend" questions! RSVP to 321-751-6771.

**Prostate Artery Embolization**, Lunch & Learn, Monday May 15th, 11 – 1pm. Please join Vascular Interventional & Physicians for an informative presentation to discuss Prostatic Artery Embolization (PAE) is a minimally invasive treatment that helps improve lower urinary tract symptoms. Complimentary lunch must RSVP to 321-751-6771.

**Estate Planning Seminar**, Tuesday May 16th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

**Suspect, Be Aware, Protect**, Tuesday May 16th, from 1 – 3pm. This presentation is designed to give you as much information as possible to reduce your risk of becoming the victim of this costly crime. With a new victim almost every 2 seconds, identity theft is one of the fastest growing and most common crimes in existence today. Presented by One Senior Place. Limited seating, call 321-751-6771 to secure your seat.

**The Photos App – Organizing, Editing and Sharing, MAC User Group Meeting**, Tuesday May 16th, from 5:30 – 7pm. Join us and learn about this popular topic. 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.

**The Law Academy presents Estate & Trust Administration 101**, Wednesday May 17th, at 10am. The Law Academy presented by Rhodes Law, PA. Limited seating must RSVP to 321-751-6771.

**Healing Waters**, Thursday May 18th, from 12 – 1pm. Presented by Aquatic Health & Rehab. Alternative ways pool therapy can help. For more information and to RSVP, call 321-253-6324.

**Tinnitus [and Hearing Loss]**, Lunch and Learn Seminar, Friday May 19th, from 11 – 1pm. This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist Dr. Susan de Bondt, AUD from Widex. This presentation will center on the causes of Tinnitus, "Ringing in your ears" and what can be done to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

**AARP Smart Driver Course**, Monday May 22nd, from 9 – 4pm. This driving refresher course from AARP Driver Safety will be held 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.

**Open Q & A About Estate Planning and Elder Law**, Tuesday May 23rd, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will allow you to ask the attorney questions you may have about Wills, Trusts, Powers of Attorney, Preneed Guardians, Living Wills, and Healthcare Surrogate Designations. RSVP to 321-751-6771.

**Take the Stress Out of Medicare**, Wednesday May 24th, 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.

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

**Quit YOUR Way, Free Tools to Quit Program**, Friday May 26th, from 12 – 1:30pm. Programs cover all forms of tobacco. FREE: Nicotine replacement patches, gum or lozenges \*if medically appropriate and 18 years of age or older. Participant workbook & materials. Presented by Tobacco Free Florida, MUST register by calling 407-716-6392.

### SUPPORT GROUPS

**Loss, Grief & Bereavement Support Group**, Thursdays May 11th and 25th, from 10-12pm. While the feelings and emotions associated with grief and loss are unique and individual to each person, one often can find comfort from the experiences of others. Limited seating must RSVP to 321-751-6771. Facilitated by VITAS Healthcare.

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

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

**Veterans Resources Q & A**, Wednesday May 24th, 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 9-11pm** 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



321.339.0551

8085 Spyglass Hill Road

Viera, Florida 32940

Monday – Friday 8:30 am – 5 pm

Visit [OneSeniorPlace.com](http://OneSeniorPlace.com) for  
up to date event information.

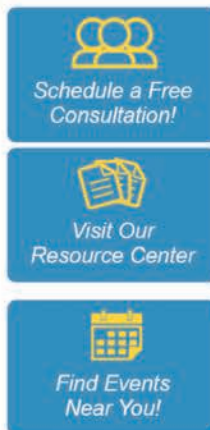


# We Can Help!



## See Our Video at [OneSeniorPlace.com](http://OneSeniorPlace.com)

One Senior Place is a one-stop resource and information marketplace. Completely unique, One Senior Place provides information, counseling, referrals, educational events and direct access to independent senior-focused businesses— all under one roof! To schedule a free consultation with an Aging Services Expert call 321-339-0551.



FEATURED  
EVENT!



## UPCOMING EVENTS

### Suspect & Protect Yourself from SCAMS! Presented by Brevard County Sheriff & Florida Division of Consumer Services

Tuesday, May 16, 1pm-3pm: Protect yourself and your MONEY! Learn how to stay safe online and offline.

### Ask the Doctor Lunch-N-Learn

Tuesday, June 13, 11:30-1 Topic: "Understanding GERD (Gastroesophageal Reflux Disease)"  
by Dr. Emanuela Biban, MD and Dr. Roderick T. Dippel, MD

### What's New in Viera? Presented by The Viera Company

Monday, July 17 at 10am. Viera is exploding! Come out and see what's next.

### Heritage Isle Health Fair

Thursday, August 24th 1pm-3pm: A comprehensive afternoon full of One Senior Place Businesses & health related services- at Heritage Isle. Must RSVP to attend by calling One Senior Place 321-339-0551. Limited availability to Non-Heritage Isle Residents.

### Every Day is Veteran's Day!

September 2023. Sponsored by the One Senior Place Family of Senior-Focused Businesses. Details coming soon!

FEATURED  
EVENT!





# The 7<sup>th</sup> Annual **Helping Seniors** Car Raffle

You **choose** the **winning** car! **Dodge v Chevy** - or pick a Kia Sportage, Mazda Miata, or Mitsubishi Outlander.



The Dodge Challenger



The Chevrolet Camaro

## The 2023 **Dodge v Chevy** Challenge

The Final Showdown.



The Kia Sportage



The Mazda Miata



The Mitsubishi Outlander

### Tickets:

## **HelpingSeniorsCarRaffle.com**

Tickets at 321-473-7770 and at Boniface Hiers Automobile Dealerships

### 1 ticket for \$25 or 5 tickets for \$100 Donation.

Helping Seniors Car Raffle Grand Drawing Celebration

6pm-9pm Saturday October 7<sup>th</sup> 2023

Grand Drawing will be at the American Muscle Car Museum.

[www.HelpingSeniorsofBrevard.org](http://www.HelpingSeniorsofBrevard.org)



Scan for Tickets



**Boniface-Hiers**  
**AUTOMOTIVE GROUP**

