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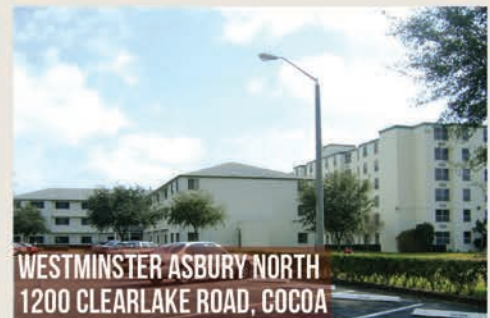


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Letter from the Publisher



May was a month of celebration and remembrance around here. Of course there was Memorial Day, of special significance to our readers, much more than a day without mail delivery or banking services! I hope you had a chance to view or participate in one of the many services here in Brevard County. One especially memorial event was the Vietnam Memorial Moving Wall at Wickham Park. If you can, try to visit next year when it returns. Even with the daily news reporting of military events, it is all too easy to forget the individual sacrifices by this and previous generations of military personnel. When you see someone in military uniform or just wearing an old service reminder, please stop and take the time to thank them.

Now let's look ahead to June. One of my favorite days is June 18th this year, Father's Day of course. Is there a Grandfather's Day? Seriously, let's not forget the important place that our fathers have in our lives, the unique combination of nurture and guidance. The unique experience of being a grandfather inspired our choice of art for our June cover. Consider extending your time and appreciation to those men not fortunate enough to have family by their side.

We love providing all of the information and entertainment monthly that you have grown to enjoy over the 17 years we have been here on the Space Coast. Please let us know if there is anything additional that you would like us to include. Thank you and enjoy.

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Calling All Knuckleheads: Touring With New Three Stooges Book

By Nick Thomas

Despite extensive on-screen credits throughout their long careers, the Three Stooges comedy team only spent about a month or two a year in front of the cameras, rarely producing more than 10 of their beloved comedy shorts a year. According to long-time Stooges fan Gary Lassin, the slapstick legends were on the road for up to 6 months a year, crisscrossing the country to perform largely vaudeville-like acts on stage.

Those journeys, from the 1920s to the 1960s are now recounted in exquisite detail in more than 750 pages of Lassin's new book, "A Tour De Farce: The Complete History of the Three Stooges on the Road."

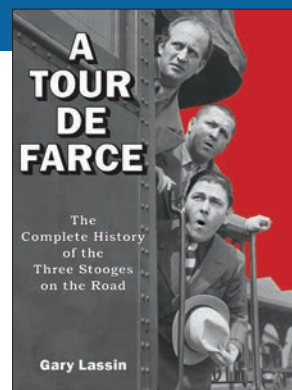
As president of the Three Stooges fan club and owner/



curator of a Three Stooges museum (The Stoogeum, see www.stoogeum.com) in Ambler, Penn., Lassin began assembling touring data over two decades ago.

"I just opened a blank Excel spreadsheet and began going through my Stooges memorabilia – playbills, programs, ticket stubs, photographs – to compile their travel history," said Lassin from his suburban Philadelphia home.

He also began searching newspaper archives back in the day before online databases existed. "Twice a year I'd drive to the Library of Congress in Washington to search their archives of major newspapers stored on microfilm."



Calling all Knuckleheads... continued on page 21

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Melbourne's Pioneer Family The Houstons

By Diane Barile

Generations of the Houston family have ever carried forward formidable frontiers. Sam Houston of Texas led battles moving lands from a Mexican Province to an American territory and state. John C. Houston, a South Carolina plantation owner, supplied beef to Continental troops in the American Revolution. A two hundred forty-five acre land grant from the Spanish Governor of St. Augustine gave Houston a home on Talbot Island, Florida.

The Florida Houston family story is founded on the saga of the Indian River Lagoon region, Brevard County and the City of Melbourne. Four generations of John Carroll Houstons (I-IV) followed military and land grants to the seemingly impregnable, subtropical wilderness.

The second John C. Houston, born in South Carolina, lived his life on Talbot Island as Florida transitioned from a declining Spanish colony to an American state. His son, John C. Houston III, was listed in the 1814 Spanish census as a 16 year old living with his parents and brother. Born in Arlington (now part of Jacksonville), he was married in Pablo Beach during the Andrew Jackson's War of Indian Removal

(Seminole Wars).

In three costly confrontations with the Seminoles, plantations were destroyed and able bodied Floridians augmented U.S. Army troops. John III was posted at Ft. Kingsbury (Enterprise) on Lake Monroe. Even though fighting ended in 1859, there was no confirmation that the Seminoles had vacated their stronghold. John was detailed as an Indian scout to determine the strength of the Seminoles on the lagoons of the Indian River. Seeing none of the tribe, he found something to change his family for the next century. The natural beauty of the coquina rock shoreline, lush vegetation and abundant fish and wildlife charmed the man. On return to Enterprise, and taking leave, he headed to Jacksonville applying for a Soldiers Land Grant. He claimed 160 acres north of Elbow Creek from the Indian River to Lake Washington on the St. Johns River.

Truly a man of action, John III resigned from the Army. With his son, John IV and 10-14 slaves, a gift from his father, returned to his beloved Indian River Shores.

Melbourne's Pioneer Family... continued on page 44

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COVER STORY

Emily Neel

HELLO Brevard County! I'm Emily Neel, dermatology PA, mom of two incredible kids AND enthusiastic self-taught artist—well, I take that back—an obsessively insatiable artist taught by gobs of other artists online and in person...so not exactly self-taught when you really think about it. I've been consistently painting since December 2019 and I. Can't. Stop.

Oil paint is my preferred medium, but I enjoy gouache and watercolor also. And don't get me started talking about art techniques or art history- I may never stop.

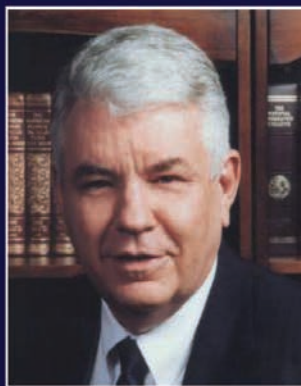
Learning to think and see like a painter has opened up a whole new chapter in my life (not to mention a refreshed appreciation for this dazzling world we live in) and I am

so incredibly lucky and delighted to have found my passion. (I do wonder if my university study abroad program at the Sorbonne in Paris (a semester of ART

Emily Neel cont'd on page 16



ESTATE PLANNING BOOKLET



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Don't Be an Ostrich

By Joe Steckler, President, Helping Seniors of Brevard County

I will kick the can further down the affordable housing road, but with more information than before. The facts I have researched should prompt seniors, as well as some of the middle age constituency, to question why more of our elected officials are not involved in the battle for affordable housing. This question might also be directed to Brevard County staff who work in those areas affecting seniors and others who need affordable housing.

My research shows that the general population, those who pay taxes out of hard-earned dollars, are not informed about, nor do they appear to be motivated in finding out how they can cause those we elect and their staff to keep them informed. In sum, I do not know how much those we elect are made aware of solutions available to correct the lack of affordable housing.

First, we need a way to pay for affordable housing. To my knowledge there is no private investor who will build and operate housing at a loss. Elected officials will need to work out a solution and, like it or not, this means government involvement and a tax. Passing a tax is one thing, keeping it on its directed path quite another. It can be done if private citizens are involved to ensure monies are used as intended.

I am aware of a private project costing \$13 million that is being built right now. When finished, there will be forty 3-bedroom/2-bath apartments available for rent based on the ability of the family to pay. That is true affordable housing. Unfortunately, delays have been caused by scarcity of trained workers and materials, plus rising costs. These and other issues might have been avoided if local government had been involved.

Second is the problem of taxes. The County currently has a 1 cent sales tax that generated about \$161 million from 2020-2022 for Brevard Public Schools, in addition to the normal taxes we pay annually. Then we have the lagoon tax, which brought in a like amount. There is also the State of Florida Sadowski Fund that contains millions of dollars for affordable housing but is raided annually by our legislators to help fund the State budget. Recently, citizens of Merritt Island expressed their anger at the lack of housing for seniors in our County. Where is all this new money going?

Our elected officials are to be commended for their interest in giving more to Brevard County schools and the

Don't Be an Ostrich cont'd on pg 49

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Does It Matter How You Hold Title To Property?

By Attorney Truman Scarborough

This is the fourth in a series of articles on how an estate plan can be impacted by the way property is titled. In the last article we explored how holding property in a Revocable Living Trust saves time and money by avoiding probate.

Once a trust is established, assets have to be re-titled in the name of the trust to avoid probate. If you built a shed to protect tools from the weather, your tools would need to be moved into the shed to keep them dry. In a like manner certain assets need to be placed in the trust to avoid probate. However, there are exceptions. In this article we will look at some examples where it is usually preferable not to title an asset in the trust.

Automobile: In Florida the owner as well as the driver of the automobile can be sued for an accident. If the Trust owns the automobile, it could become a defendant in a lawsuit. However, automobiles do not need to be titled in your trust to avoid probate. At your demise, the tag agency (DMV) will immediately transfer the title of your car to whomever you specify in your Pour-Over Will.

Personal checking account: There can be refund checks payable to a decedent from utilities deposits and prepaid insurance. Generally a bank will not let them be deposited into a trust account. Also, an account that is payable on death will not work, since the decedent's name comes off the account as it is transferred to the beneficiary. However, the check can be deposited in the decedent's joint account where there are survivorship rights. The surviving co-owner can withdraw the funds from the joint account.

Life Insurance Policies: Generally, it is best to have life insurance benefits payable directly to individuals rather than a trust. However, it may not be wise to have the insurance benefits paid directly to a beneficiary with creditor problems, who cannot handle money, with marital problems, who is receiving SSI, or is a minor. Instead, you can create a sub-trust

in your revocable trust and name the sub-trust as the beneficiary on your life insurance policy.

IRAs: Since no income tax has been paid on funds held in an IRA or deferred compensation plan, transferring an IRA, 401(K), or similar plans into the trust, is considered a taxable distribution by the IRS.

Furthermore, you generally do not want to name your trust as the beneficiary when you die because it can result in a required distribution of no more than five years. Most

Does It Matter How You Hold Title... cont'd on pg 41



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CDC recommends making sure you are up to date with your COVID-19 vaccines before travel, which includes additional doses for individuals who are immunocompromised or booster doses when eligible. Follow all requirements and recommendations at each location during travel, including wearing a well-fitting mask and following recommendations for protecting yourself and others. If you are traveling internationally, check the COVID-19 Travel Health Notice for your destination and visit the International Travel webpage for requirements and recommendations.

Many travelers must carry their medicines with them across international borders to treat chronic or serious health problems. However, each country has its own guidelines about which medicines are legal. Medicines that are commonly prescribed or available over the counter in the United States could be considered unlicensed or controlled substances in other countries. For example, in Japan, some

inhalers and certain allergy and sinus medications are illegal. Also, the United Arab Emirates (UAE) has strict narcotics laws that have landed many travelers in prison.

Don't plan on being able to buy your medicines at your destination. They may not be available, and if they are, they may not meet US quality standards. In many developing countries, counterfeit drugs are a big problem.

If you must buy drugs during your trip in an emergency, there are ways to reduce your chances of buying counterfeit drugs:

- Contact the nearest US embassy or consulate. They should be able to connect you with doctors and pharmacies that can help you find reliable, quality medicines.
- Buy medicines only from licensed pharmacies and get a

Traveling Abroad with Medicine cont'd on page 47

Are you retiring or downsizing? Have you been thinking about buying or selling a home in 2023?

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June is Alzheimer's and Brain Awareness Month

It is estimated that over five million people have been diagnosed with Alzheimer's disease in the United States. Understanding the specifics of the disease and being able to spot the signs and symptoms of Alzheimer's can help a person prepare for the effects of this brain disease. Below, we answer some of your questions.

Q My father was diagnosed with Alzheimer's. I know it's a 'brain disease,' but I don't really understand what exactly it is. Can you please explain?

A Alzheimer's disease is a progressive and degenerative disorder that attacks the cells and nerves in the brain. The breakdown of these cells destroys certain mental functions such as memory, language and behavioral skills.

Although the actual causes of Alzheimer's are still unknown, when examined, a person diagnosed with Alzheimer's disease will usually have two types of abnormalities on their brain. The first abnormality is plaque, which is a clump of protein called beta-amyloid

that damages the brain. The buildup of plaque surrounds the outside of the brain cells causing interference with cell-to-cell communication. The second abnormality is tangles. Since brain cells need a transport system to carry nutrients, the threads that transport these nutrients twist into tangles causing a failure of transport. The breakdown in transportation is thought to be believed as a contributing factor in the decline of the brain cells..

Q My husband was recently diagnosed with "Stage-One" Alzheimer's. What does this mean and how many stages are there?

A Typically, there are three stages of Alzheimer's: early, middle and late. Early symptoms often include changes in both memory and reasoning skills. During the middle stages of Alzheimer's, damage to the brain can make it difficult to express thoughts and perform routine tasks. You may notice the person with Alzheimer's jumbling words,

VNA continued on page 43

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~Queen H.,
VNA Home Health patient

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Online Phone Directories

By James Bowman, Data Doctors of Melbourne

If you want to perform a random phone number lookup, here are a few tips to help you:

Online Phone Directories: Utilize online phone directories such as Whitepages, Yellow Pages, or AnyWho. These directories allow you to search for phone numbers by entering the number or the name associated with it.

Search Engines: Input the phone number in popular search engines like Google, Bing, or Yahoo. Enclose the number in quotation marks to search for an exact match. This method can sometimes provide information if the number is associated with a business or if it has been reported as spam.

Social Media Platforms: Enter the phone number in the search bar of social media platforms like Facebook, Twitter, or LinkedIn. If the number is linked to someone's account, you may find relevant information about the person.

Reverse Phone Lookup Websites: Several websites offer reverse phone lookup services. Some popular options include Spokeo, Intelius, and ReversePhoneLookup.com. These services can provide details about the owner of the phone number, including their name, address, and sometimes additional public records.

Mobile Apps: Install mobile apps like Truecaller, Hiya, or CallerSmart. These apps can identify incoming calls and provide information about the caller, even if the number is not saved in your contacts.

Local Area Code: Check the area code of the phone number. Area codes are often associated with specific regions, so knowing the area code can give you a general idea of the caller's location.

Remember to exercise caution and respect privacy when conducting phone number lookups. Always use the information responsibly and within legal boundaries. Ⓢ

Emily Neel continued from page 11

and literature) years ago had a little something to do with all this—this beloved art class lay dormant in my subconscious for so long.)

I'm not afraid to paint anything or any size. You name it, I'll try it—seascapes, landscapes, still lifes, portraits, animals, figurative works, master copies (I did a recent John Singer Sargent portrait that's three feet by four feet!) to tiny worlds painted in Altoids tins. It's so incredibly fun and challenging for me. Also, I have a deep fondness for painting "en plein air" (painting outside) as I believe nature is our greatest

Emily Neel continued on page 22

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Can Recessions Be Good?

By Max ValaVanis, CFP®

What a silly question; recessions can never be good. People lose their jobs, companies close their doors, and 401(k)s suffer. So how can a recession be good? I must be a crazy financial advisor even to suggest the idea. Well, I am not, and here is why:

High-rolling economies with record-breaking revenues and spending can only get us so far. Corporations and governments get addicted to the irresistible cash flows that appear everlasting. Even individuals and families spend as if the tap will never stop. This excessive spending and gluttonous borrowing drive our economy into dangerous territory.

Looking to recent history, events such as the dot-com bubble or the infamous Great Recession come to mind. For example, leading up to 2007, loose lending/borrowing practices fueled the housing market to collapse. Where was the check valve? Although we didn't have a literal mechanical safety switch at our disposal, we had one useful event that always rears its ugly head. This so-called "unwanted" event has a knack for giving us a reality check. This, of course, is a recession.

Generally, a recession is the pullback of spending, borrowing, and financial expansion. While the media portrays this economic pullback as an unnecessary evil, institutions and universities teach us that a recession is a part of a healthy economic cycle.

When the economy heats up, people make irrational and impulsive decisions. Big corporations invest in substandard programs and hire people they cannot sustain. Meanwhile, individuals and families may purchase that shiny new car they can't afford or use their emergency fund on that all-inclusive vacation in Cancun they don't need. Hot economics leads to poor choices that could come around and bite us in the rear.

Of course, recessions result in lost jobs and fewer profits for corporations and investors. In no way do I aim to minimize the negative impacts of recessions. That

being said, you can use this time to learn and adapt to the inevitable future economic declines. The government does so with new and stricter laws, so why can't you? You can "regroup" and assess how you live, spend, invest, and play. Recessions allow corporations, families, and individuals to step back and say, "what the heck are we doing?" This is

an opportunity for consolidation, debt reduction, trimming back, and reflection. A recession may be the catalyst needed to change your life for the better.

Although the government will not officially state that we are in a recession, millions around the country feel recession-like effects. Now is a great time to reassess where you are financially and what can be done to protect you from a recession. Our office specializes in numerous conservative approaches to better prepare

investors like you from downturns in the market and other recession-like symptoms. Give us a call to see how we may be able to help you. ☎

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.



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Celebrity Beyond Sailing to the Panama Canal - January 29th - February 9th, 2024 - infinite



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Sail with Jean on Avalon through Burgundy and Provence - May 28th - June 4th, 2024 - we are off to the South of France for a few days before joining our river cruise from Avignon sailing north

to Chalon-Sur-Saone. From there you will have your choice of heading home, to Paris or wherever your heart desires!

Greek Island Hopper - September 7th-16th, 2024

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Calling All Knuckleheads: Touring With New Three Stooges Book *cont'd from page 9*

The book, currently available directly from the author (see www.tourdefarce.net), is also crammed with over 1,400 images mostly from Lassin's private collection, hundreds being published for the first time.

Comprising the two Howard brothers Moe and Curly (Curly being later replaced by third brother Shemp, followed by Joe Besser and Joe DeRita) and Larry Fine, the Stooges are famous for the 190 short films produced by Columbia Pictures from 1934-1959. The trio of turmoil were masters of vintage Hollywood madcap mayhem, famous for brutalizing each other with any heavy object at hand, initiating food fights, and flattening their surroundings faster than a professional demolition team.

So what would audiences attending their live stage shows have experienced?

"Nothing like their films, really," said Lassin. "They didn't have the benefit of movie special effects or other actors they could play off. So they usually did a 10-15 minute act consisting of two basic routines. There were skits where they'd play roles and act out a little and the other was called patter where they would go back and forth with silly jokes."



An example of the latter, says Lassin, is when one would ask, "You goin' fishing?" To which another would respond, "Yeah, you got worms?" followed by the punchline, "Yeah, but I'm going anyway."

Lassin estimates his book documents up to about 95% of live appearances by the Stooges. "We'll never come up with all of them," he said. "They also visited hospitals, military bases, and other places that weren't advertised to the public."

The author, who is related to Larry through marriage, has amassed over 100,000 pieces of Stooges memorabilia with thousands of items displayed in his museum. Like many adult Stooges fans today, he originally became enamored by the comedy troupe as a child.

"We only had three TV channels to watch when we came home from school," he recalled. "So it was impossible for a kid not to see them and like them." ©

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.

How Can I Learn More About My Father's Alzheimer's Disease?

By Barbara Fradkin



I am sorry to hear about your father's diagnosis. Alzheimer's is a public health and healthcare crisis. According to the Alzheimer's Association, more than six million Americans are living with Alzheimer's. One in three seniors in the U.S. will die from it. The cost of caring for someone with dementia during their lifetime is a staggering \$373,527. Florida has the second highest prevalence of Alzheimer's disease in the nation (after California). In Brevard County, 13% of people 65+ have Alzheimer's. These statics are a cause for concern. But with proper education, advocacy, and support, loved ones with an Alzheimer's diagnosis have a good chance of getting through this with dignity.

Nationally, the Alzheimer's Association website at www.alz.org is a great source of information. On the Space Coast, the Brevard Alzheimer's Foundation at www.Brevardalz.org is the home of Joe's Club, providing supervised activities and socialization to adults who cannot be left alone.

Alzheimer's disease is one type of dementia. 50-70% of those affected with dementia, have Alzheimer's disease. Detection and treatment is increasingly sophisticated and new medications are being tested. Individuals with dementia, caregivers and healthy volunteers are all needed for clinical studies focused on Alzheimer's. This may be something to consider if you have a new diagnosis or a family member is concerned about getting the disease.

Locally, Merritt Island Medical Research does free memory screenings twice a month at One Senior Place. They also are conducting clinical trials. ClinCloud is another company that does free memory screenings

and clinical trials screenings. In the Orlando area, Charter Research is doing the same thing.

On Wednesday, June 21, One Senior Place in Viera will host a special Alzheimer's event, The Longest Day. From Noon until 4 PM, attendees can learn about local resources, get their memory tested, enjoy a chair massage and sign up for the Dementia Live experience -- an immersive simulation that fosters empathy and understanding of life with dementia. RSVP to 321-751-6771. ☎

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

Emily Neel continued from page 11

teacher. I adore plein air, so you'll find me at the beach most weekends, painting the sea while my family surfs the waves. So please join me on my painting journey- take a look at my website and follow me on Instagram @emilyneelstudio for more. I promise you won't be disappointed, and you MAY just be inspired. Now let's go paint! ☎



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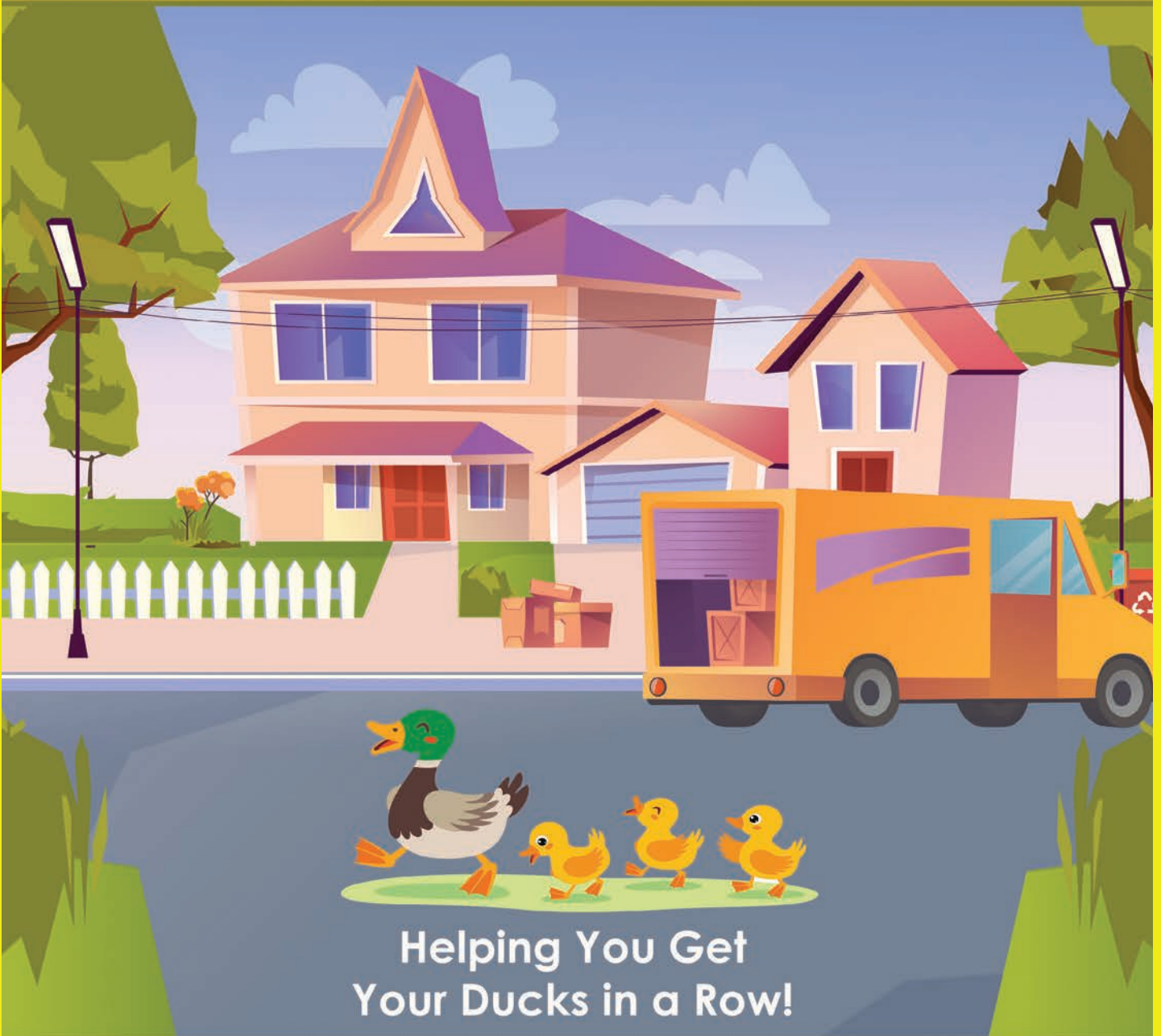
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Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

June 2023



Helping You Get
Your Ducks in a Row!

Life Planning: Your Senior Living Options Checklist.

Plus: Paying for Senior Living; Promoting Safety & Independence;
Treasuring Our Elders & a Message from Joe.



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President's Message

A Word from Joe Steckler,
Our President & Founder



I wish it were possible for me to greet each of you by name, but that would be an impossible task for many reasons. Still, I wish it could be done for without the friends we have accumulated over the years since first opening in October of 2011, we could never have accomplished the things that we have been able to do.

Conversely, during the same period I have witnessed the passing of many of these people who have given so much to help us build the care facilities that we have here in Brevard. Here I am speaking to the three Alzheimer's care centers in Micco, Melbourne, and Titusville and now the Senior Resource Center, which OMNI owner Dr. Deligdish has made possible for us in the OMNI Health Care Building on Apollo Boulevard.

In a short time, all but one office in the Center has been spoken for by healthcare organizations. The importance of senior health care is being more widely recognized as it should be. Seniors are valuable contributors to our community and have given much to the general well-being of our community. Sadly, I see more of these fellow seniors being taken advantage of by others.

One final safety note as we head into summer. The carrying of concealed weapons has become more widely accepted, and I understand most reasons for doing so. Still, I ask that each of you that carries, do so in a responsible manner. I remember early in my military career that I was told to never pull and point my weapon unless I had a valid reason for doing so. Doing so can result in many outcomes so be careful and aware of your actions. Having a permit is one thing, using a weapon quite another.



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Helping Seniors Of Brevard



Help Us Keep Going!

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

Welcome to June 2023! We have never been more excited about the opportunity to do greater and better things in our efforts to Help Seniors here in Brevard County and surely, we can count the ways:

Our Senior Resource Center, located in the beautiful Omni Professional Tower on the medical campus in Melbourne, is getting underway full-speed-ahead and stay tuned about a special "Welcome" event coming in July 2023 as we get all the furniture moved in and the dust settled!

Our efforts with our Senior Housing Task Force are also gaining traction - as we embark on a series of Housing Counseling workshops and special focus on assisting those who are finding themselves in the awkward situation of becoming housing "unstable", through no fault of their own, due to the "heated-up" housing market here in Florida.

Our media education efforts are expanding as well. In addition to our daily TV broadcasts on Space Coast Government TV (4x daily Mon-Fri), our weekly radio program, and our publication efforts with our friends at Senior Scene® Magazine, we are also amping up our Senior Education series that has been taking place at Buena Vida Estates to now include a return to Zon Beachside. (Not to mention a whole slew of workshops and classes coming soon to our own Senior Resource Center!)

All that to say, we need your help to keep us going! As a non-profit, we rely on your generosity to support our work. Make a donation for a Helping Seniors Car Raffle ticket (or 5 or 10!), Come sail with us on our Helping Seniors Foundation Cruise, have your business become a "Sponsor" of Helping Seniors and/or simply make a donation to our cause - working to make life better for all Seniors who call Brevard County home!



Have You Thought About This?

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

Helping Seniors of Brevard, a local grass roots non-profit, was founded in 2011 with a mission to improve the quality of lives for seniors here in Brevard County and beyond by providing information, education, advocacy, and resources to seniors. We are a small organization but, as I often say, big things come in small packages.

We believe that knowledge is power, and our goal is to help seniors develop a personal aging plan by "getting your ducks in a row." We provide this information and education through a variety of means, including our monthly newsletter, our Helping Seniors radio and TV programs, our live Senior Education series, and our Senior Information Line.

We are excited about our new Senior Resource Center located in the Omni Professional Tower at 1344 S. Apollo Blvd, suite 2-C; be on the lookout for the grand opening announcement. Our new Senior Resource Center will house our Helping Seniors of Brevard office, as well as other senior focused businesses.

We know that information is power, and our goal is to empower seniors to make informed decisions. Each month we explore a different topic important to seniors. Check out this month's articles on your senior living options.

We operate on a very frugal basis, and it is our donors and sponsors that make Helping Seniors possible. Thank you to our donors and sponsors. We continue to need your support so that together we can continue Helping Seniors of Brevard.

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



Get Your Ducks in a Row: Plan for a Long Life

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

Americans are living longer and, according to the U.S. Census Bureau, when the last of the baby boomers reach age 65 in 2029, they will represent more than **20%** of the population, numbering about **60 million** people. Because about two-thirds of the 65-plus population requires some form of long-term care, aging Americans will create unprecedented demand for senior living and health care options.

Planning ahead for senior living is important because it allows individuals to have more control over their own lives and to make informed decisions about their future. Waiting until a crisis occurs can often result in rushed decision-making, limited options, higher costs, and increased stress for both seniors and their loved ones.

You don't have to do this on your own though. It is highly recommended to work with a local professional when planning for senior living. Professional advisors, such as financial planners, elder law attorneys, insurance brokers specializing in long term care and Medicare plans, placement agencies, geriatric care managers and other experts have the knowledge and expertise to help seniors and their families make informed decisions about their future.

Why is it important to work with a local professional? A local professional will have you covered for the following important reasons:

- ✔ **Knowledge of the local market:** A local professional has firsthand knowledge of the senior living communities in the area, including their reputation, amenities, and costs. They can help seniors and their

families identify the communities that best fit their needs and preferences.

- ✔ **Familiarity with local resources:** A local professional is familiar with the local resources available to seniors and can help them access services and programs that can enhance their quality of life.
- ✔ **Expertise in navigating the process:** Planning for senior living options can be complex and overwhelming. A local professional has experience navigating the process and can provide guidance on the paperwork, negotiations, and coordination with healthcare providers and other professionals involved in the process.
- ✔ **Personalized guidance:** Each senior has unique needs and preferences, and a local professional can offer personalized guidance based on those needs. They can help seniors and their families make informed decisions about the type of care and living arrangements that will best suit their individual circumstances.
- ✔ **Advocacy and support:** A local professional can be an advocate for seniors and their families throughout the entire process, ensuring that their needs are met, and their voices are heard.

Working with a local professional can provide seniors and their families with the expertise, objective advice, comprehensive planning, and access to resources they need to make informed decisions about senior living. It's important to remember that there is assistance available and a variety of senior living options that may suit the needs and preferences of you or a loved one when the time comes.

By planning ahead, some common, but important questions that aging Americans often find themselves asking are, "What is senior living?" and "How do I pay for senior living?"

(Continued on page 5)



Get Your Ducks in a Row: Plan for a Long Life

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

(Continued from page 4)

Types of Senior Living

There are various senior living options, each offering different levels of care and support, as well as specific amenities and activities to meet the needs and preferences of older adults. Some of the most common types of senior living options are:

- **Aging in Place:** When an older adult lives in their own home or with family.
- **Independent living communities:** Designed for older adults who are generally healthy and active but may want to downsize their living space and have access to on-site amenities and social activities.
- **Residential Care Home:** Small facilities (usually converted single-family home) that offer personalized service to small groups. They're also known as adult family homes, board and care homes, or personal care homes.
- **Assisted living facilities:** Facilities that provide support with daily living activities, such as bathing, dressing, and medication management, for older adults who require some level of assistance with these tasks.
- **Memory care communities:** Specialized communities for seniors with dementia, providing a secure environment and specialized care for their needs.
- **Continuing care retirement communities:** Communities that offer a continuum of care, ranging from independent living to skilled nursing care, allowing residents to age in place as their needs change.
- **Skilled nursing facilities:** Facilities that provide 24-hour medical care and rehabilitation

services for seniors with more complex medical needs.

It is important to plan for senior living options before it is too late because it allows older adults and their families to have more control over the decision-making process and to choose the option that best meets their needs and preferences.

How Do I Pay for Senior Living?

Many people residing in senior living communities use a combination of options to finance the care and services they may require as they age. Some of those options include:

- ☑ The sale of a family home and/or other investments
- ☑ Income from Social Security and other pensions
- ☑ Personal retirement savings
- ☑ Assistance from family
- ☑ Long-term care insurance
- ☑ The Veterans Aid and Attendance Program
- ☑ Medicare (does not pay for custodial care however can be used in some instances for qualified home health care costs)
- ☑ Medicaid – may be available on a limited basis to income eligible seniors – also the community must accept Medicaid

Pricing varies within senior living communities and is often based on size and location of an individual apartment or residence, types of services requested, and level of care needed.

In summary, planning ahead for senior living with a local professional allows seniors to maintain control over their lives, prioritize their health and wellness, and have peace of mind about their future. By doing so, they can avoid being caught off guard by unexpected events and make informed decisions about their future needs.

Most importantly, you don't have to do this on your own! There are great local professionals and resources available to you in Brevard that deeply care about our senior community.



Helping Seniors Of Brevard



Promoting Safety & Independence

*Jital Patel, OTR/L, CFPS, DRS
Coastal Occupational Therapy*

Exploring Senior Living Options and Mobile Services in Brevard County, Florida

As the senior population continues to grow, it's important to explore the various options available for senior living that prioritize both safety and independence. In Brevard County, Florida, this trend is particularly evident. According to the U.S. Census Bureau, as of 2020, Brevard County has a population of approximately 603,000, with about 27% of the population aged 65 or older.

The aging population in Brevard County is expected to continue to increase significantly as the baby boomer generation enters their senior years. By 2030, it's projected that seniors will make up 31% of the county's population. This demographic shift highlights the need for comprehensive senior care options that cater to the unique needs and preferences of older adults in the area.

To address these needs, a range of senior living options are available in Brevard County. Whether seniors choose to live in their own homes or in senior living facilities, the availability of mobile services, such as mobile therapy, labs, and nurses, can play a crucial role in ensuring their well-being.

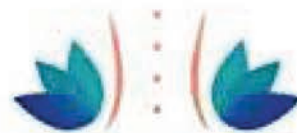
For seniors who opt to age in place in Brevard County, mobile services offer a valuable resource. Mobile therapy services bring physical, occupational, and speech therapy directly to seniors' homes, providing personalized care in familiar surroundings. Additionally, mobile lab services offer the convenience of medical testing without the need to travel to medical facilities. In-home nursing care can also be arranged, ensuring regular check-ups, medication management, and general healthcare needs are met.

For seniors choosing senior living facilities in Brevard County, incorporating mobile services is equally important. Many senior living communities have partnerships with mobile service providers, allowing residents to receive therapy, lab tests, and healthcare services within the facility itself. This integration ensures that residents can access necessary care conveniently and efficiently.

The presence of mobile services within senior living facilities in Brevard County not only enhances safety and independence but also addresses the unique needs of the aging population. Mobile services enable prompt medical attention, preventive care, and personalized attention, ultimately improving the overall well-being of seniors.

In conclusion, the aging population in Brevard County, Florida, is on the rise, and it's crucial to consider the specific needs of seniors when evaluating senior living options. Incorporating mobile services, such as in-home therapy, mobile lab services, and in-home nursing care, ensures the safety, independence, and well-being of seniors. By leveraging these services, seniors in Brevard County can make informed decisions about their living arrangements and age with dignity, security, and a high quality of life.

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Treasuring our Elders

Traci Graf, RN
AVID Home Care

Many other cultures respect and treasure their elders and can be socially shamed if they put elderly parents into a facility. The Confucian teaching of filial piety influences the Japanese, Chinese, and Korean people. About 75% of elderly Japanese live with their adult children. They believe they raise their children to eventually take care of them. China has an “Elderly Rights Law” that mandates adult children visit their parents frequently, no matter how far away they live. In India and Nepal, it is tradition that the newlywed couple moves in with the groom’s parents.

Unfortunately, the same cannot be said about American society. In Brevard, 145,900 people are over age 65. Despite making up 24% of our county’s population, senior citizens are often overlooked, their opinions dismissed. This is ageism, a form of discrimination in which the capabilities of people are assumed to be poor due to their age.

Despite having an aging population, many Americans still have a bias against aging and a fear of getting older. American culture seems to have the belief that aging comes with a decrease in physical attractiveness, everyday tasks and learning new things, while other cultures agree that with age comes general knowledge, wisdom, and respect.

Senior citizens built our community through hard work and dedication. Suggesting things like moving them to another state is insulting. Instead, we should strive to make seniors feel more valued.

So how do we show respect for our elders without offending them? Ask an elderly person for advice or to teach you a skill. Be patient—if an older person is taking a little longer to do something or needs assistance, remember all the knowledge they have from living so long. The great thing about getting older is that you don’t lose all the other ages you’ve been!



Who Pays for a Nursing Home?

Kara Anderson
Simplifying Senior Living

When it comes to living options for seniors, failing to plan ahead can be costly – emotionally, financially, and physically. What ARE the options for paying for a nursing home?

Skilled nursing facilities are often short-term solutions to a medical incident causing the need for more care temporarily. The stay is paid for by Medicare and secondary insurance plans. Long-term stays, on the other hand, can be a very expensive living option. Current monthly rates for shared rooms in local nursing homes can range from \$250 - \$425 per day. Basic room and board are just the starting point with care levels, therapies, and other billable services added on.

Long-term care insurance often covers nursing home care at a pre-determined daily rate that can be paid indefinitely or for a period defined at the time of purchase. Long-term care policies are priced according to the length of time and per day benefit you choose. If you have a parent going into a nursing home, be sure to ask if they have a policy. These are often forgotten even though premiums have been paid for a very long time!

The last option to help pay for a long-term nursing home stay is Medicaid. Medicaid Managed Care offers services to Florida’s most vulnerable citizens through the cooperation of several state agencies including the Agency for Health Care Administration, the Department of Children and Families, and the Department of Elder Affairs.

For any senior staying in a nursing home, the anxiety regarding costs can be overwhelming. Be sure to make long-term care planning a part of your overall family plan, including how to pay for the services you expect while in their care. Knowledge is power! Consultation with an elder law attorney and the creation of a financial plan can go a long way in providing peace of mind when a crisis occurs.



Paying for Senior Living

Katie Jackson Stolz
Attorney, Probate & Public Benefits
Law Office of Amy B. Van Fossen, P.A.

Two benefits seniors may be eligible for are VA Pension with Aid & Attendance or Florida Medicaid.

VA Pension is a tax-free benefit that can be direct deposited to eligible veterans or the surviving spouses of eligible veterans. It is a non service connected benefit.

When analyzing if one qualifies for this benefit, we look at the dates the veteran served, medical need and expenses, assets, and income. If the veteran or surviving spouse is eligible, then they could be entitled to up to \$2,642 per month (\$31,074 per year) depending on whether they are married, single, or the surviving spouse. Two married veterans qualify for even more.

There are many different types of Medicaid. One of those is available to seniors who reside in a nursing home. The price of nursing homes in the area ranges from approximately \$9,000 to \$13,000 per month. However, if the senior obtains Medicaid, then the amount they pay is a significantly lower amount and is based on income.

One of the most common misconceptions is that a family needs to "spend down" all of their assets to qualify for Medicaid. This simply is not true. In Florida, there are many strategies that can be utilized to protect assets and still obtain Medicaid in a nursing home.



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Osteoporosis Drug Associated Infections

Lee Sheldon, DMD
Sheldon and Furtado, PLLC

You'll see the problem listed on the label of the drugs used for osteoporosis. It's called osteonecrosis of the jaw (ONJ), the death of bone tissue. We find this rarely, but it is worth knowing if you are on bisphosphonates or monoclonal antibody medications for osteoporosis.

Here's what's written on the label of one of these drugs:

"Osteonecrosis of the jaw (ONJ), which can occur spontaneously, is generally associated with tooth extraction and/or local infection with delayed healing, and has been reported in patients taking bisphosphonates, including BONIVA. Known risk factors for osteonecrosis of the jaw include invasive dental procedures (e.g., tooth extraction, dental implants, bony surgery), diagnosis of cancer, concomitant therapies (e.g., chemotherapy, corticosteroids), poor oral hygiene, and comorbid disorders (e.g., periodontal and/or other pre-existing dental disease, anemia, coagulopathy, infection, ill-fitting dentures). The risk of ONJ may increase with duration of exposure to bisphosphonates."

We often work with the patient's physician to "take a drug holiday" prior to a dental surgical procedure. In addition, we will order a C-Telopeptide (CTx) blood test from Quest laboratory to indicate the patient's ability to heal after surgery. If a drug holiday is indicated as a result of the test, we will wait at least four months before doing another CTx. A CTx of 200 or above is considered to be favorable for treatment.

The risk of ONJ is almost zero if you have been taking osteoporosis drugs for less than three years.

If you anticipate surgical treatment involving the bone in the mouth, let your dentist/surgeon know. He or she will then take a more detailed history and work with your physician to minimize your risk.



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Mom & Me by Audrey & Kimberley

DEAR MOM AND ME,

I was not ready to retire but I had reached that certain age and it was mandatory that I leave. In spite of how much they wanted me to stay or how much I wanted to stay.

My wife and I went on a trip to England for a month. I have cleaned the garage and attic, painted a bedroom, and now I am close to asking my wife to teach me how to iron towels and run the vacuum cleaner. What do you suggest I do?

– Peter in Princeton

DEAR PETER,

Oh how I look forward to the time when I do not have to follow the policies and procedures of the rat race! But, as you are finding out, retirement is not just endless freedom and fun. It is a major event in life that requires building a new way of life. The best thing for a successful retirement is planning, both financial and social. It sounds you planned for the financial part if you have taken a

trip to England. Now you need to explore new interest, develop new commitments through volunteer work or part time job or perhaps pick up a long forgotten hobby. You still need to have your wife teach you how to iron the towels and run the vacuum. You may have retired but your wife has not. The house work continues and you need to share the load.

– Kimberley

DEAR PETER,

You have done the routine things, now it is time for you to chart your course to retirement fulfillment. Organize yourself with pencil and paper, write two columns. One list of the things you always wanted to do, then list the thing you hate to do. Zero in on the first list and pursue volunteer opportunities in those areas. If you try one and it is a disappointment, try the next one. Join a health club and exercise regularly. The world out there is waiting for you - go get involved.

– Audrey

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SENIOR NEWS LINE

Why Are Seniors Targeted for Scams?

By Matilda Charles

In one year alone, seniors lost over \$3 billion to scammers, and it's gotten worse every year. The 60-69 age group was bad enough, but the dollar losses rose even more after age 70, and much more after age 80. Why are we targeted?

The thieves believe two things about us: We're all rich and have great credit, having worked our whole lives, and, worst of all, that we won't tell anyone if we lose money to them. Those two things alone make us constant targets.

All scammers have to do to turn us into victims, according to a study by Stanford and AARP, is raise our emotions. Whether happiness or anger, it doesn't matter, because either will push us to hand over our information or our money.

For example, scammers will say we've won a big prize, like the lottery, but to claim that prize we need to send them processing fees in advance. We think about that prize and our good sense goes out the window.

Emotions come into play when a scammer calls pretending to be a grandchild in trouble. We're asked to send money right away. We're upset, and we do. But the emotional pleas for money don't end there. Romance scams are huge, and too many lonely seniors send cash to their new love without questioning it.

Scammers who pretend to be from the government, such as the IRS, who frighten us into paying money, raise our emotions as well.

The list of scams directed at the elderly is nearly endless: investments, lottery wins, IRS tax bills, low-cost prescriptions, charities, tech repair, cemetery debts, romance, reverse mortgage, help signing up for Medicare, auto warranties.

Beware. If you allow yourself to be scammed once, they will be back, because you'll be on a list of people who can be fooled. © (c) 2023 King Features Synd., Inc.

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- 8 Too
- 12 Kotb of "Today"
- 13 Filch
- 14 500 sheets
- 15 Rat- —
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- 18 Large gong
- 20 Try to hear better, maybe
- 21 Author Bagnold
- 23 Nabokov novel
- 24 Symbol of stability
- 28 La Scala solo
- 31 — tai (cocktail)
- 32 Van Gogh venue
- 34 Mafia boss
- 35 Hostels
- 37 Vespers
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DOWN

- 42 Ceremony
- 45 Slanted type
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- 56 "Game, —, match!"
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- 2 Speck
- 3 Leading man?
- 4 Plump up
- 5 Opening night
- 6 State VIP
- 7 Genesis shep-herd
- 8 Fleet
- 9 "Mona Lisa" painter
- 10 Rani's wrap

- 11 Portent
- 17 Stephen of "Still Crazy"
- 19 "Puppy Love" singer
- 22 Look (into)
- 24 Brit. record label
- 25 Moving vehicle
- 26 Genius
- 27 Most skeptical
- 29 Charged bit
- 30 "Life of Pi" director Lee
- 33 Tizzy
- 36 Gushes forth
- 38 Slowpokes
- 40 "Rah!"
- 42 Ms. McEntire
- 43 Infamous tsar
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- 46 Aspiring atty.'s exam
- 47 "Would — to you?"
- 48 Shopper's aid
- 50 Scot's refusal

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PAW'S CORNER

By Sam Mazzotta

How to Stop an Overweight Dog From Howling for Food

DEAR PAW'S CORNER: My Labrador-mix, Seeker, has always been a pretty big guy. But lately he's turned into a very round dog. If I don't feed him throughout the day, he sits beside his bowl and howls -- making it impossible for me to work at my desk. What can I do to calm him down and help him lose weight?

— Jim G., Quincy, Massachusetts

DEAR JIM: It's difficult to help overweight pets lose those extra pounds, and it's clear that Seeker has no qualms about complaining about it!

Since you're working from home, one way to mitigate the howling is to implement a divert-and-reward system to take his mind off his empty bowl. In essence, keep Seeker away from the kitchen and as busy as your schedule allows.

Immediately after his breakfast, close off the kitchen. Use a baby gate or shut the door, and hide the food bowl out of sight. Take Seeker outside for a short walk to burn off

extra energy and a few calories. If you're in a high-rise apartment or another situation where going outside frequently is more difficult, opt for a five-minute training and play session instead.

While you're working, Seeker should be separated from the kitchen -- either in a closed-off room or with you in your office (but in his own corner) -- and given plenty of toys to chew on. Spend time with Seeker on each break from work. Play, work on basic obedience, or just hang out. Once you're finished with work for the day, take Seeker out for a long walk before giving him dinner.

Stick with the diet prescribed by the vet. Be patient but consistent with Seeker to change his behavior. He can and will lose the weight, because you care about him!

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

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Pentecost & You

Rev. Jeff Wood, First Presbyterian Church of Sebastian

Just behind us is what the church calls Pentecost. It commemorates the outpouring of the Spirit in a special way upon a group of people. The day is recorded in Acts 2 of the New Testament. What do we know about the Holy Spirit? One common thought is that the Spirit is a force. But that is not so according to the Bible. He is a person. How do we know this? Because the Holy Spirit does what a person does.

A person speaks. The Holy Spirit speaks. "He who has an ear, let him hear what the Spirit says to the churches." (Rev. 2:7) A person intercedes. The Holy Spirit intercedes. "We do not know how to pray as we should, but the Spirit intercedes

for us with groanings too deep for words." (Romans 8:26) A person bears witness. The Holy Spirit bears witness. "He will bear witness of me." (John 15:26) A person leads. The Holy Spirit leads. "For all who are being led by the Spirit of God, these are sons of God." (Romans 8:14) A person guides. The Holy Spirit guides. "When the Spirit of truth comes, he will guide you into all truth." (John 16:14) A person appoints. The Holy Spirit appoints. "Be on guard for yourselves and for all the flock among which the Holy Spirit has made you overseers." (Acts 20:28) A person can be lied to. The Holy Spirit can be lied to. "Ananias, why has Satan filled your heart to lie to the Holy Spirit." (Acts 5:3) A

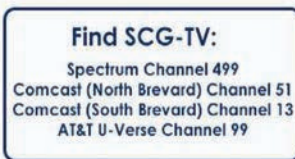
person can be grieved. The Holy Spirit can be grieved. "Do not grieve the Holy Spirit of God." (Eph. 4:30) Persons speak, intercede, bear witness, lead, guide, appoint, face lies, and face grief. According to the Bible the Holy Spirit is a person.

We tend to think of human persons with bodies. He is a person but not with a body. He's a person, not just energy. That the Spirit is a person, not a magic power or mystical power is important because I dare say that we approach a powerful bomb on our doorstep quite differently than a powerful president there. One is something you dispose of and the other is someone who could dispose of you! The one you control and the other you relate to.

May you know in some way the person of the Holy Spirit in your life. ☺

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
Jun 1	Thu	Care Management	About Golden Providers	Technology & Home Care	What Elder Law Attorney Can Do
Jun 2	Fri	How a Public Adjuster Helps	Medicare - Questions & Answers	Chefs for Seniors	Capital Update
Jun 5	Mon	Is Assisted Living Right for You?	Value of a Second Opinion	Reverse Mortgages - Now Time?	Senior Travel - Safe & Fun
Jun 6	Tue	Senior Info in Senior Scene	Power of Attorney/Super Powers	Living Beyond your Current Home	Safe & Secure at Home
Jun 7	Wed	Avoiding Probate	What Assisted Living Can Mean	The Parts of Medicare	Helping Seniors Directory
Jun 8	Thu	Helping Seniors - 12 Years Later	What is Holistic Health	When to Call Adult Abuse Hotline	Top 3 Public Benefits Questions
Jun 9	Fri	The Value of Professional Printing	Helping Seniors Travel Club	How SRES Helps	Capital Update
Jun 12	Mon	Things to Know on Elder Law	Communication & Helping Seniors	All About Home Health Care	Smile Form & Function
Jun 13	Tue	Great Employment for Seniors	Your Legal Documents Checklist	How Assisted Living Helps Thrive	Real Estate Transactions
Jun 14	Wed	3 Reasons to Consider "Reverse"	Getting RX at Best Prices	Probate - What it is/How it Works	Checking out Zon Beachside
Jun 15	Thu	How to Cruise Successfully	New FL? Need to Know Elder Law	Stay Safe at Home or Downsize?	Medicare - Questions & Answers
Jun 16	Fri	Senior Mental Health	When Assisted Living Appropriate	How a Public Adjuster Helps	Capital Update
Jun 19	Mon	Case Management/Guardianship	Senior Expos & Events	The Dental Experience	Veterans Benefits
Jun 20	Tue	Chefs for Seniors	The Plight of Hungry/Homeless	Put Kids on Bank Account?	Durable Power of Attorney
Jun 21	Wed	The Vial of Life	Care Management	Smorgasboard of Legal Matters	The Dirty "D" Word - Dementia
Jun 22	Thu	How Medical Office Team Helps	Printing & Direct Mail Options	Golden Providers Biz-to-Biz	Understanding Medicare Options
Jun 23	Fri	Two Assisted Living Questions	Finding Good Help at Home	How Reverse Mortgage Work	Capital Update
Jun 26	Mon	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2	Helping Seniors - 12 Years Later	Helping Seniors Travel Club
Jun 27	Tue	Elder Law Services	The Parts of Medicare	Life Enrichment	Cosmetic Dentistry
Jun 28	Wed	Info Needs for Seniors	Periodontal Disease	Senior Info in Senior Scene	How to Have "Assisted Living" Tall
Jun 29	Thu	Medicare Questions & Answers	Real Estate Transactions	In Home Care Giving	Care Management
Jun 30	Fri	Debt Relief for Seniors	How a Public Adjuster Helps	Chefs for Seniors	Capital Update



Date	Day	Program	Topic	Special Guest
Jun 7	Wed	Helping Seniors Radio	Focus on Elder Law	Bill Johnson, Esq.
Jun 15	Wed	Helping Seniors Radio	Focus on Your Smile	Dr. Lee N. Sheldon
Jun 21	Wed	Helping Seniors Radio	Focus on Real Estate	Barbara McIntyre
Jun 28	Wed	Helping Seniors Radio	Focus on Help at Home	Jennifer Barton

Something New For One Or Two

Recipes especially created for 1 or 2 diners

Well, summer is upon us and whenever we go walking, we can smell all the wonderful aromas of outdoor cooking. Here are a few of my favorite recipes for the summer months, especially the dessert. It has taken some time to figure out how to do Tiramisu for two, but I think you will enjoy the results.

HOMEMADE CHICKEN BBQ

¾ cup of diced Vidalia onion
4 T. tomato sauce
1 T. Worcestershire sauce
1 T. rice wine vinegar
2 t. Dijon mustard
2 t. dark brown sugar
1 t. cornstarch and lemon juice
2 t. minced garlic
1 bay leaf
dash of salt and pepper
2 large boneless ½ chicken breasts

In a saucepan combine every thing but the chicken, stir to dissolve cornstarch. Cook stirring constantly until it comes to a boil. Simmer on low heat, stirring for about a minute or until thickened. Discard bay leaf and blend the sauce in blender on low speed. Heat your grill, place the chicken breasts on the grate and baste the top with half of the sauce. Cook for 7 minutes, turn and brush with the remaining sauce. Cook at least 7 or 8 minutes longer. Serve hot off the grill with the following.

GREEK POTATO AND GREEN BEAN SALAD

¼ lb. or red potatoes, boiled and cut into chunks
¼ lb. of young green beans, steamed and cut in pieces
2 T. sliced green olives
2 T. sliced black "Greek" olives
1 T. capers
1 t. salt
1 t. cracked pepper

DRESSING

¼ cup extra virgin olive oil
3 t. Dijon mustard
3 t. white wine vinegar
3 t. fresh lemon juice
½ t. dill weed.

Mix the cooked potatoes and beans, olives and capers together. Season lightly with salt and pepper. Mix the dressing and pour over the salad. Toss well and chill at least 6 hours. Better if it sits over night.

TIRAMISU FOR TWO

¼ cup milk (low fat) & 2 T. sugar
2 t. cornstarch & 1 large egg yolk
2 T. milk
2 t. light rum & 1 t. rum extract
1 T. milk, ¼ cup ricotta cheese, 1 T. softened cream cheese & ¼ t. lemon juice
½ cup of Fat Free Cool Whip
Grated bitter chocolate
½ package of lady fingers (leave out overnight to get stale)
¼ cup strong coffee or espresso
1 T. Kahlua

Scald the ¼ cup milk with the sugar over med heat. In a bowl whisk 2 T. milk with the egg yolk and cornstarch. Whisk some of the hot milk into the egg yolk, add the rest of the hot milk, return to the pot and bring to a boil, whisking for a minute or two or until it is thick. Strain the custard into a clean bowl, whisk in the rum and rum extract.

Place some plastic wrap on the surface of the custard (to prevent a film from forming) and chill for ½ hour. While the custard chills, process the 1 T. milk, the ricotta cheese, cream cheese and lemon juice until smooth. Chill for 15 or 20 minute. Fold the cheese mixture into the custard and then fold in the Cool Whip. Mix the coffee & Kahlua, dip the lady fingers into the mixture. To assemble, arrange ¼ of the lady fingers in the bottom of a fancy dessert dish. Top with ¼ of the custard mixture and grate a little bitter chocolate on top. Repeat the layer and do the same for the second serving, ending with grated chocolate. Chill at least 6 hours or overnight.

SUMMER EVENINGS SERIES at Suntree United Methodist Church

June 17, 2023

Our Favorite Things

From Vivaldi to Rhapsody in Blue to Scheherazade - join Assistant Concertmaster Joni Hanze, Principal Trumpet Tom Macklin, and some of their very talented friends playing a few of their favorite things.

July 8, 2023

From Bach to Broadway

The Florida Chamber Brass, led by BSO Trombonist Joey Vasick, takes us on a musical journey full of variety and fan favorites as we go From Bach to Broadway!

August 12, 2023

Lisa Ferrigno and Scott Watkins in Recital

We celebrate Lisa Ferrigno's 25th Season as BSO Concertmaster with a duo recital with pianist Scott Watkins featuring Faure Violin Sonata No. 1 and more!



Summer Evening Concerts
begin at 7:00pm, doors
open at 6:00pm

Polishing a Gem on Merritt Island: Major Upgrades to the Veterans Memorial Center

Thanks to a generous grant of \$61K from the Charity of the Brevard County Sheriff's Office (BCSO) as well as other major donors, the Veterans Memorial Center (VMC) on Merritt Island has conducted a major facelift. The BCSO funds were received last fall after the annual BCSO Charity Fundraiser, Dancing with the Space Coast, when VMC was chosen as one of four 501c3 organizations to split the over \$240,000 raised that night. Thanks so much to Sheriff Ivey and his BCSO Charity Team, led by Lindsey Deaton.

The VMC is also in the process of another huge 2024 upgrade with new Park Infrastructure and an amazing amphitheater capable of hosting 6000 people with lawn seating. The VMC includes the adjacent 82 acre Veterans Memorial Park which already has 3.5 km in cement trails and wooden board walks around four beautiful lakes, a new and large military themed children's playground and adult exercise stations, along with many new trees and shrubs. The next upgrade approaches \$5M including the amphitheater, with funds already

provided by the County and Tourist Development and being considered by the State.

The VMC and Park is located behind the Merritt Square Mall off Route 520. The Park is open dawn to dusk with the Museum, Library, expanded military sales store in the museum, and Plaza open 1000-4 pm every day except Sunday, which is 12-4 pm. Rental facilities and memorial bricks, trees and benches are available since there is no charge to use the Museum or other areas for individual use. The VMC has over 80 volunteers and is a 501c3 so donations and memorial purchases are tax deductible,

Check out a few photos of the great upgrades. One not pictured and nearly complete is the purchase of a new computer system and related hardware and software including two overhead projectors.

Come and visit and tell your friends about this true Gem on Merritt Island. ☺





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Weekly SUDOKU

by Linda Thistle

8			3				9	
		7			6			4
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Copay Exemption for Native American Veterans

The Department of Veterans Affairs is moving forward toward its goal of ensuring that Native American veterans receive the benefits they should be getting. Two weeks ago it was reduced mortgage interest rates for Native Americans, native Hawaiians, Alaska Natives and Pacific Islanders. Now, per the Indian Health Care Improvement Act, it's a waiver on having to pay a copay for VA health care services and urgent medical care.

Besides taking affect now, it's retroactive: Starting last year, on Jan. 5, 2022, any eligible American Indian and Alaska Native Veteran who's received care and paid a copay can go back and be reimbursed.

There are details, of course. To be eligible for exemption you need to be an American Indian or Alaska Native Veteran, provide a copy of an official tribal document showing that you meet the eligibility requirements of the Indian Health Care Improvement Act and submit a Tribal Documentation Form (VA Form 10-334). That form is also

known as Documentation of Indian or Urban Indian Status for Veteran Copayment Exemption.

Pay special attention to the government's definition of "Indian." It involves being a first- or second-degree descendant of certain groups, and you must live in an urban center, which includes the department of Health and Human Services' definition of an Indian population with unmet health needs.

If you're not yet signed up for VA health care, this might be the time to do it and have that, plus the question of your copays, out of the way. In a medical emergency, you don't want to have to think about what you're going to do or where you're going to go. And if you've paid out several copays since Jan. 5 of last year, you stand to be reimbursed if you're eligible for the American Indian exemption.

Confused yet? There's help at 800-698-2411, the MyVA number that's answered 24/7 with assistance on a dozen different topics, from benefits to cemeteries to a crisis line. © (c) 2023 King Features Synd., Inc.

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

people want to delay distributions and the taxes thereon.


A spouse, as beneficiary, can roll it into his/her own IRA and name new beneficiaries to receive the IRA when the surviving spouse dies. An individual other than the spouse generally must take distributions over a ten-year period.

If you don't want an individual to directly receive the funds, you can create a sub-trust in your trust to receive the IRA distributions. Sub-trusts can be structured as "see through trusts" to receive distributions over ten years by providing for a distribution from the sub-trust to the individual beneficiary. This also avoids the higher income tax rate on trusts. For example, the trust tax rate is 35% on income over \$9,851. ©

For further information you may be interested in Attorney Truman Scarborough's Booklet on Estate Planning in Florida. It is available without charge or obligation by calling (321) 267 - 4770. His office is located at 239 Harrison Street, Titusville, Florida.

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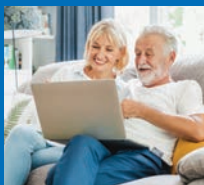
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Solution Time: 21 minutes

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H	O	D	A		R	O	B		R	E	A	M
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Sudoku Answers

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



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[= Brain Stress?]

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having trouble dressing, getting frustrated or angry, or acting in unexpected ways, such as refusing to bathe. In late-stage Alzheimer's disease, balance and coordination in addition to autonomic functions, including heart rate, breathing and digestion are significantly negatively impacted. In the final stages of this phase, neurological damage and muscular degeneration cause people with the disease unable to perform even basic movements, including walking and maintaining control of their bladder and bowels. They may not even be able to swallow without assistance. The leading cause of death in Alzheimer's patients is a secondary infection, commonly a bacterial infection that their immunocompromised body is too weak to fight, like pneumonia.

Q A friend was just diagnosed with early-stage Alzheimer's. I know it's a disease that gets progressively worse; is there anything he can do to slow down the rate of progression?

A Yes. There are medications available to help slow down the progression of the symptoms and help improve quality of life. Medication and treatment options may vary per person, so having an open dialogue with your physician about medications and the effects it has on your loved one is very important. In addition, practicing a healthy lifestyle may help slow the progression of the disease. This would

include getting ample sleep, exercise, and eating healthy; a Mediterranean diet is recommended with plenty of fruits and vegetables. In addition, it's recommended that people with Alzheimer's practice 'brain exercises,' which they can do by playing bridge, reading and other activities that utilize a lot of brain power.

Q I'm 65 and I was recently diagnosed with Alzheimer's; will I die from it?

A While there is no cure for Alzheimer's currently, and the majority of people diagnosed with it live approximately four to eight years after diagnosis, still many live as long as 20 years or more after being diagnosed. A lot depends on how well a person takes care of their health. That's why it's important to talk to your physician about the best medication options for you and to also maintain a healthy lifestyle.

Q What are the warning signs of someone with Alzheimer's disease?

A If you are caring for someone and you think that they might be suffering from Alzheimer's, here are some warning signs to help you assess if you should take further action:

Alzheimer's and Brain Awareness cont'd on page 44

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- **Memory loss that disrupts daily life.** In the early stages of Alzheimer's disease, forgetting recent information is common. Missing appointments, forgetting important dates, needing to ask for the same information repeatedly, or relying on others to handle things that used to be handled independently are all warning signs if occurring frequently.
- **Difficulty with familiar tasks.** Alzheimer's patients can have problems accomplishing daily and familiar tasks like keeping track of bills and taking longer time to do things they did before.
- **Confusion with time and place.** Losing track of times, places, seasons, and passage of time are all warning signs. If you notice that a person forgets where they are or how they got there, you should take action.
- **Trouble understanding visual images.** A sign of

Alzheimer's is having difficulty with perceptions. For example, if a person with Alzheimer's passes his or her reflection in a mirror, he or she might think that there is another person in the room.

- **Changes in mood and personality.** If you have noticed that your loved one's mood and personality has changed such as becoming easily upset, confused, depressed, anxious, or fearful, you might want to follow up with your doctor.

If you have noticed changes in your loved ones behavior or actions, you should consult a physician. For more information about Alzheimer's disease, please visit www.mayoclinic.com, www.alz.org, or www.alzfdn.org. §

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.vnatc.com.



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Melbourne's Pioneer Family The Houstons *cont'd from pg 10*

Surprised Seminoles camping on the property immediately moved on to Lake Washington. The house and slave quarters, the first between New Smyrna and St. Lucie Village, rose quickly. Trees cleared supplied logs for walls chinking with clay. Tabby for chimneys and fire places was prepared from burnt oyster shells and sand.

The complete basics for home survival were prepared and they named their new home Arlington. With a quick trip to Jacksonville for supplies, John III's wife and some of his ten children settled at home in their lonely paradise (late Fall 1859). John IV brought his new wife to the family in 1860.

Rumblings of the Civil War were far away, but pulled the men again to war with allegiance to the South. As part of the Confederate Cow Calvary, John III supplied beef to the Army just as his grandfather had in the Revolutionary War. He also maintained a salt works producing the commodity so vital to the rebel cause.

Son, John C. Houston IV, was a Captain of the Third Florida Infantry and a blockade runner. The Houston home was a staging area and refuge for the illicit

The Houstons... cont'd on page 46



Health before Profits!

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

Globally in 2020, 1.21 billion individuals were smokers, who consumed 7.51 trillion cigarette-equivalents of tobacco in 2020. Although prevalence of smoking had decreased significantly since 1090 among both males and females, population growth has led to a significant increase in the total number of smokers from 0.99 billion in 1990. Globally in 2020, smoking use accounted for 7.81 million deaths and 209 million disability-adjusted-life-years (DALYs).

World No Tobacco Day, observed on May 31, was created by World Health Organization, in 1987, to inform “the public on the dangers of using tobacco” and to raise awareness about “what people around the world can do to claim their right to health and healthy living and to protect future generations”. The harmful effects of smoking on human health and aging are undeniable. Commercial interests in tobacco are directly at odds with the goal of achieving healthy longevity for all. To prevent and reduce harms of human health, rethinking society’s and individuals’ relationship with harmful products is imperative. Is economic growth worth achieving if it comes directly at the cost of human health and lifespan?

Major smoking-related causes of death and disability

include ischemic heart disease; chronic pulmonary disease; tracheal, bronchial, and lung cancers; and stroke. Smoking is also an important risk factor for dementia and is strongly associated with frailty in middle-aged and older adults. Substantial efforts have been made to reduce smoking-related harms, and it is worth noting that progress has been made between 1990 and 2020, smoking rates decreased by 27.5% in men and by 37.7% in women. Unfortunately, an increasing global population had offset these gains and, in 2020, the estimated number of current smokers worldwide was 1.21 billion people, compared with 0.99 billion in 1990. Additionally, improvements have been uneven. Of the 71 countries that recorded substantial increases in the proportion of all-causes deaths attributable to tobacco use between 1990 and 2020, 66 (93%) were low-income and middle-income countries.

In 2005, the World Health Organization (W.H.O./part of U.N.) had approved 182 countries to implement several anti-tobacco measures, such as new taxation on tobacco products, advertising bans, public health campaigns, and

Health before Profits! cont’d on page 47

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Melbourne's Pioneer Family The Houstons *continued from page 44*

trade of needed goods from the Bahamas and exchange of confederate cotton and other products. Cargoes were transferred from the lagoon via Elbow Creek to the St. Johns River system north. John IV, an experienced ship captain and master of the Bahamian trade, was successful at breaking through to Yankee patrols off the Florida coast.

That is until he was captured and held in a prison ship off Key West. Released at war's end, he began the walk some 330 miles to Arlington. Along the way he built a boat from debris to finish the trek home.

The final duty action for the Houstons in the "War Between the States" (Southern view) was critical to the escape from arrest by John Breckinridge, Vice President of the Confederate States of America. Breckinridge and fellow escapees had travelled south on the St. Johns River in a leaking boat in need of repair. The Houstons hosted the Wexhausted party led by Captain Wood, the Confederate Ghost. John III caulked and repaired the boat for the Rebels traveling down the Indian River and then to Cuba.

The self-sufficient Houston clan survived the war with additional land grants, fisheries and healthy gardens. By 1869 they were established hosts for northern visitors and guides for hunting

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The Houstons...cont'd on page 49

receipt. Do not buy medicines from open markets.

- Ask the pharmacist whether the drug has the same active ingredient as the one you were taking.
- Make sure the medicine is in its original packaging.
- Look closely at the packaging. Sometimes poor-quality printing or otherwise strange-looking packaging will indicate a counterfeit product.
- Check with the foreign embassy of the country you will be visiting or passing through to make sure your medicines are permitted in that country.
 - ✱ Be aware that many countries only allow taking a 30-day supply of certain medicines and require the traveler to carry a prescription or a medical certificate.
 - ✱ If your medicine is banned at your destination, talk with your health care provider about alternative medicine or destination options, and have your doctor write a letter describing your condition and the treatment plan.
 - ✱ The International Narcotics Control Board (INCB) provides general information about country regulations for travelers carrying medicines that are made with controlled substances. It's important to note that INCB may not have information from all countries or territories.
- Make an appointment with a travel medicine specialist or your health care provider to get needed vaccines and medicines at least 4 to 6 weeks before you leave.
 - ✱ If you plan to be gone for more than 30 days, talk to your doctor about how you can get enough medicine for your trip. Sometimes insurance companies will pay for only a 30-day supply at a time.
- ✱ Ask your doctor about any changes to taking your medicine once you're in a different time zone. Medicines should be taken according to the time since your last dose, not the local time of day.
- ✱ Ask how to safely store medicine and check whether it needs refrigeration. Keep in mind that extreme temperatures can reduce the effectiveness of many medicines.
- Pack smart and put your medicines in your carry-on luggage. You don't want to be stuck without them if your suitcase gets lost!
 - ✱ Bring enough medicine to last your whole trip, plus a little extra in case of delays.
 - ✱ Keep medicines in their original, labeled containers. Ensure that they are clearly labeled with your full passport name, doctor's name, generic and brand name, and exact dosage.
 - ✱ Bring copies of all prescriptions, including the generic names for medicines.
 - ✱ Leave a copy of your prescriptions at home with a friend or relative in case you lose your copy or need an emergency refill.
 - ✱ Pack a note on letterhead stationery from the prescribing doctor (preferably translated into the language understood at your destination) for controlled substances, such as marijuana, and injectable medicines, such as EpiPens and insulin.

Article courtesy of the CDC. (S)

Health before Profits! continued from page 45

smoking cessation programs. However, despite almost global support for the treaty, adherence to its articles has not been absolute. Governments must commit to fully implementing all articles of the convention. Bold and decisive approaches, such as New Zealand's Smokefree Environments and Regulated Products Act, which prohibits selling or supplying smoked tobacco products to anyone born on or after Jan 1, 2009, are essential for the creation of a smoke-free generation.

Evidently, tobacco is not the only industry whose commercial interests pose major obstacles to health and healthy aging. Other similar industries highlighted are alcohol, ultra-processed foods, and fossil fuels. WHO estimate that the harmful use of alcohol caused 3 million deaths and 132.6 million DALYs globally in 2016. As with smoking, alcohol misuse is a risk factor for dementia. Ultra-processed foods, defined as those with formulations of ingredients, mostly of exclusive industrial use, that result from a series of industrial processes, are associated with high morbidity and mortality from cardiovascular disease, dementia, and other adverse health outcomes. The harms

from fossil fuels come in many forms, from air pollution to the wider effects of climate change.

Combatting the commercial determinant of health is not an easy task. The creation of the WHO Framework Convention on Tobacco Control treaty shows that impactful global harm-reduction strategies are possible, but implementation failures and the ongoing health burden of smoking underline the challenge of overcoming commercial interests. A formidable array of practices designed to protect these interests persists, such as advertising, reputation management, litigation, and lobbying by commercial entities. But, it is possible to address the commercial determinants of health, including rethinking economic models that place growth at the cost of all else, government regulation, and strategic civil society mobilization.

The most basic public health question is not whether the world has the resources or will take such actions, but whether humanity can survive if society fails to make its efforts. Commercial entities cannot be allowed to harm human health and longevity any longer. (S)

Tropical Vines Can Add Big Flowering Displays

Eddie Smith, MSU Extension Service

If you want to add a tropical feel to your deck, porch or patio, consider bringing in some tropical vines, such as mandevilla and black-eyed Susan vines. These annual beauties create impressive flowering displays and look incredible in containers. I have several in containers around my back deck. You can also use them in containers to bring a splash of color and interest to any dull areas you may have in your landscape.

Hummingbirds, butterflies, bees and other pollinators love mandevillas and black-eyed Susan vines. It's not just thanks to their bright, tropical colors and enticing smells. The flared, tube-shaped flowers are the perfect shape for hummingbirds' long beaks and tongues. I love the brightly colored red, pink, apricot and white, trumpet-shaped blooms of mandevillas that are displayed against a backdrop of dark-green, leathery foliage. My favorite colors are red and apricot, but with this variety, you're sure to find one that compliments the look you are seeking.

Mandevillas can only tolerate temperatures as low as 45 to 50 degrees, so growing them in containers means you

can move them indoors for the winter. If that sounds like too much work, you can plant them in the ground as an annual.

If you decide this fall to bring them indoors for the winter, first examine them carefully for pests. Look under the leaves, in the leaf axils where the leaf attaches to the vine, and in every conceivable nook and cranny for insects and other critters. Black-eyed Susan vine is a tender evergreen that can be grown in a container and brought inside for the winter, or you can grow it in the landscape as an annual and replace it each year.

Despite their differences, both of these plants have similar flowering traits, with a dark center surrounded by colorful yellow or orange petals. New varieties of Black-



Tropical Vines... cont'd on page 49

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Melbourne's Pioneer Family...cont'd from pg 46

and fishing excursions.

New families settled in the village of Arlington, the Chanceys and Hodgens. John III, the first postmaster, was appointed President of the Brevard County Commission by the Governor until 1874 when he was removed for being a Republican. Both Johns III and IV served as leaders of the community in various public offices both town and county. John IV held a lucrative boat mail delivery contract.

The emerging community, named for the Jacksonville home site Arlington, was one of the nicely developing small towns growing along the Indian River Lagoon in the late 19th Century. Change exploded with the arrival of well-connected Yankees.

Arlington became Eau Gallie and Elbow Creek, the Eau Gallie River, with the political clout of a real carpetbagger.

John Carroll Houston III died in Eau Gallie in 1885 and John IV in 1910. Both are buried in the family cemetery. You can visit their graves north of the Eau Gallie River on Houston Avenue.

Next month, the Gleason story. §

Tropical Vines...cont'd from pg 48

eyed Susan vine are available with white, rose, red, lilac and pastel-colored flowers. Lemon A-Peel and Orange A-Peel are two of my favorite varieties. Lemon A-Peel sports bright-yellow blooms with dark, dimpled eyes. Orange A-Peel is a fearless showstopper. It boasts bright-orange blooms with a black-purple eye and will climb anything willing to support it.

Mandevillas and black-eyed Susan vines can be used as stand-alone plants in a container or as companion plants in a combination planting. Using any of these tropical vines is sure to brighten up your deck, porch or patio all summer long. §

Don't Be An Ostrich cont'd from pg 12

Indian River Lagoon. I wish they would show as much interest in seniors who have outlived their retirement savings. How many of you could have predicted how long we now live or the high cost of food we see today?

We cannot keep burying our heads in the sand like the proverbial ostrich. To build or acquire more affordable housing will cost money and that is a known fact. The can being kicked down the road has turned into a very large can, moving faster, and it needs to be stopped. Solving the problem will require leadership capable of looking into the future and convincing our elected officials that our current modus operandi must change. §

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

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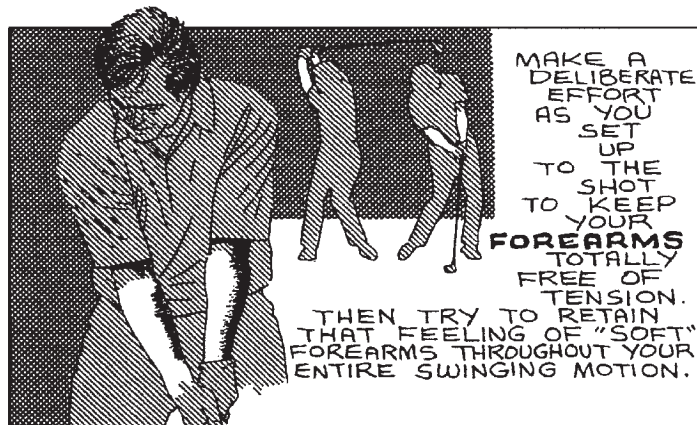
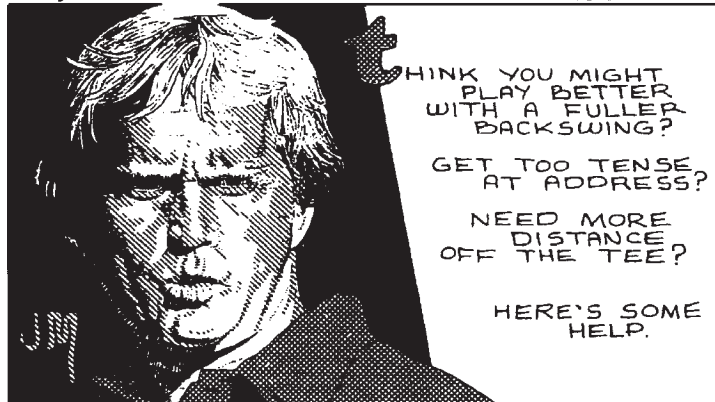
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JUNE COMMUNITY CALENDAR

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

FESTIVALS | SOCIAL DANCING | CLASSES | EVENTS

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

JUNE EVENTS

May 12 – Jun 4: Sunday in the Park with George, Titusville Playhouse, 321-268-1125, TitusvillePlayhouse.com

May 19 – Jun 25: The Cemetery Club, Melbourne Civic Theatre, Downtown Melbourne, 321-723-6935, myMCT.org

June 2: Opening Reception: Portals: An Invitational Exhibition, Fifth Avenue Art Gallery, Eau Gallie Arts District, 321-259-8261, FifthAvenueArtGallery.com

June 2: First Friday Reception: Mix It Up! Exhibit, Eau Gallery, Eau Gallie Arts District, 321-253-5553, EauGallery.com

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

June 2-4: Disney's 101 Dalmatians Kids (youth theatre), Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

June 2-18: Avenue Q, Henegar Center, Downtown Melbourne, 321-723-8698, Henegar.org

June 3: Field Day at Field Manor, Merritt Island, 321-848-0365, FieldManor.org

June 3: 'Til Death Do Us Part, Surfside Playhouse, SurfsidePlayers.com, 321-783-3127

June 4: A CBOB Summer Concert, Community Band of Brevard, Merritt Island High School, CommunityBandofBrevard.com, 321-338-6210

June 4: Swingtimers Vocal Trio Concert, Melbourne Municipal Band, Rockledge United Methodist Church, MMBand.org, 321-724-0555

June 7 & 8: MMB Pops! Concert, Melbourne Municipal Band, Mel-

bourne Auditorium, MMBand.org, 321-724-0555

June 9: Rock & Roll Revue June Moon Sock Hop, Melbourne Municipal Band, Melbourne Auditorium, MMBand.org, 321-724-0555

June 9-11: 13: The Musical (youth theatre), Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

June 10: Fly-in / Drive-in Breakfast, Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, WarbirdAirMuseum.com, 321-268-1941

June 10: Raise Your Voice Revue (youth theatre), Titusville Playhouse, TitusvillePlayhouse.com, 321-268-1125

June 10: Michael Lington & Paul Taylor, King Center, Melbourne, KingCenter.com, 321-242-2219

June 10: Opening Reception, Studios of Cocoa Beach, Downtown Cocoa Beach, StudiosofCocoaBeach.org, 321-613-3480

June 11: Jazz Concert: Richard Drexler, Space Coast Jazz Society, Veterans Memorial Center, Merritt Island, SpaceCoastJazzSociety.org

June 11: Adagio Sax Quartet Concert, Melbourne Municipal Band, Harbor City Baptist Church, MMBand.org, 321-724-0555

June 13 & 14: Made in the USA Concert, Melbourne Community Orchestra, Melbourne Auditorium, MCOchestra.org, 321-285-6724

June 15: King Center Open House (free), King Center, Melbourne, KingCenter.com, 321-242-2219

June 16: Friday Funday (youth theatre), Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

June 16: Friday Fest, Downtown Cocoa Beach, CocoaBeachMainStreet.org

June 16 – July 2: Moby Dick

Fractured, Surfside Playhouse, SurfsidePlayers.com, 321-783-3127

June 17: Classic Albums Live: The Beatles – Let It Be, King Center, Melbourne, KingCenter.com, 321-242-2219

June 17: 70's Broadway: Bell-bottoms & Afros Concert, Space Coast Symphony Orchestra Winds, Scott Center Auditorium at Holy Trinity, Melbourne, SpaceCoastSymphony.org, 855-252-7276

June 18: BSO Summer Evenings Series: Our Favorite Things Concert, Brevard Symphony Orchestra, Suntime United Methodist Church, BrevardSymphony.com, 321-345-5052

June 23: Lazer Invazion, King Center, Melbourne, KingCenter.com, 321-242-2219

June 23-25: Guys and Dolls (youth theatre), Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

June 24: Finding Nemo, Jr. (youth theatre), Henegar Center, Downtown Melbourne, 321-723-8698, Henegar.org

June 24: Spirit of America Concert, Space Coast Symphony Orchestra, Scott Center at Holy Trinity, SpaceCoastSymphony.org, 855-252-7276

June 25: Spirit of America Concert, Space Coast Symphony Orchestra, Riverside Presbyterian Church, Cocoa Beach, SpaceCoastSymphony.org, 855-252-7276

June 29 – July 1: Disney Descendants – The Musical (youth theatre), Titusville Playhouse, TitusvillePlayhouse.com, 321-268-1125

ONGOING EVENTS

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

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

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

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

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

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

DrumLuv Dance Center, Palm Bay, DrumLuvDance.com

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

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

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

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

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

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

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

Green Gables, Melbourne, GreenGables.org, 321-794-890

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

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

North Brevard Art League, Titusville, NorthBrevardArtLeague.com

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

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

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

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

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

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

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

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

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

CLUBS & ORGANIZATIONS

June 2: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at Florida's Seafood, 480 W. Cocoa Beach Cswy., Cocoa Beach on Friday, June 2 at 12 p.m. All are welcome to join the group. For additional details, please call (502) 299-8949.

NASA Alumni League (NAL): Tuesday, June 20. Courtyard-by-Mariott, 3435 N. Atlantic Ave, Cocoa Beach; Galaxy Meeting venue; free parking west of hotel; enter through hotel lobby/registration entrance. Register in advance to attend. Guest Speaker: Astronaut Winston Scott. Registration opens June 1, closes: noon, June 12. Check-in at 11:00;

lunch/meeting: 11:30 – 1:00. Costs: \$23 (members, spouses/adult family members); \$25 (invited guests). REGISTER EARLY: Cheryl Thornton, cherylT@cfl.rr.com, (321) 626-7119. Reservations priority: members & guests; a member may bring up to 3 guests. For more, see www.nalfl.com, to register/pre-pay by PayPal. Confirmed reservations may also be paid for at the door.

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.

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.



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/>

12 June– Women Veterans Recognition Day : Celebrate Our Women Veteran Heroes at a Luncheon with vendors, sponsors and swag. At the Brevard Zoo 1130-1300 . Contact AVET Kim Cone at info@avet-project.org. to register and for more information.

24 Jun – Military Appreciation Night at Space Coast Stadium in Viera during USSSA Pride Professional Women's Fast Pitch Softball Game 1700 - 2100 . Honoring Active Duty and Veterans. Dedication of Permanent POW/MIA installed seat behind home plate featuring Rolling Thunder FL-1.

04 Jul – Annual BCSO/VMC

Independence Day Parade - Details in May. AVET BBQ for planned after the Parade at VMC.

06 Aug – Purple Heart Remembrance Day by MOPH Brevard at the VMC Gray Hall and Plaza 1400-1600. Details in July.

11 Sep – Patriot Day 9/11 Remembrance Ceremony at VMC 1630-1900. Details in July,

06 Oct – Eighth Annual NVHS Rescuing Veterans Lost in America Dinner and Fundraiser. 1730-2100 at the Radisson Resort at the Port. 8701 Astronaut Blvd, Cape Canaveral. Sponsorships available. \$100 per place fundraiser. email event@nvhs.org or Call NVHS 321-208-7562 for more info.

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 County 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 ad-

ditional \$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.
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
Tech Help
Fridays from 12pm-1pm
Bring your own device and get one-on-one tech help from your librarian. Register at the reference desk today for your 30-minute session and improve your access to the information you need!

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

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

Mims/Scottsmoor 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.
Crafternoon
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

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

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

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

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

AARP Driver's Course
June 3, 9am-4pm. To register for this class call AARP at (904) 501-2311.
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.
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
Seams Unique Fiber Artists (SUFA) 10am-3pm, meets 3rd Monday
Books are ALWAYS Better Book Club 6:30pm-7:45pm, 3rd Friday
Space Coast Modern Quilting Guild (SCMQG) 9am-12pm, 3rd Wednesday
American Numismatic Association (ANA) Coin Talk with Bob 6-7:45 PM, 4th Tuesday

Eau Gallie Civic Center 1551 HIGHLAND AVE, MELBOURNE 321-608-7400

Joseph N. Davis Community Center 2547 GRANT ST, MELBOURNE 321-608-7460

Lipscomb Community Center 3316 MONROE ST, MELBOURNE 321-608-7450

Wickham Park Community Center 2815 LEISURE WAY, MELBOURNE 321-608-7490

Woody Simpson Community Center 1590 SCHOOLHOUSE ST, MERRITT ISLAND 321-455-1379

JUNE 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!

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

JUNE 2023 SENIOR CALENDAR (continued)

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

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
Pinocle 10AM-2PM \$2/\$3 Rachel

(321) 537-5322
Muscle Memory Strength Balance 10:00AM-11AM Natine (321)609-0999
Tap & Jazz 11AM-12PM \$2/\$3 Marsha (321)264-2776
Connie's Card Making (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410) 598-3755
Mahjong 12:30 PM-3:30PM \$2/\$3 Andi (321)385-3595
Party Bridge 12:30PM-3:30PM \$2/\$3 Mary (321) 607-2200
Darling Damsels Bridge 1PM-3:30PM \$2/\$3 Kathy (321) 268 4827
Tai Chi, 1PM-2:30PM \$3/\$5 Ada (321) 848-4689
Zumba Toning 6pm-7pm \$5/\$6 Robin 321-514-5945
WEDNESDAY
Bridge Lessons by Appt \$10 Rick (863)640-5798

Zumba Gold 9:15AM-10:15AM \$5/\$6 Robin (321)514-5945
Golden Hearts Senior Fitness- Wednesday 11AM-Noon \$5/\$6 Robin (321)-514-5945
Hurricane Rug Hooking (2nd& 4th Wed) 10AM-2PM \$2/\$3 Fonda (321)-298-2796
ACBL Duplicate Bridge 12PM-3:00PM \$2/\$3 Judy (901) 336 1306
Line Dance Class-Beginners 4:00PM-5:30PM \$3/\$4 Ferrell (321) 267-0195
Line Dance Class 5:30PM-6:30PM \$3/\$4 Ferrell (321) 267-0195
Line Dance Class 6:30PM-7:30PM \$3/\$4 Barbara (321)452-1944
THURSDAY
Bingo (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321)231-1135
Singles Club Planning Mtg (1st Thurs)4pm Call Jean for location (321) 352-2359
Tai-Chi - Thursday 1PM-2PM \$3/\$5 Ada

321-848-4689
Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945
Zumba Gold Tone/Chair- Thursday 11AM-Noon \$5/\$6 Robin 321-514-5945
FRIDAY
Euchre - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679
Shuffleboard 10AM-12PM \$2/\$3 Bill (321)544-1430
Muscle Memory Strength Balance 10:00AM-11AM \$2/\$3 Natine (321)609-0999
Billiards 9AM-12PM \$2/\$3 NBSC (321)268-2333
No Brevard Line Dance 12PM-2PM \$3/\$4 Yvette 321-258-6534
Line Dance Social (1st and 2nd Fri) 6PM-9PM \$5 Ferrel 321-267-0195
SUNDAY
Intermed./Adv'd Line Dance Class 2PM-4PM \$3/\$4 Pat (321)268-2333

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

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

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

Hand & Foot 11:30am-3:30pm
Fitness Fun 9:15-10:15am
Mah Jongg (Asian) 12:30-3:30pm (1st & 3rd Tues)
Ping Pong 1-3:30pm
Poker, Straight 10am-2pm
Poker, Straight 6-9:30pm
Sassy Senior Cheerleaders 4-6pm (On break until Sept)
Travel Office open 9am-2pm
Wood Shop 8am-noon
Wii Bowling 10:30am-12:30pm
WEDNESDAY PROGRAMS
Bargain Thrift Corner 9am-12pm
Billiards, Open Play noon-4pm
Bingo 11:30am-3:30pm Doors open at 9am. Food available to purchase
Bone Builders 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)
Bridge 9:30am-12pm
Darts 4:30-6pm (2nd & 4th Weds)

Golf (Crane Creek on 192) 9:20am
Travel Office open 9am-2pm
Woodshop 8am-12pm
THURSDAY PROGRAMS
Art Class 9:30-11:30am
Bargain Thrift Corner 9am-12pm
Billiards, Morning 8:30am-noon
Billiards, PM noon-4pm
Euchre 12:30-3:30pm
Mah Jongg (American) 12:30-3:30pm
Movie Night 6:30-9:30pm
Ping Pong 1-3:30pm
Pinocle 11-3pm
Scrabble 9:30am-noon
Travel Office open 9am-2pm
Woodshop 8am-noon
Yoga, Chair 10:30-11:30am

FRIDAY PROGRAMS
Bargain Thrift Corner 3-6pm
Billiards, Open Play 12-4:00pm

Bingo 6:00-10:00pm Doors open at 4pm. Food available to purchase
Bocce 9-11am
Bridge 12:15-3:30pm
Crafts 9:30-11:30am
Knotty Habit 9:30-11:30am
Poker, Straight 12-3:30pm
Travel Office open 9am-2pm
Wood Shop 8am-noon
SATURDAY PROGRAMS
Saturday Night Dance 6:30-9:30pm Jan-Oct (Last Saturday of month)
Tour our facility any weekday 8:30am to 4pm. Our Center is run 100% by volunteers.
Consider becoming a member and volunteering.
The Center is available to rent for seminars, adult birthdays, baby showers, anniversaries, weddings, etc.

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
Pinocle - 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
Pinocle - 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



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

JUNE 2023 ONE SENIOR PLACE EVENTS

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

FREE Liver Scans, Monday June 5th, and Wednesday June 21st, from 10 – 2pm. ClinCloud is offering FREE Fibroscans the FIRST Monday (unless it's a holiday) and THIRD Wednesday of each month at One Senior Place. Please call 321-751-6771 to schedule your half hour appointment.

FREE Memory Testing, Tuesdays June 6th, and 20th, from 11 – 3pm. Merritt Island Medical Research will be offering free memory screenings the FIRST and THIRD Tuesdays of each month at One Senior Place. Please call 321-305-5015 to schedule an appointment.

Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Wednesday June 7th, from 11 – 1pm, REPEATS Thursday June 22nd, 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.

Top 10 Estate Planning Mistakes That Can Cost Your Heirs Money, Thursday June 8th, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. It is important to plan for incapacity beforehand so that your medical and financial needs can be met. Paying for long-term care is another topic that we will discuss. RSVP to 321-751-6771.

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

Learn Basic Life Saving Techniques, Senior Health Friday with Nurse Lisa, Friday June 9th, from 10 – 11am. Presented by Nurse Lisa and Bonnie McClelland, CCEP, Steward Cardiac, Pulmonary and Vascular Rehabilitation. RSVP to 321-751-6771.

Understanding Acid Reflux, Ask the Doctor Lunch & Learn Series, Tuesday June 13th, 11:30 – 1pm. Presented by Emanuela Biban, MD, Medical Science Liaison with ClinCloud Research. Lunch provided by ClinCloud Research for all registered attendees. RSVP required, call 321-751-6771.

BINGO!, Tuesday June 13th, 2 – 3:30pm. Brought to you by Florida Health Care Plans. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

Alternative Techniques for PAIN, Thursday June 15th, from 12 – 1pm. Presented by Aquatic Health & Rehab. Aquatics, Laser, MPS, Graston Technique, Strain/Counterstrain, Massage/Manual Therapy. For more information and to RSVP, call 321-253-6324.

Quit YOUR Way, Free Tools to Quit Program, Friday June 16th, 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.

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

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

The Law Academy presents Graduation and Q & A Panel, Wednesday June 21st, at 10am. The Law Academy presented by Rhodes Law, PA. Limited seating must RSVP to 321-751-6771.

The Longest Day, Wednesday June 21st, from 12 – 4pm. Please join us as we shine a light on Alzheimer's Disease and related Dementias by gaining support, awareness and resources needed to help fight and stand up to the darkness! Dementia LIVE Training, memory testing, chair massages, and meet the One Senior Place Resident Businesses. Pre-registration is required. RSVP to 321-751-6771.

Sex & Aging, Friday June 23rd, from 2 – 3:30pm. Join April Boykin, MSW, LCSW with Counseling Resource Services, as we explore in this workshop how sexual behavior and desire change throughout the lifespan. Sexual behavior and desire are influenced by biological, psychological, social, and cultural factors. RSVP to 321-751-6771.

AARP Smart Driver Course, Monday June 26th, from 9 – 4pm. This driving refresher course from AARP Driver Safety will be offered at One Senior Place. This course is open to drivers of all ages and costs \$20 for AARP members and \$25 for non-members. This class is taught by certified volunteer instructor Ernie Edwards, call 719-648-1052 to secure your seat.

Planning for Incapacity in Order to Avoid Guardianship Proceedings, Tuesday June 27th, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will discuss what documents help avoid a guardianship and what the process is if a guardianship is necessary. RSVP to 321-751-6771.

Legislative Affairs Update and Chapter Overview, Wednesday June 28th, from 1 – 2:30pm. Legislative Update from MOAA's Advocacy in Action event in Washington D.C. Led by COL. Steve Bond, USA Ret. Vice President of MOAA's Florida Council of Chapters. Followed by an overview of the Cape Canaveral Chapter and its charitable foundations. Call to 321-751-6771 for more information and to RSVP.

Medicaid Planning Seminar, Thursday June 29th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

Hearing Loss [= Brain Stress], Lunch and Learn Seminar, Friday June 30th, from 11 – 1pm. This presentation brought to you by Personal Hearing Solutions and Clinical Education Specialist from Widex. During this presentation, you will learn how living with hearing loss negatively affects our ability to think and what we can do about it. Boxed lunch provided, must RSVP to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays June 8th and 22nd, from 10-12pm. While the feelings and emotions associated with grief and loss are unique and individual to each person, one often can find comfort from the experiences of others. Limited seating must RSVP to 321-751-6771. Facilitated by VITAS Healthcare.

Parkinson's Support Group, Wednesday June 21st, 10 – 11am. Come and share ideas, make new friends at the Parkinson's Discussion Group. Bring your questions and let us discuss our experiences and

feelings as we deal with Parkinson's disease. RSVP to 321-751-6771.

RECURRING EVENTS

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

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

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

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

The Club each Monday 9-1pm This active senior club meets weekly for board & card games, speakers, monthly birthday celebrations, and much more. Join the fun!

CONTACT INFORMATION:

Audrey Chow-Jones, Client Relations Manager
 Audrey@oneseniorplace.com
 One Senior Place, 8085 Spyglass Hill Road
 Viera, FL 32940 (321) 751-6771

Helping Seniors Info Series

Friday - June 2nd, 10:00am-11:00am

Join Helping Seniors beachside for the June's Community Information Series Presentation "Your Senior Living Options Checklist - Don't Try This on Your Own" with Guest Panelists Rachel McLain (Law Office of Amy B Van Fossen); Danica Scuderi-Carluccio (Advocates for the Aging, Inc.) and Ashleigh Caswell (Rolle IT).

This meeting takes place at Zon Beachside, 1894 S Patrick Drive in Indian Harbour Beach and, as always, the event is free - as are the coffee & snacks.

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

Monday - June 26th, 10:30am-11:30am

Join Helping Seniors for the Community Information Series Presentation "Your Senior Travel Checklist - Don't Try This on Your Own" with Special Needs Certified Travel Agent Chris Morse (Helping Seniors Travel Club/The Travel Center).

Our 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

321.339.0551

8085 Spyglass Hill Road

Viera, Florida 32940

Monday – Friday 8:30 am – 5 pm

Visit OneSeniorPlace.com for
up to date event information.



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