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AUGUST 2023

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Letter from the Publisher



It's August; do you want to talk about the weather? Of course, we should not be surprised about the heat and rain, it happens every year. But it sure keeps our area lush and green! Thank goodness for fans and air conditioning.

I hope you had a chance to take part in some of the numerous 4th of July celebrations here on the Space Coast. Of the many places that I have lived around the States, I have never lived in a place with so many patriotic celebrations! We do live in a great community.

The fall months will bring more Senior Health Fairs and Expos. So watch for those announcements in Senior Scene. These are great ways to keep in touch with local senior organizations, seek advice in a casual environment and maybe even get some minor health checks.

We take great pride in the fact that every month, we provide valuable and entertaining articles to our loyal readers. However, since there is always room for improvement, we would like to hear from you if you would like additional topics presented. In the meantime, enjoy our August issue.

Enjoy the day and see you next month.

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Gary Puckett's Powerful Voice Still Delighting Fans

By Nick Thomas

Currently traveling the U.S. on the 2023 "Happy Together Tour" with classic pop acts such as The Turtles, The Cowsills, and Little Anthony, (see www.happytogethertour.com), Gary Puckett never tires of performing the songs made famous with his Union Gap bandmates.

The hugely popular 5-man pop-rock group, remembered for their string of late 60s hits including "Woman, Woman," "Lady Willpower," and "This Girl is a Woman Now," now features all new members but retains one of the most



distinctive musical sounds of the era with Puckett delivering his characteristic soaring vocals infused with emotion and perfect pitch.

Famous for often performing in Civil War Union Army costumes and named after a town near where Puckett once lived in Washington state, the original Union Gap disbanded in 1971 but Puckett says the current group creates a sound as close as possible to the classic songs.

"The original recordings featured string and horn sections, but there's just four of us in the group now so our keyboard player is tasked with recreating those sounds," said Puckett while traveling to New York from his home in Florida. "I think we'll give fans what they want to hear."

Turning 80 last year, Puckett says he was around 8 or 9 when his family realized he could carry a tune.

"My folks would get a tape recorder and we would sing songs and record Christmas messages to my grandparents," he recalled. "Then they would make a little record of it. My voice was way, way 'up in the sky' back then, and I remember my mother telling me at one point she just

Gary Puckett's Powerful Voice... continued on page 46

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THE INVASION OF PALM BAY

General Development Corporation

By Diane Barile

A small plane glided over the post-Civil War town of Tillman, renamed Palm Bay, fitting the excitement of the Florida land boom and bankruptcy of the Great Depression of the 1930s. Post World War II times of the late 1950s brought streams of new residents to the local real estate market for land and new houses.

The plane circled the palm tree ringed harbor and then turned to the west of Turkey Creek and over a grid of drainage canals left from a 1916 project to drain prairies and marshes for agricultural development. The airplane passengers grinned and nodded in agreement. The 185 miles of canals meant that the initial cost of land drainage was already done creating a community pattern – perfect for land sales.

Passengers on the plane included one of the Mackle brothers who sold homes all over Florida. His protégée and companion aboard was the new president of the subsidiary, General Development Corporation. The place they saw was a potential bonanza with drained land, no taxes and a weak local government.

In their minds, they saw the new City of Port Malabar, adjacent to the village of Palm Bay. General Development had purchased 2,450 acres for its Welcome Center and first 130 homes. There were options for purchase of ranch lands and pastures west toward the St. Johns River.

Even as the flyers were optimistic, in 1959 the people below had their own pressures. The City of Melbourne, sharing boundaries with Palm Bay and West Melbourne, proposed to annex them both to expand its tax base. The smaller towns carried no city taxes and saw no advantage in becoming part of Melbourne. In 1960 Palm Bay incorporated blocking Melbourne's efforts.

The Palm Bay City Council met at a stucco City Hall where Palm Bay Road crossed the Florida East Coast Railroad tracks. Meetings were often interrupted by the loud rumbling of trains passing a few feet from the City Council proceedings. Sometimes it seemed the engine would run through the shaking building. Issues facing the new city

THE INVASION OF PALM BAY... continued on page 41

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COVER STORY

Tricia Eisen

As a child, I dreamed of being an artist. I would sketch my own hands sometimes, just to see how close I could get to making them look real.

During my high school years, I painted about three paintings, and fell in love the idea of becoming an artist. However, soon after graduation, I met and married my husband Chris Eisen. I stopped painting for many years to raise our two beautiful and amazing sons, Steve and Chris, who are the light of my life. I am very proud to be their mother. They gave me three beautiful

grandchildren, and wives whom I love dearly. My family and faith are the most important parts of my life, and I am so thankful for all of them. They support me with my art work and encourage me daily. My sister Kim says she is my biggest fan, and I think she just might be.

In April of this year, I decided I was going to devote a few hours

every week to my painting and learning as much as I can to improve my work. My work was chosen to be in the Brush with Success at the Art Gallery of Viera 2012, the Fall Festival in Down Town Melbourne, FL. and the First Friday in the park

Tricia Eisen cont'd on page 13



ESTATE PLANNING BOOKLET



By Attorney

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Return of Senior Funding

By Joe Steckler, President, Helping Seniors of Brevard County

My first venture into nonprofit fundraising was in 1992, the year I went to work for the Alzheimer's Association East Central Florida Chapter. It was also my first contact with the Brevard County Board of County Commissioners and the County Manager. At that time, there were 73,000 seniors in Brevard, about half of the 150,000 seniors we now have.

These numbers illustrate a relevant point: that seniors pay a large chunk of the county budget through their property taxes. In fact, studies show that 65- to 74-year-olds have the highest home ownership rate among all age groups. Why does this matter? Because fair play and equity do not always prevail in nonprofit funding.

When I became associated with nonprofit work, there were few organizations that served seniors. Mainly these organizations were left to their own devices to raise money to fund their work—free services to help the homeless, those who had outlived their resources, those who never managed to make enough to plan a retirement, and those who did not plan when they could have and became dependent on the goodwill of others.

Without reliable funding, nonprofits must turn to

fundraising if they are to keep their doors open serving people. Car raffles, golf tournaments, art auctions, and annual fund drives are all types of fundraising events that benefit charities. "Nonprofit" simply means that an organization seeking your help does not have to pay taxes on the money they collect to provide services. Remember that few things in life are truly free.

Now that you know more about nonprofits, I come to the real reason for my article. When I started in this arena, the Brevard County Commissioners set aside about \$1 million to serve all nonprofits in Brevard. When the money dropped to about \$750,000, I helped the Space Coast Early Intervention program bring several children in need to a county meeting. That made our point, and the money went back up. Over the years it was gradually reduced to \$550,000, then cut out altogether in 2022.

Today we fight for federal grants, but then deal with paperwork that diverts precious hours from already limited employee time, but a little does trickle into nonprofit coffers to help people in need. Remember, also, the huge debate over where to locate the new Daily Bread building

Return of Senior Funding cont'd on pg 40

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Why Won't The Attorney Talk With Me?

By Attorney Truman Scarborough

When friends are more than willing to share their opinions and give advice, it may appear strange if an attorney refuses to talk about a legal problem. However, attorneys can be ethically or legally prohibited from discussing certain matters. These restrictions include:

1 The attorney must be knowledgeable: Since it is impossible for an attorney to be skilled in all areas of the law, the Florida Bar's Rules of Professional Conduct require that an attorney limit his/her advice to those matters where he/she is competent. A referral probably can be made to another attorney who is more knowledgeable.

2 Unauthorized Practice: The law can be significantly different from state to state. Therefore, an attorney is prohibited from practicing in another state unless he/she is admitted to practice in that state. If an attorney attempts to practice in a state where he/she is not a member of the bar, he/she could be subject to criminal prosecution for the "unauthorized practice of law".

3 Confidentiality / Attorney Client Privilege: In order to fully and frankly discuss issues with the attorney, a client needs to know the attorney will not reveal information. Under the Florida Bar's Rules of Professional Conduct, information relating to the representation is confidential (with few exceptions) and cannot be shared with anyone else without the client's express permission. Information is also protected as Attorney-Client Privilege under Florida's Evidence Code from attempts to compel the attorney to divulge the information in legal proceedings. Even after a client has passed away, the attorney has a continuing obligation to protect this information.

4 Conflict of interest: A lawyer cannot represent one client where that representation would adversely affect another client's interest. For example, an attorney normally assists the husband and wife as a couple in developing an estate plan. But if a conflict arises between the spouses, the attorney cannot assist both of them. In settling a trust or probate estate, the attorney communicates with the beneficiaries, providing them copies of the trust, inventory, etc. However, the attorney represents the personal representative (executor) or the successor trustee, not the beneficiary. If a conflict arises, the beneficiary must seek legal advice from another attorney.

5 Communication with a person who has an attorney: The Rules of Professional Conduct prohibit an attorney

from communicating with a person who is represented by an attorney without the other attorney's consent. This rule applies even if the represented person initiates or consents to the communication. Furthermore, the attorney may not make a prohibited communication through a third person.

6 Undue Influence: The law recognizes that a beneficiary who has an opportunity to discuss an estate plan with the drafting attorney has an unfair advantage over other beneficiaries. If this beneficiary receives a substantially larger inheritance, other beneficiaries can have the will or trust voided by the court. Also, if the client needs to have someone else's help to formulate an estate plan, it raises a question about the client's mental capacity. The possibility of undue influence will increase as capacity diminishes.

Under normal circumstances on the other hand, the Rules of Professional Conduct require an attorney to promptly communicate with the client and explain a matter to the extent reasonably necessary to permit the client to make informed decisions. §

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.

Tricia Eisen cont'd from pg 11

at Eau Gallie, FL. My work is on display in the Indian River Gallery in Cocoa Village FL., and in the New York Artist Shop in St. Cloud, FL.

My medium is oils, and my subjects are many. I love all of nature, and I strive to make my subjects as real looking as I can get them. God has blessed me in so many ways, of which I am very thankful. Every day that I get to paint is like Christmas to me. It's like getting to unwrap my presents on Christmas morning to see what each painting will reveal. I only hope the people who see my work will love it as much as I have enjoyed creating it for them.

The artwork on the cover is currently on display in Lexus of Melbourne through the Brevard Cultural Alliance exhibit program. §





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■ Take a self-guided tour of Ireland

For U.S.-based travelers, Ireland is kind of a no-brainer when it comes to solo travel, thanks to easy access and friendly locals. Travel to the Emerald Isle becomes even easier with great Ireland vendors. While they offer traditional group tours, solo travelers should try one of the "locally

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■ Set sail on a European river cruise

It's hard for solo travelers to consider a cruise without first worrying about "single supplements"—the dreaded fees slapped on passengers for booking a room designed to hold two or more people. Luckily, the industry is becoming increasingly accommodating, with cruise lines of all sizes offering Solo Cabins. They cater to solo travelers, with a

Solo Travelers Taking Great Trips cont'd on page 44

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August is National Immunization Awareness Month

Growing up, most of us receive many vaccines. Indeed, it's often required if you want to attend school. But as adults, we think that we no longer need them. That's not true! As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases, according to the CDC. What's more, it's not just about us. Meaning, when we get vaccinated, we also protect others because we'll be significantly less likely to spread certain diseases. There's even a term for this, community immunity.

Below we answer some of your questions about vaccines for adults.

Q My friend is 55 and has shingles. She's in such terrible pain, and I'm afraid that I'll get it from her; is it contagious? If not, I'm 48 - should I get a shingles vaccine?

A According to the CDC, if you've had chickenpox before, then your friend's shingles virus is not contagious. However, for people who have never had chickenpox or

didn't get the chickenpox vaccine, they can get infected with shingles (aka varicella-zoster virus, the same virus that causes chickenpox) from someone who has shingles through (1) direct contact with the fluid from their shingles blisters or (2) breathing in virus particles from their blisters. However, if they do contract it, they will actually develop chickenpox, not shingles, although they could then develop shingles later in life.

Regarding your second question, assuming you did have chickenpox as a child and therefore could not contract shingles from your friend, the CDC recommends that people 50 and older should get a shingles vaccine (zoster).

Q My husband is 65 and has diabetes. Is it safe for him to get a vaccine for pneumonia?

A Yes. According to the CDC, all people 65 and older, whether or not they're immunocompromised by a disease such as diabetes, are advised to get a pneumococcal (for

VNA continued on page 47

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ChatGPT

By James Bowman, Data Doctors of Melbourne

I keep hearing about how incredible ChatGPT is, but what can it do for non-technical people? The world of AI (Artificial Intelligence) is exploding and one of the first generally accessible AI tools, ChatGPT (<https://bit.ly/3WXuDs0>) is open for public use.

Getting Started

You'll start by signing up for a free account ([https://](https://bit.ly/3oSe4kA)

bit.ly/3oSe4kA) which then provides access to the start page for ChatGPT with some examples of what you can ask it. Your questions are referred to as 'prompts' by the community, which will be important to remember for a research tip I'll provide later.

Learning Complex Concepts

Much like a search engine, you can use ChatGPT to learn things, but you won't have to weed through a plethora of websites because it's more like having a conversation. For example, you can ask it "Explain black holes to me like I'm a 10 year old" and if the explanation isn't helpful, you can click on a button at the bottom that says "Regenerate response" for a different one.

If you want more clarity on a specific part of the explanation, you can continue the 'conversation' by asking a follow-up question. This is one of the things that makes ChatGPT so powerful as your interactions are saved as a thread,

which you can come back to in the future to continue and everything that was asked before is remembered. To start a new thread, click on the 'New Chat' button at the top which will get you back to the start page.

Meal Planning

An example often used to show the usefulness of ChatGPT is creating meal plans based on your personal preferences, dietary restrictions, or ingredients you have on hand. For example, you can prompt it with "give me 10 different meal ideas using chicken, zucchini and rice".

If the 5th suggestion is what you'd like to prepare, follow up with "Give me a detailed recipe for #5" and you'll get an ingredients list and instructions. If you have dietary restrictions, you can include them in your original prompt so the suggested meals won't include nuts or dairy for instance.

Creating Tables

A common task when doing research on the Internet is to compile information on various products that you may be interested in purchasing. Let's say you were in the market for a used compact SUV and wanted to compare the top models based on specific parameters.

ChatGPT continued on page 45

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Are Seniors Too Risky?

By Max ValaVanis, CFP®

When was the last time you rode a roller coaster? For most seniors, the answer would be years or even decades. The appeal for flying around on a guided bullet doesn't linger long for many senior citizens. Why would it? Despite many theme parks boasting about their safety, taking such a risk doesn't make sense. So why would you ride a roller coaster regarding your retirement? If the rapid rise and fall of The Hulk at Universal Studios makes you sick, wouldn't the same be true for your investments?

Year after year, we see the baby boomer generation investing heavily in equities, such as the S&P 500. This generation believes in resilience in the market and sticking with investments while they're down since the market always rises over the long run. According to Vanguard, investors aged 55 and older have a median allocation of 63% in equities. While equities can cause the most turbulence in an investment portfolio, senior investors are used to it. Since the 1980s, baby boomers have experienced a multitude of market crashes, from Black Monday in 1987 to the 2001 pop of the dot-com bubble, to the 2008 great recession. Baby boomers have survived these calamitous events as the market eventually pulls through. So why be more conservative?

While admirable, this ideology can be a double-edged sword. In retirement, hitching your nest egg to the market could cause a considerable decline in quality of life. If the stock market does descend, like a roller coaster, it can take you for a ride. During the aforementioned events, most of you readers were employed. In these times, the stock market may crash, but you would still earn that paycheck week in and week out. The reliability of income was usually enough to offset the worries of the markets for most baby boomers. So, what happens when the comfort of the paycheck disappears and all you have left is Social Security and your vulnerable nest egg?

Before retirement, you're in the accumulation phase. The goal is to add enough money to the piggy bank so you have plenty for the rest of your life

and – possibly – have some left over for your loved ones. On the other hand, retirement is about the management of the money in your piggy bank. Seniors should want to maintain and utilize their retirement funds in the best manner possible. This means investing your retirement in a customized portfolio that allows you to preserve your quality of life while protecting your money in case of an emergency or for your loved ones.

More often than not, investing aggressively in equities

and the stock market isn't the best way to achieve this success. A careful and targeted portfolio is often the ideal strategy for your goals in retirement. We at ValaVanis Financial specialize in crafting these customized retirement strategies. Too often, we encounter seniors bleeding financially due to overexposure to risky investments. If you are worried about the riskiness of the market or customizing your portfolio for your needs, call us. We

offer a no-obligation appointment for the readers of the Senior Scene. We can help you get off that roller coaster! ☺

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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Longevity In Health For Children

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

Over the past two decades, the world has made tremendous progress improving child and adolescent health and well-being. But challenges persist. Communicable diseases continue to endanger children and adolescents across the globe – and new health problems are on the rise, especially in areas affected by poverty. Mental health conditions, developmental delays and disabilities, injuries and non-communicable diseases – including cardiovascular diseases, diabetes, preventable cancers and chronic respiratory diseases – pose threats to children and adolescents worldwide. Unhealthy diets, inactive lifestyles, use of substances, and environmental hazards such as pollution also prevent millions of children and adolescents from surviving and thriving. Millions of children are still growing up without adequate health-care services, nutrition, safe environments, and responsive caregiving.

With the world's population aging at an inexorable pace, understanding how people can live longer in health becomes increasingly crucial. Fortunately, research has been helping to uncover how health in older ages is built

upon health in childhood. Data show that approximately 55% of children and 80% of adolescents with obesity will go on to be obese in adulthood, and as links between obesity and diverse aspects of health become more evident – for example, with findings of an association between obesity and grey matter atrophy – such figures make for a worrying proportion of the population who faces future health issues related to both excess weight and cognitive decline. Early action to prevent an increase in two major current health issues is clearly and urgently needed, and perhaps the solutions are already known.

Breastfeeding is associated with a reduced risk of overweight and obesity, making it an even more important practice in light of the fact that, as of 2020, 39 million children younger than 5 years worldwide were overweight or obese. The replacement of breastfeeding with commercial milk formulas is not the only cause of obesity in children; other factors, such as food insecurity in childhood and the intense marketing of energy-dense,

Longevity In Health For Children cont'd on W page 21

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Longevity In Health For Children cont'd from page 20

nutrient-poor foodstuffs to children, are also known to be important drivers of increasing childhood obesity. But what is notable about these factors is that they are all potentially addressable by adequate policy action. Children cannot control the rules around marketing and food regulation, but adults can: governments and national health agencies must ensure that unhealthy food advertising does not target children and that food standards address the poor nutritional quality of many products marketed for children and adolescents.

But while millions of children worldwide are overweight or obese, many millions more are severely undernourished – a major consequence of which, stunted growth, affected an estimated 144 million children globally. Stunting prevents children reaching their normal adult height and limits affected individuals' physical capacity as adults. Malnourishment decreases immunocompetence and impairs cognitive, motor, and behavioral development, causing functional disadvantages in adults and profound economic implications for societies. Yet undernutrition is far from being a problem with no solution: delayed umbilical cord clamping, micronutrient supplementation, early initiation and continuation of breastfeeding, and promotion of diverse diets and school feeding programs

are only some of the interventions known to be effective in improving nutritional quality; but a lot more political will is necessary to make sure such actions are implemented at scale.

If providing adequate nutrition to children worldwide has been such an unattainable goal, what is to be said of other essential health-care measures, such as childhood immunization? Studies from around the world report persistent barriers to childhood immunization, and although some of these barriers stem from sociocultural factors, difficulties with the supply chain and availability of human resources and infrastructures continue to be obstacles to making essential vaccines reach more children.

Even from only a few examples, the interconnectedness of health in childhood and later in life is undeniable. Ensuring health in older age requires building resilience on many levels, which cannot wait until adulthood. A healthy older population begins with healthy children and adolescents: the time for governments to sow the fruits they want to reap now. For the 2 billion children up to 10 years old, and 1.2 billion adolescents between the ages of 10 and 19, the extent to which society invests in their health and well-being will determine the future not just for them, but for everyone! §

I'm A Senior Who Wants To Socialize. Any Suggestions?

By Barbara Fradkin



ask | ONE
SENIOR
PLACE

Barbara Fradkin

A healthy social life is very important for seniors. The need for companionship, love and support does not diminish as we grow older! Regular social interaction helps keep us mentally, emotionally and even physically fit. It reduces the risk of depression, decreases anxiety, and helps maintain self-esteem. High levels of socialization in seniors can even positively influence longevity.

So what can seniors do to get out of a stay-at-home rut and be more social? There are many forms of social activity tailored for them, from technology-focused connections to outings and happy hours. Meeting other people you click with can be as easy as simply doing the things you already enjoy! Here are some suggestions from The Experts in Aging at One Senior Place.

- Join an exercise class or walking group
- Swimming or water aerobics classes
- Hire a companion (if you live alone) and go out to lunch weekly
- Check out the activities at your local senior center
- Volunteer at the Zoo, library or hospice
- Join a book club, travel club or social club

- Take sewing, cooking or art lessons
- Enroll in a math class or adult enrichment course

How about a part-time job doing something you like? It will allow you to meet people AND earn some extra income. For those living alone, it can be reinvigorating to once again be around others. To get your social juices flowing again, start with The Club for Active Seniors -- Monday mornings at One Senior Place in Viera. Become a member to play card games, board games, drink coffee and meet some really nice people.

And if you're ready to take the next step, mark your calendar for September 21 at 5:30 PM, when One Senior Place in Viera will host its first "Senior Single Mingle!" Enjoy champagne, hors d'oeuvres and a chance at prizes, all while meeting new friends. Call 321-751-6771. ☎

One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Questions for this

column are answered by professionals in nursing, social work, care management and in-home care. Send questions to askOSP@OneSeniorPlace.com, call 321-751-6771 or visit [The Experts in Aging at OneSeniorPlace.com](http://TheExpertsinAgingatOneSeniorPlace.com). Barbara Fradkin is a Social Worker, Certified Care Manager and the former Director of One Senior Place, Viera.

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— Sam Seavern/ NY Times Best-selling Ghost Writer/Screenwriter



Old Friends (Endless Love) is an Amazon exclusive, available at amazon.com

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President's Message

A Word from Joe Steckler,
Our President & Founder



I have written another longer article on a lack of funding for nonprofits in this edition of *Senior Scene*. I ask you to read it also, as it concerns senior citizens as well as all nonprofit funding. We need senior support if we are to ever reclaim the funding for Brevard County that was voted out by incumbent County Commissioners. And, it is my opinion that the funding will never be reclaimed unless seniors themselves get behind the effort to get it restored. Further, this will never happen unless we develop the leadership to get it started and I Helping Seniors will take the initiative to do that.

FYI, I am talking about one million dollars of nonprofit funding that is now zero dollars—out of a projected Brevard County budget over two billion dollars. Yes, I said Two Billion Dollars. I think that the 150,000 seniors in Brevard County, who pay taxes deserve financial accountability from the County.

Two budget meetings are scheduled for September with the second meeting being the one where the budget will be approved. Take a moment and call or visit your commissioner to let them know you want nonprofit funding of one million dollars returned to the budget. That is, if you believe seniors and the nonprofits that serve them deserve the same breaks as county employees (who are getting a 5% increase in pay), roads, lagoon and all the other budget requirements. We all pay taxes.

The new Senior Resource Center is up and running, with a new coat of paint and full provider occupancy. It has been a long road getting here but we made it. The task now is to identify service providers the length and breadth of Brevard County that will advertise their services in our directory so that seniors throughout the county can avail themselves of said services. The Center has been made available by Dr. Craig Deligdish, owner of OMNI Healthcare, and we are most appreciative.



Need Help?
321-473-7770





Here's How You Can Help!

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

Thanks for taking the time to read this and for HELPING us in Helping Seniors! We are so excited about good things ahead for the benefit of seniors as we get our Senior Resource Center of Brevard, located in the Omni Professional Tower on Apollo Boulevard in Melbourne, to full speed!

You can help in our FUNdraising! Two things to quickly share:

- 1) **The 7th Annual Helping Seniors Car Raffle** will be 6pm-9pm Saturday, October 7th at the American Muscle Car Museum in Melbourne - the BEST automotive night of the year! Someone (might as well be you!) goes home in a brand-new Dodge, Camaro, Mazda, Kia, or Mitsubishi - AND everyone enjoys Mark Pieloch's amazing collection of great cars and his great hospitality that night! Get tix and be in it win it! Details and tickets at 321-473-7770 or online at HelpingSeniorsCarRaffle.com.
- 2) **The 3rd Annual Helping Seniors Cruise** will be 3-nights from October 12th or 7-nights from October 15th - or combine for 10-nights of fun! We are on the MSC Seaside from Port Canaveral with friends from all over Brevard County! Chris Morse, Helping Seniors Travel Director has great pricing - call today - 818-430-1480 and/or visit HelpingSeniorsTravelClub.com.

Many people ask, "is this cruise just for seniors?" The answer is: bring the whole family - kids, grandkids, etc. - there is plenty for everyone to do. And you can relax - NO ONE will hit you up for a donation on board. MSC gives back to Helping Seniors when you sail with us and that helps us help others!

Thank you for helping in the FUNdraising part of Helping Seniors! We believe it will be a great help to us but also a fun time for you and those with you!



Food for Thought

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

We are getting Organized!

Our Senior Resource Center of Brevard (SRCB) is coming together. Our thanks to CTS Electric and Valspar for the generous paint donation and to handyman David's HandyCures, LLC for the in-kind donation for painting our 5500 SF space in the Omni Professional Tower, generously donated by Dr. Craig Deligdish. We are still a work in progress but keep your eyes open for our grand opening announcement.

The Senior Resource Center of Brevard houses our own Helping Seniors of Brevard office as well as many other senior focused businesses, all designed to help connect seniors with needed resources.

It feels good to get organized. One of the most important things you can do for yourself is to get your personal and important paperwork organized.

Knowing where your personal and important paperwork is important. Having these things in order can help if you ever need to evacuate for a hurricane. Letting your loved ones know where your advanced directives and other legal documents are will ensure that your wishes are carried out.

Getting organized can be easier said than done and may be difficult for some seniors who may be dealing with physical issues or low vision that makes getting organized difficult or near impossible.

There are resources that can help you get organized. If you need help getting organized, check out this month's articles on your organizational check list and know that there are resources out there.

To be connected to resources or for more information or to donate, contact our Helping Seniors of Brevard Information Line at: 321-473-7770.



Your Organizational Checklist

*Karen Wernlund, BS in Psychology
Emerald Care Management LLC*

The first thing I want to share about an organizational checklist is the wealth of benefits. The results have positive effects in many aspects of our lives. The top characteristic is better mental health.

All good organizational checklists start with a vision. What do you see in the light at the end of the tunnel? What do you hope to accomplish?

You could prepare a vision board with your ideas scattered around the central “you,” in no particular order. Now take a step back from your vision board and prioritize your ideas. In assigning what is most important you look for the idea that causes you the most stress, that should be at the top of your list. And so on with each of your ideas. What bothers you the least should be at the bottom of your list.

Now that you have organized your thought processes you can concentrate on the idea that is causing you the most stress. It could be your financial record keeping, or physical health issues, or not being able to find anything in the kitchen, closet, or garage. Here is where an individualized checklist helps define how to approach your concerns. Concentrate on one idea at a time to avoid becoming overwhelmed.

For the purposes of this article, I am picking the kitchen, as this room has a daily impact on our lives.

There are three main categories for every issue we work with:

- 1) I do not need that anymore; I have not used it in ages, and it has little value to me. I call this **the thrift store pile**.
- 2) Then there are the items used every day, and kitchen keepsakes. That would be everything from the toaster to Grandma’s recipe book. I call this the **keepsake pile**.

- 3) Thirdly are the items I am not going to ever use again, but the value is a little more than give away. I call this the **profit pile**.

Your check list might read 1) Thrift Store pile; 2) Keepsake pile; and 3) Profit pile. Of course, there will always be a trash pile!

The category on my checklist that will be the easiest decisions and make the largest difference in terms of kitchen space is the thrift store pile. Go through the kitchen and toss all the items of little value that you do not use anymore into boxes that you can easily handle. The sooner you drop these off the quicker your kitchen becomes decluttered.

Now we can go back and work on the profit pile. Do not worry about how these things will make a profit just yet. Our mini goal is to get them out of our way for the time being.

We are almost ready to work with our kitchen keepsakes, but before we do we need to take the time to throw out all the food staples with expired dates. This does require emptying out the can goods cupboard and trashing what is no longer safe to consume.

What is left now is all the kitchen keepsakes and edible food. One cupboard is dishes, one cupboard is canned food, a drawer for utensils, and I always recommend a cupboard for the items I use every single day. That might be your coffee and filters, or even your favorite pots and pans that you always use to cook. One cupboard can be used for those cherished cookbooks and spices.

It is time to enjoy your like new, neat, and tidy kitchen. And the benefit I spoke about at the beginning of this article is feeling good about yourself and your environment which translates to a healthier mind. Now as we enjoy our newfound space in the kitchen, we can contemplate how best to work with our profit pile.

Stay tuned next month as I apply the same style of checklist to our physical health issues, or our financial record keeping. Never hesitate to ask for help, it does not mean you are weak, it means you want to remain strong.

Contact Karen at 321-622-8030.



Moving Is Exhausting and Exciting

Kara Anderson
Simplifying Senior Living

Moving is exhausting and exciting. Just thinking about an move can immobilize even the most motivated person. For seniors, the thought of a move is more than just physically tiring; it can trigger grief, sadness, and loss of control.

Many seniors have lived in their homes for a very long time. They have accumulated memories and treasures that are very difficult to give up. When it comes time to move, these possessions can be the biggest obstacle you will have to overcome.

Downsizing or Moving an Older Adult

Who chooses what comes and goes? What happens to the rest? Plans for extra “stuff”? Will you need a storage unit?

Big decisions like relocating to senior living are an important part of an aging plan. Taking time to plan and allowing senior adults the time to process the situation can make all the difference. A plan and willingness to reach out for help are key to reducing stress during what can be a difficult time.

Women Make 80% of Healthcare Decisions

If you think older adults are stressed by the thought of moving, consider their adult children who are also caring for families of their own. Is there help for the overwhelmed, yet well-intentioned adult child who wants to assist an older adult in moving to senior living or downsizing their home? What about reorganizing an existing home to create a safer, more senior-friendly space? Thankfully, that answer is yes - you need the knowledge and expertise of a senior move manager.

Moves are Easier with a Senior Move Manager

Moving can be made infinitely easier when you invite the experience and knowledge of a relocation professional. Don't worry. They've seen it all. Your home becomes a Judgement Free Zone – they can only see the potential of how your space can work better for you. If it's a move to a new

senior living apartment, they have already imagined the space right down to hanging the last picture. If you are looking to reduce stress and manage move-related anxiety for helping an older adult move, here are a few helpful tips.

Five Tips for a Successful Senior Move

1. Use time wisely.

If you know you are moving, it's time to start preparing. Don't fall into the trap of moving things you don't use to your new space. Start small with a closet, and donate, give away, or simply throw away those things you don't need or use.

In some instances, it is appropriate for the senior to stay in their home, but changes are needed to make the space more user-friendly. Downsizing, decluttering, and organizing help create a successful space for a senior with decreased mobility. Use the opportunity to continue discussions about what happens to the “stuff” – it's never too early to prepare for a move, right?

2. Save your memories.

A move to senior living usually means downsizing to a smaller space. Photo albums, VHS tapes, CDs, and other gadgets that hold a lifetime of love and adventure can take up some room. Give the gift that keeps on giving and have those memories digitized. Once the memories are digitized, you can easily share them with other members of the family. Memories of evenings spent with the 8mm reel-to-reel projector are honored with the push of a button, a flip of the switch. It will take you longer to pop the popcorn than get set up for an impromptu stroll down memory lane!

3. Properly dispose of hazardous waste.

If your parents have lived in the same home for years, it is likely that there are old paint cans and other hazardous materials that have accumulated. Put together a box of these items and safely transport them to the hazardous waste disposal. It's more time-consuming than you may think, and you'll be glad you crossed this one off the list! Common items include paint products, pool chemicals, household cleaners, and pesticides.



Tips for Managing Bank Accounts

*Lisa Hodgins
R.E.P.S. Inc.*

I recently helped an elderly lady organize her 'boxes' of paperwork. This lovely lady had really good intentions of working on them "someday." But someday never came as the aches and pains of aging began taking over and the paperwork became too overwhelming.

I was concerned because she had multiple checking accounts. She not only didn't reconcile statements, but each time she 'misplaced' her checkbooks she would start using another packet of checks. If the missing checks got into the wrong hands or if a scammer got access to her bank account, it would take weeks or months for the fraud department to figure out the mess.

Do you find yourself in a similar situation? Perhaps you don't have the energy or health to properly monitor your accounts. This puts you at risk for fraud or exploitation. Since fraud is so prevalent you **must** be aware of what is going on with all your accounts.

Here are a few tips to help you.

- 1) Simplify - Reduce to one manageable checking account.
- 2) Review your bank statements monthly for any activity that you didn't initiate.
- 3) Reconcile your checkbook monthly to ensure your balances match with the bank.
- 4) If this is too burdensome to you, get someone to help you that is trustworthy. If you don't have anyone you trust, talk to your local banker to help or hire a private case manager or accountant to help you.

"You cannot escape the responsibility of tomorrow by evading it today."

~Abraham Lincoln~



We Plan

*Barbara McIntyre, CRMP
Mutual Of Omaha Reverse Mortgage*

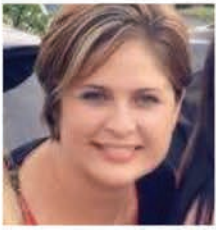
What do most of us have in common?? We plan. We start planning as young adults and continue throughout our lives. What we want to do for a living, where we want to live, how many children we want to have, where we want them to go to school, and eventually how we want to retire and what that might look like.

As we move toward retirement, we have many decisions to make. Do we think we will stay in our current home and make some remodeling changes, so it is better suited to our needs? Perhaps we will entertain the idea of selling our home at some point and moving to an assisted living community, if affordable. We might even consider selling the homestead, where we raised our children and "right size" into a new home in a community that can make life a little easier.

Statistics show that people who are entering into retirement are more worried about outliving their money than they are death! Not hard to imagine, as we all know that we are living far longer than we thought and costs are only rising.

Who would have guessed that a mortgage product would be made available, and insured by FHA, which would give us the options the HECM does. Its use as a refinance tool on a home you plan to remain in to make changes for safety and convenience is widely understood by home remodelers. It can be used in a "line of credit" to draw on or as a "monthly income stream" to supplement regular income so you can afford additional in-home services. It can even be used to purchase a new "right sized" home.

These options may sound complicated, but I am here to simplify the product and answer all your questions. Knowledge is Power! Call Barbara McIntyre, 321-698-4739, HECM Loan Originators Mutual of Omaha mortgage. NMLS 453405, NMLS 2342065



Moving Is Exhausting and Exciting

*Kara Anderson
Simplifying Senior Living*

(Continued from page 5)

4. Measure twice and you'll only move once.

Ever fall into the trap of eyeballing something? Downsizing your home is not the time to rely on the accuracy of your eyeballs. Measure the pieces of furniture you want to bring with you and measure the place you want it to go. Numbers don't lie – a 6-foot couch will never fit in a 4-foot space! Be realistic about what will fit in the new space, right down to the artwork on the walls, statues, and other heirlooms that are joining you at the new apartment. You can avoid extra work and frustration by using the floor plan to plan ahead. Is it time for all-new streamlined furniture? Maybe – but there are also benefits to sticking with what's familiar.

5. Ask for help.

Many seniors and adult children experience anxiety with the first thought of a move. That's why senior move managers exist. Whether you are just organizing an existing home to promote safety or relocating to a senior living apartment, a senior move manager can keep everyone moving forward. Additionally, they can reduce stress by handling the tasks that can cause frustration.

Think your parents have too much stuff? Mortified at the thought of someone seeing All. The. Things? Senior move managers are there for you with no judgment, just solutions. Their experience and training have prepared them for emotional attachments, difficulty letting go, and fear of the unknown that fuels heated interactions within families. The compassion and unique skills of a senior move manager are two reasons they are one of the Resources We Love. Moving at any age can be daunting and deeply emotional – there's no shame in asking for help. A senior move manager has the know-how you need to physically and emotionally declutter.



It's a day of fun with purpose. It's inspirational. It's musical. It's family friendly. It's free. It's Recovery Fest.

This collaborative effort of treatment and recovery providers is dedicated to ending the stigma of addictions and mental health and is spearheaded by Executive Director Laura McCarthy. Brevard Recovery Fest was launched last year to celebrate National Recovery Month. The Fest champions hope, health, and joy, and wraps it in a delightful package that includes food, music, t-shirts, give aways, demonstrations from the K9 Unit at the Sheriff's Office, Wings of Grace flight simulators, inflatable games, face painting, magic and more. Everyone is welcome.

This year's Fest takes place from 10:00 a.m. to 2:00 p.m., Saturday, September 9, at Wickham Park's Regional Pavilion, 2500 Parkway Drive, Melbourne. The festive and non-judgmental atmosphere helps to raise awareness of lifesaving resources and information about addictions and mental health treatment and recovery services.

Participating in the Fest are over 100 community partners that include Circles of Care, Unconditional Love, Inc., Brevard Prevention Coalition, Hospitality Life, You Matter Counseling Services and many more.

The entertainment portion of the Fest features music by the Neil Ricketts Band, Rich Brown Blues, Recovery Church Delray and Indian River County band Group Therapy. Free grazing will be provided by Pizza Gallery and Squid Lips.

Proceeds from the event will be funneled towards client care grants. **For information, visit www.brevardrecoveryfest.org.**

- Adapted from *Everything Brevard* by Maria Sonnenberg



Your Legal Evacuation Bag

Wendy Little Schieke
Law Office of Amy B. Van Fossen, PA

The date is September 1. In the background, I listen to the weather reporter on the evening news. My interest is piqued to learn that the first tropical wave of the year rolled off the coast of Africa the day prior. Then a knot forms in my stomach as the reporting continues, "This is about the time of year these waves start moving off the continent into the Atlantic and serves as a sign that hurricane season is right around the corner."

Upon hearing this news, I am certain the following caption appears above my head: @#\$\$%&! I quickly realize that expletives serve no purpose in disaster planning. Proactive planning is the answer and there is no time like the present! I make copies of the following important documents:

- Will
- Trust Agreement (including Certificate of Trust)
- Durable Power of Attorney
- Living Will and Health Care Surrogate
- Titles and deeds to house and car
- Birth certificate
- Marriage papers
- Social security cards
- Passports
- Driver's license
- Naturalization or citizenship documents
- Adoption papers
- Divorce papers

I place the documents in a location where access can be attained at a moment's notice. I return most of the original documents to their fire-safe and secured box. By performing this exercise early on, I have my legal documents on hand should emergency situations arise, such as hurricanes or other natural disasters.



True or False?

Lee Sheldon, DMD
Sheldon and Furtado, PLLC

True or False?

1. You need to get your teeth cleaned every six months.
2. You should brush your teeth three times a day after every meal.
3. If your gums don't bleed, you don't have periodontitis.
4. Some kinds of toothpaste will help with sensitive teeth.
5. Cavities stop when you become an adult.

1) False. Getting your teeth cleaned every six months is a myth. Where does the myth come from? From a 1930's Ipana toothpaste ad. Ipana wanted dentists to recommend their toothpaste. So, the commercial says, "Brush your teeth twice a day and see your dentist twice a year."

2) False. Brushing after every meal sounds good, but it's not tooth particles that cause dental disease. Plaque grows whether we eat or not. Removing the plaque once a day will do the job.

3) False. Gingivitis is defined as bleeding gums. Gingivitis does not result in bone loss, which is known as periodontitis. The bone loss occurs well below the position of a toothbrush bristle. So while bleeding may occur below the gum line, you won't see it during toothbrushing.

4) True. There are chemicals within sensitive tooth kinds of toothpaste that will soak into the root surface and, for many, will reduce sensitivity to cold and sweets.

5) False. As we get older, we often get dry mouth. This is mainly because of taking medications. When the mouth is dry, it is acidic. Acids eat away at the tooth structure, causing cavities. Add sugar to the mouth, and the decay can become so severe that your dentist can't repair it. Even after the repair, the decay will continue if you don't change your habits.



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Mom & Me by Audrey & Kimberley

DEAR MOM AND ME,

My husband's mother recently moved into a lovely retirement complex. She was happy to move and enjoys everything except the food.

I visit frequently and all she and her friends talk about is the terrible food. I have had several meals there and I thought the food was very tasty. What is happening?

– Honey in Harford

DEAR HONEY,

Your mother-in-law and her friends may have a legitimate complaint. However, they may not be all right and also too critical. As we age our taste buds do not function as they did at an earlier time. The exact same food made exactly as it was made before does not taste the same. When younger we had more robust appetites and were surrounded by an appreciative family. But times have changed!

The chefs are usually young and have been trained in new and more up to date techniques - more raw vegetables and fruits, food cooked less and the recipes frequently lite. Doctors frequently order salt free diets and some seniors suffer from frequent indigestion so many spices are not added.

Those seniors now in retirement complexes grew up in the depression era when dental care was sacrificed. Many have poorly fitting dentures and find eating raw veggies difficult. Some even prefer their filet mignon ground up. The retirement complexes do

have to cater to a wide range of dietary needs and sometimes this becomes very difficult.

My suggestion is to take hard candy and finger foods as gifts with sugar or sugar free. As a special treat invite your mother-in-law and a few of her friends to your house for a tasty meal.

– Audrey

DEAR HONEY,

This is a very common complaint from individuals living in retirement complexes. One retirement complex, owned and operated by one of the largest companies in the hospitality business is not without complaints about food. There are many reasons for this. As we age diabetes Type II, hypertension, and gastrointestinal complaints are more common, consequently physicians order special diets, i.e., low sugar and bland diets. While the special diets are necessary to maintain good health they certainly do not excite the palate.

Certain medications can depress the palate as well as amok disorder such as depression. Ask your mother-in-law to discuss her appetite with her doctor and review her medication list. Poor tasting food is certainly bothersome. It becomes more serious if she stops eating or eats so little she begins to drop weight or becomes malnourished. If she is not on a special diet bring her in special treats and take her out for occasional meals.

– Kimberley

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Staycation Ideas for Seniors

By Matilda Charles

How do we go on vacation when we can't afford to travel anywhere? How can any days feel like vacation when we do what we usually do, which is stay home?

The answer lies in that made-up word: "staycation." The idea is to spend time doing something different without leaving your home area.

One of my favorite ways to unwind and decompress is to unplug the phone and read. I can get 10 free Kindle Unlimited books at a time, more than enough to keep me happy during an unplugged week while I pretend I'm on vacation. With a free-delivery Walmart+ membership (\$98 for a year), I can have groceries and snacks delivered to the door.

I've already checked the local events calendar, marking off several of interest. That doesn't mean I'll go to all of them, but the options are there: a sandwich, no-salt chips and a drink in a chilled to-go-bag and a few relaxing hours at a free local outdoor concert.

One of the events I'm looking forward to is an evening community sing where likely hundreds of people (mostly seniors, I imagine) will get together outdoors to sing the oldies.

On another day I'll spend some hours at the Louvre in Paris. I won't actually be there, but close enough with their free virtual tour (www.louvre.fr/en/online-tours). Do an online search for "museums with virtual tours," and you'll find several dozen choices. Zoos, national parks and aquariums have done the same thing.

The opportunities for staycation are many. Want to learn to paint or draw? Order supplies and spend some days hooked up to online art tutorials. Want to write a book? You can get a lot done in an unplugged week. Want to bake a pie? Spend an afternoon first at a pick-your-own fruit farm.

A big rule of staycation: Housework and cleaning are not allowed. © (c) 2023 King Features Synd., Inc.

King Crossword

ACROSS

- 1 Ego
5 Curved line
8 Easy targets
12 Geometric calculation
13 "The Matrix" hero
14 Conspiracy
15 Elephant's ancestor
17 Sultry Horne
18 Low isle
19 Pale yellow
21 Rice recipe
24 Colorations
25 Landed
26 Magazine staff listing
30 Leary's drug
31 Skin openings
32 TiVo precursor
33 Became an expert in
35 Actress Ward
36 — and crafts
37 Cancel
38 Where Gauguin painted
- 41 Football filler
42 Milky gem
43 Large dogs
48 Portrayal
49 Yale grad
50 Humdrum
51 Apple product
52 Game caller
53 Continental currency
- 11 Jazz great Getz
16 Klutz
20 Reply to "Shall we?"
21 Tropical tree
22 "Casablanca" role
23 Pot covers
24 Long-eared hoppers
26 Philosopher Adler
27 Always
28 Rights org.
29 Colorless
31 Impudent
34 Shadowed
35 Writer
37 Perch
38 Actress Spelling
39 Each
40 Angelic light
41 "Dream on!"
44 Pub pint
45 Winter ailment
46 Distant
47 HBO rival

DOWN

- 1 America's uncle
2 Historic time
3 Guitar expert Paul
4 Nabob
5 Tennis champ Murray
6 Old Olds
7 Mixed up
8 Swimming pool sound
9 "Roots" author Haley
10 Corn concoc-tion

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PAW'S CORNER

By Sam Mazzotta

Puppy Piddling Is A Real Pain

DEAR PAW'S CORNER: My 6-month-old, medium-size mixed breed dog Jake has a problem I can't seem to train him out of. Whenever he gets excited, he leaves pee droplets across the floor. Jake is healthy and energetic, and he housetrained quickly. What can I do to stop the piddling?

– Pupper Dad in Ohio

DEAR PUPPER DAD: There's a very good chance that it can be resolved. It will take time and training, though. Puppies under a year old piddle when they get excited or when they think they're in trouble. Part of it may be a smaller bladder, but another part of it is what's called "submissive urination." Dogs piddle instinctively to signal that you are their superior. However, this isn't a wild dog pack outdoors; it's you and your dog and your beautiful hardwood floor.

Punishing or yelling at Jake when he piddles will not solve the problem. The real issue is one of confidence and of finding where he belongs in the household. Most

puppies stop piddling at around one year old, especially in a home where there's a predictable structure, as they mature and settle into their place in the family.

Encourage this during Jake's first year by staying calm when he piddles. Yelling or trying to correct on the spot can make the problem worse. Clean up the urine and lead him to a different spot, and work on a basic command with him like "sit-stay."

Try not to pay attention to Jake when you come in the door from work. Ask visitors to look away from him when they come in. Later, when you and your visitors are settled on the sofa, pay attention to Jake with lots of praise. Learn more at this link: www.tuftsyourdog.com/dogtrainingandbehavior/the-three-reasons-puppies-piddle-indoors/.

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

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

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



Helping Seniors Info Series

Helping Seniors Info Series

Friday - August 4, 10:00am-11:00am-
Zon Beachside (1894 S Patrick Dr -
Indian Harbour Beach) This 55-minute
event is free - as are the coffee
and snacks.

Monday - August 28th,
10:30am-11:30am Buena Vida Estates
(2129 W. New Haven Avenue -
Melbourne)

This 55-minute event is free - as are

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

Join Helping Seniors Senior Informa-
tion Series Presentation "Your Organi-
zational Checklist" with Guest Panelists
Christina Knowles (Make Space Now)
and Stefani Bush.

Renters of Palm Bay FL Housing Workshop

Saturday - August 19, 9:00am-12:00n-

Brevard Hispanic Center (4670 Babcock St NE - Ste
5 - Palm Bay)

CALLING ALL SENIORS OF THE CITY OF PALM BAY!!!!
If you are renting your home we have important infor-
mation that you need to know.

Helping Seniors of Brevard and Christian Housing
Ministry, Inc have joined forces to help you protect your
rights as a renter. Call about our next workshop and
schedule a free one on one counseling session TODAY!

There is No Charge for this Workshop for Qualified
Renters. Space is very limited and open to Residents of
Palm Bay FL.

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Aug 1	Tue	Life Enrichment	Periodontal Disease	Senior Travel - Safe & Fun	Probate - What it is/How it Works
Aug 2	Wed	Reverse Mortgage - What It is?	What Assisted Living Can Mean	The Parts of Medicare	Great Employment for Seniors
Aug 3	Thu	Your Legal Documents Checklist	Care Management	Real Estate Transactions: Seniors	How Public Adjuster Helps
Aug 4	Fri	Medicare - Questions & Answers	Debt Relief for Seniors	Chefs for Seniors	Capital Update
Aug 7	Mon	Helping Seniors Directory	Getting RX at Best Prices	Technology & Home Care	How Assisted Living Helps Thrive
Aug 8	Tue	Is Assisted Living Right for You?	Golden Providers B2B	Finding Good Help at Home	A Smorgasboard of Legal Matters
Aug 9	Wed	How to Cruise Successfully	Durable Power of Attorney	Al Dia Today Newspaper	3 Reasons to Consider Reverse
Aug 10	Thu	Printing & Direct Mail Options	Senior Info in Senior Scene	Checking out Zon Beachside	Cosmetic Dentistry
Aug 11	Fri	Safe & Secure at Home	Living Beyond Your Current Home	Put Kids on the Bank Account?	Capital Update
Aug 14	Mon	Helping Seniors 12 Years Later	Two Assisted Living Questions	What is Holistic Health	Medicare Questions & Answers
Aug 15	Tue	Avoiding Probate	How Public Adjuster Helps	Order RX at Lower Prices	Value of Professional Printing
Aug 16	Wed	Real Estate Transactions: Seniors	Chefs for Seniors	Power of Attorney/Super Powers	Helping Seniors 12 Years Later
Aug 17	Thu	About Comprehensive Evaluation	Trusts	Senior Mental Health	Helping Seniors Travel Club
Aug 18	Fri	The Parts of Medicare	Reverse Mortgage - What Is It?	5 Steps to Stay Safe at Home	Capital Update
Aug 21	Mon	Top 3 Public Benefits Questions	Great Employment for Seniors	Too Many Teeth Being Extracted?	Golden Providers B2B
Aug 22	Tue	Pain Relief Through Supplements	What Elder Law Attorney Can Do	Senior Info in Senior Scene	Elder Law Services
Aug 23	Wed	Al Dia Today Newspaper	Finding Good Help at Home	What Assisted Living Can Mean	Life Enrichment
Aug 24	Thu	Things to Know about Elder Law	All About Home Health Care	Printing & Direct Mail Options	Care Management
Aug 25	Fri	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2	How Public Adjuster Helps	Capital Update
Aug 28	Mon	Chefs for Seniors	Helping Seniors Directory	3 Reason to Consider Reverse	New to Florida? FL Elder Law.
Aug 29	Tue	Medicare Questions and Answer	How Medical Office Team Helps	What Assisted Living Can Mean	Technology & Home Care
Aug 30	Wed	Discounted Prescriptions	How to Cruise Successfully	Understanding Medicare Options	The Parts of Medicare
Aug 31	Thu	Two Assisted Living Questions	How Assisted Living Helps Thrive	Real Estate Transactions: Seniors	Guardianship



Date	Day	Program	Topic	Special Guest	
Aug 2	Wed	Helping Seniors Radio	Focus on Elder Law	Bill Johnson, Esq.	William A. Johnson P.A.
Aug 9	Wed	Helping Seniors Radio	Focus on Your Smile	Dr. Lee N. Sheldon	Sheldon & Furtado, PLLC
Aug 16	Wed	Helping Seniors Radio	Focus on Health at Home	Traci Graf (Avid Home Care)	Jital Patel (Coastal Occ Therapy)
Aug 23	Wed	Helping Seniors Radio	Focus on Help at Home	Jennifer Barton	Seniors Helping Seniors
Aug 30	Wed	Helping Seniors Radio	Hurricane Preparedness	Wendy Schieke, Esq.	Law Office of Amy B Van Fossen

Stride with Pride!

Wednesday, August 16th,
3:30 - 4:30 pm

"Step into Confidence,
Stand Tall Together"

Come to the Senior
Resource Center of Brevard
and have your posture
checked by our team of
Occupational Therapy
Professionals from Coastal
Occupational Therapy!
Receive one on one guid-
ance and feedback on your
stance - whether you stand
unassisted or you use a
cane or walker - and learn
how to make adjustments
to stand tall and step into
confidence at any age!



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Something New For One Or Two

Recipes especially created for 1 or 2 diners

The Dog Days of summer are with us and anything we can do to keep our "Cool" in the kitchen is helpful. I thought that this month's recipes would stick to mostly "Cool" and very "Easy". Seafood is still plentiful and good so let's use some of our local shrimp for our main dish.

SIMPLE SHRIMP SALAD:

½ lb. shrimp, cooked peeled and deveined
¼ c. minced celery
¼ c. minced Bok Choy
2 T. minced green onion
2 T. minced red pepper
¼ c. light mayonnaise
1 T. lemon juice
½ t. horseradish

Mix the shrimp with the celery,



bok choy, green onion & red pepper. Stir in the mayonnaise, lemon juice and horseradish and chill for several hours. Serve with a spiced peach and our next recipe for Hot Herb Toast.

HOT HERB TOAST:

4 slices French bread
2 T. softened butter
¼ t. dried parsley flakes
¼ t. dill weed
½ t. garlic powder
dash of crushed oregano
Grated Parmesan cheese

Mix the softened with the parsley, dill, oregano, & garlic powder. Spread on the bread slices. Top with the grated cheese. Toast until the cheese melts and the bread is brown.

QUICK AND EASY CHOCOLATE MOUSSE:

2 large eggs, separated
½ c. chocolate chips, (The dark ones are best)
1 T. sugar
½ t. brandy extract
Canned Redi-Whip or Cool Whip

Beat the egg yolks with a fork. Melt chocolate chips over hot water and add the egg yolks, slowly. Beat the egg whites until foamy, add the sugar and beat until they hold stiff peaks.

Gently fold into the chocolate mixture and add the brandy extract. Chill several hours. Top with the whipped cream



or cool whip and a dash of grated bitter chocolate. Serves 2 or 3.

THE BREVARD SYMPHONY ORCHESTRA'S

2023-2024 SEASON

Celebrate!

October 14, 2023 | 7:30PM
Opening Night: Sound the Celebration!

November 11, 2023 | 7:30PM
Bravo Beethoven

January 20, 2024 | 2:00PM & 7:30PM
Symphonic Dances

February 4, 2024 | 2:00PM & 7:30PM
Celebrating 100 Years of Rhapsody in Blue

March 11, 2024 | 2:00PM & 7:30PM
Musical Pictures

April 15, 2024 | 7:30PM
Celebrate!



Christopher Confessore
BSO Music Director



PLUS: Sounds of the Season Holiday Concert | November 25, 2023 | 2:00PM
With the Brevard Community Chorus
Concert Tickets and Season Tickets Available at BrevardSymphony.com

Best Turnout Yet: Fifth Annual BCSO/VMC July Fourth Parade on Merritt Island

Although the morning was very warm and few clouds protected participants and spectators from the July sun, the Fifth Annual Independence Day Parade on Merritt Island was the best attended ever.

Well over 200 entries took about an hour to parade along the 1.3 mile route often passing spectators several deep which numbered in the several thousand decked out with patriotic garb and carrying and waving many flags.

The Parade is co-sponsored by Sheriff Ivey and the BCSO team, with Lindsey Deaton of BCSO Special Charities as the primary organizer. This year's parade was not only the most in collective numbers, but also very well organized thanks to Lindsey and dozens of BCSO members who organized the start and finish and blocked every possible intersection



along the usually busy Courtenay Pkwy in both directions for the Merritt Island HS start point to Edgewood Jr/Sr HS on Merritt.

The Veterans Memorial Center is co-sponsor of the

event and this year over 300, including many children came to the VMC for free food and to cool off in the heat museum and Gray Hall. Thanks to Kim and Garret Cone of AVET for arranging the food and much more, including a kids fishing session as well as the Lonnie and Delinda Beach Band for great patriotic music and the MI BSA Troop for great desserts at their bake sale.

The MOAACC entry was led by President Brian Whalen and his wife Liz being escorted by Donn and Jeanne Weaver in their convertible. Jose Prieto and his wife Lupe Soto used their truck and trailer to drive the indomitable WWII Veteran 98 years old George Rosenfield, escorted by Gary Eppler on the Trailer. George was a great hit using his special WWII and Korean War Vet sign.

VMC was led by Dean and Susan Schaaf in their new red GMC with the VMC Eagle Costume on the back in scarecrow fashion. VMC tenant units including CCNC/ WAA, SAR/DAR, American Legion, Legion Auxiliary, Marine Corps League and more made for a very large and record veteran unit participation. ☺

Weekly SUDOKU

by Linda Thistle

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

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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Return of Senior Funding *cont'd from pg 12*

to serve the homeless. We are not yet San Francisco, but we do need to take action to prevent that happening.

In 1996 United Way did a study to identify the most common needs of people in Brevard County. Of about 20 needs identified, nearly half affected seniors. How many more years will it take for our elected leaders to develop a plan to meet these unresolved needs? An Aging Plan is the first step to prevent future street livers. It is happening on city streets all over the United States, just not in Brevard—YET. ☺

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

Sexual Assault at VA Facilities

The Department of Veterans Affairs has just launched a special phone number to report sexual assault or harassment at VA facilities.

Veterans, their caregivers, their families and survivors can call a hotline at 800-MyVA411 (800-698-2411), option 9. The hotline is in addition to other resources, such as staff, local law enforcement and the VA police, when an assault occurs.

At the hotline, which is answered 24/7, victims can confidentially report what happened and then get follow-up health care and support.

Of special interest to me was the Bystander Intervention Training (www.va.gov/STOP-HARASSMENT/bystander-intervention-techniques.asp). It teaches specific verbal and action skills if you spot a sexual assault or harassment occurring. These steps are not especially physical, but they are effective at intervening. Click on the one-minute videos with animated cartoons showing just what to do or say in each instance. (I admit, I learned several things about intervention.)

There is Direct action (speaking up), Distract (pretend you know the victim and intervene), Delegate (get someone else

involved so you can find help) and Document (write down what happened).

Look at the Bystander Intervention Training for Veterans online course (www.veterantraining.va.gov/bystandertraining) to learn what to do if you see harassment or sexual assault.

Also click on the Gauging Harmful Behavior section and learn what is and isn't considered unwelcome sexual advances, disrespectful, over the line, rude, mild flirting, and what might also escalate from acceptable to sexually violent behavior. Knowing these things can make you more effective when it comes to intervening in a potential assault.

The hotline number is one to become familiar with and perhaps carry in your wallet. It's the one number you need for all kinds of VA-related things, including the crisis line, homeless veterans help (try to call them before becoming homeless), cemetery and burial information, facility locator, health care, benefits assistance, education info, caregiver support -- all things veteran. If you don't know who to call, call the hotline. © (c) 2023 King Features Synd., Inc.

The Invasion Of Palm Bay...

continued from page 10

became so heated that police paced the aisle between the warring factions.

Managers of General Development (GDC) were politically active, hosting council members to extravagant airplane excursions to the Miami Company headquarters. The idea of a separate Town of Port Malabar evaporated as GDC lands were eagerly annexed to Palm Bay.


With the purchase of more than 40,000 acres from rancher Marion Platt and venture capitalists, the ultimate size foresaw the largest city in Florida. The land purchased from the ranchers was leased back to the sellers as agricultural use until needed in development. The continued zoning as agriculture gave GDC a lower tax rate than urban land.

But there were problems. While company lots were sold at a density of three or four homes per acre, both the State of Florida and the Brevard County Health Department regulated the placement of water wells and septic tanks to ensure the health of the homeowners. Because of the wet soils, only lots of one acre or more were permitted for the

The Invasion of Palm Bay... cont'd on page 42

NEED HELP

with a Federal Government Agency



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

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

<p>Titusville Satellite Office</p> <p>Limited Hours of Operation Brevard County Government Center (321) 383-6090</p>	<p>District Office</p> <p>2715 Judge Fran Jamieson Way Building C Melbourne, FL 32940 Phone (321) 632-1776 Fax (321) 639-8595</p>
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<http://posey.house.gov>

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See ad on pg. 8



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\$100 OFF
Any Job over \$600

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Not valid with any other offer.

See ad on pg. 45

The Invasion Of Palm Bay...

continued from page 41

septic tank form of sewage treatment. Therefore, the lots being sold were too small for development as advertised by General Development Corporation.

After much political dialogue, a unique agreement was made. (1) All GDC property in Palm Bay would be divided into individual Planning Units. (2) When 1/3 of the lots had houses in a Planning Unit, GDC would extend a water line to the unit. (3) When 2/3 of the lots were occupied, GDC would extend a sewer line.

This agreement set the scattered dispersed land use for the city. To avoid providing expensive community water supply and sewerage treatment, GDC would close housing densities just less than the one third limit set by the Health Department. Then home sales would shift to an alternate Planning Unit.

The Invasion of Palm Bay... cont'd on page 43

King Crossword Answers

Solution Time: 21 minutes

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

Sudoku Answers

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



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Psummer Psalms & Prayers

Rev. Jeff Wood, First Presbyterian Church of Sebastian

Psummer Psalms for the middle of This Summer. One Psalm (139) is about God's pervasive and intimate knowing of us is. He, for example, knew us as we were knit together in our mother's womb. He knows us when our allotted number of days is over. His knowing of us is a lot like a prayer attributed to St. Patrick. Maybe it would a nice prayer for you to "wish." It goes like this --

*Christ be with me
Christ be before me
Christ behind me
Christ in me
Christ beneath me
Christ above me*

*Christ on my right
Christ on my left
Christ where I lie
Christ where I sit
Christ where I arise
Christ in the heart of every man who thinks of me
Christ in the mouth of every man who speaks of me
Christ in every eye that sees me
Christ in every ear that hears me
Salvation is of the Lord. ☸*

Rev. Jeff Wood, First Presbyterian at 1405 Louisiana Ave, Sebastian FL 32958. WeLoveFirst.org or Facebook. [com/WeLoveFirstSebastian](https://www.facebook.com/WeLoveFirstSebastian). (772-589-5656)

The Invasion Of Palm Bay... continued from page 42

A percolation test was required before each home could install a septic tank. To ensure the tank would discharge sewage contaminants, the test determined that at least six feet of porous sand existed between the land surface and the top of the saturated water table. But the level of saturated soil varied through the year from near the surface to below six feet in the driest months. Port Malabar tests were always done in May, just before the rainy season. During most of the year, the septic tanks failed spewing bacteria contamination into street swales, canals, Turkey Creek and the Indian River Lagoon.

The two hundred miles of canals was the responsibility of the Melbourne-Tillman Drainage District (now the Water Management District) Board of Directors. The original design of the 1920s was to drain the St. Johns River marsh lands for farm lands and pastures. By the 1970s, the District met in the General Development offices with a company employee as Chairman. During this time channels were being dug deeper and wider to accommodate water running off roofs and driveways and new streets. The term "cheap as dirt" did not apply in the swampy lands of Florida. Finding soil to fill in wetlands was usually an expensive commodity, but not in Palm Bay. Stacks of dredged soil three stories high were carried by a barrage of trucks to elevate the flood prone Planning Units giving the impression of high and dry home sites. Streets were paved below ground level so buyers looked up to lands that could flood.

General Development sold land nationally and internationally. During the Viet Nam War, engaging kiosks in Saigon described retirement life in subtropical Florida for \$10 down and \$10 per month. In France, handsome

young Englishmen, trained by GDC, canvassed military base housing in late afternoons and early evening. Their sales pitch highlighted pay now for a happy retirement in a company house on your own property. At one point, sixty percent of Palm Bay residents were retired military.

On the American home front, markets rose to a deceptive scale. In cold northern states, potential buyers were hosted by General Development to lavish steak dinners and glowing pictures of the good life in Palm Bay with an invitation to visit the place during especially frigid months. Groups of guests were given three to four days full of tours, meals, heavy on how and where to invest in Florida land. Port Malabar, of course, was the answer. The buyers were never given access to realtors other than the GDC sales force. Phone calls from the guest rooms were monitored and diverted. Why? The company land was sold at three times the local market.

These marketing scams were in the 1980s extended to Taiwan, Hong Kong and South Korea with prices as much as ten times local values. One family bought a house for use while their son attended the Florida Institute of Technology. Four years later, the home and land seemed valueless.

After thirty years of selling Florida sunshine and the American Dream, the General Development Corporation with its 3,000 sales force globally came to the attention of the American Federal Trade Commission (FTC) and was indicted by a Federal Grand Jury. The company was charged as a massive scam for out-of-state and international buyers. Seduced by low monthly payments, immigrants from Canada and the Far East were unfamiliar

The Invasion of Palm Bay... cont'd on page 44

with the local economy. Additionally GDC, through handshake agreement, won environmental and land use concessions which established less than adequate patterns of urban development.

General Development Corporation and top executives pleaded guilty in 1990 and accepted restitution of one hundred million dollars for the victims. The criminal charges of fraud and conspiring to commit fraud tainted the future of the employees and reputation of Florida land sales as a whole. Within months GDC declared bankruptcy.

Those two men flying over cattle ranches, chicken farms and flooded land in 1959 had a plan. They fore saw an urban development covering 72 square miles, subdivided

into seventy thousand family lots sold primarily to military retirees. They saw the year 2000 when all the land would be sold out to house about 200,000 people. Rather than dedicated to building a thriving community, their organization theme centered on schemes and peddling practices to outwit politicians, regulators and most of all those building a new home. §

Solo Travelers Taking Great Trips

continued from page 14

variety of routes and exclusive departures for solo travelers. Travel routes that visit Burgundy, Paris, and Normandy, as well as Portugal's Douro Valley. Many other itineraries

are available!

Price: \$1,699 to \$4,889 (varies based on trip)

When to go: Departure dates available in March, August, October, and November

■ **Rescue turtles in the Mexican Caribbean**

People travel alone for many reasons, but not everyone wants to focus on themselves. Do your part as an eco-friendly traveler in Quintana Roo, Mexico, where you can join the many local efforts to rescue sea turtles. Most notable is the Akumal Turtle Camp, a program that's been hosted by the Akumal Ecological Center (CEA) since 1993. The camp invites volunteers to learn about the species with in-class education, turtle monitoring protocols, and species identification before continuing with fieldwork: tagging and protecting nesting females, marking nests with GPS coordinates, and minimizing predators from the nesting sites. Note that the program requires volunteers to commit at least two weeks of their time, so start stocking up on vacation days now.

Price: \$180 for two weeks; \$350 for four weeks (does not include accommodations)

When to go: May to October

■ **Hop aboard the Royal Scotsman**

Long solo train rides and bus trips lend themselves perfectly to reading.

Solo Travelers... cont'd on page 45



Aloha!
you're invited to a

Summer Senior Expo

Thursday, August 31

10 am - 1 pm At Wickham Park Community Center
2815 Leisure Way, Melbourne

Come Enjoy The Fun
Free Coffee & Snacks Stations
Door Prize Winner Every 15 Minutes
Free Health Screenings & Information

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A prompt of "Create a table for the best used compact SUVs along with the average price, mpg ratings, crash test ratings, passengers, exterior dimensions and cargo space" will quickly pull everything into a table for comparison.

Prompt Research

The potential uses are limited only by your imagination, so learning how others are using it is helpful. A quick way to learn new prompts is to search the Internet or social media for your specific interests (ex: AI prompts for marketing).

Limitations

It's important to understand that ChatGPT does not have direct access to the Internet and the information that it has been fed was cut off in 2021, so it has no awareness of events or information generated since then. It's also not always accurate, so don't make any important decisions without fact-checking the information it provides.

Here is a simple question that I asked the AI:

ChatGPT can you tell me a little bit about yourself?

ChatGPT:

Of course! I am ChatGPT, an AI language model developed by OpenAI based on the GPT-3.5 architecture. My purpose is to assist and engage in conversations with

users like you. I am built upon a vast dataset containing diverse text sources from the internet, books, articles, and more, which enables me to generate human-like responses and provide information on a wide range of topics.

As an AI language model, my capabilities include answering questions, offering explanations, providing suggestions, and engaging in discussions on various subjects. However, it's essential to note that while I strive to be as accurate and helpful as possible, I may not always have access to real-time information, and my responses are based on the data available up to my last update in September 2021.

As an AI, I don't have personal experiences or consciousness. My primary function is to understand and generate human language, facilitating interactions and aiding users with their queries. I'm continuously learning and evolving with new data and updates from OpenAI.

Feel free to ask me anything, and I'll do my best to assist you!

On a personal note: I have been using ChatGPT for recipes and I have to say, it works very well for me, you can have some fun creating dishes to your taste. Give it a try and see what you can do. ☺

Solo Travelers... continued from page 44

Since you aren't going to be chitchatting with a friend or challenging each other to a game of cards, now's the opportunity to finally read that book everybody's been talking about. And while you can accomplish that on any given Amtrak ride, we suggest taking the ultra-luxurious route—Belmond's Royal Scotsman through the Scottish Highlands, to be exact. The trips (which range from three to seven nights) include guided tours of Mount Stuart and Glamis Castle, and the iconic train comes with private cabins, multi-course meals, and even a full-service spa.

Price: From \$7,333

When to go: April to October

■ Escape the noise in the Arctic

We can't imagine anything more serene and soul-searching than a trip to the Arctic—especially if you decide

Solo Travelers Taking Great Trips cont'd on page 49



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Gary Puckett's Powerful Voice Still Delighting Fans *continued from page 9*

thought all little boys could sing like that!"

Young Gary's mother wasn't alone in appreciation of her son's vocal talents. While later attending college in San Diego, Puckett and the group toured the West Coast playing small clubs and were visited by Columbia Records producer Jerry Fuller.

"He came down to see us in San Diego," Puckett

remembered. "He liked my voice and the idea of wearing the outfits and walked up to the stage at midnight and said let's go make a record."

That record became their first hit, "Woman, Woman," one of several Fuller would produce for the band.

"When he first played it to me it was written as a country song," recalled Puckett. "So he added a 30-piece string, horn, and rhythm section and turned it into the pop record that established me as a singer in the music world."

The band amassed six gold records in the space of about 3 years during the late 1960s. But musical tastes were changing as the 70s began closing in and for a decade there was little interest in the group's music.

"Then in the early 1980s, radio stations began proliferating throughout the United States and featuring 60s music once again," said Puckett. "I started getting calls from disc jockeys who were playing

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Gary Puckett cont'd on page 47

pneumonia) vaccine. There are two kinds of pneumococcal vaccines available in the United States: Pneumococcal conjugate vaccines (PCV13, PCV15, and PCV20) Pneumococcal polysaccharide vaccine (PPSV23). Ask your physician which is best for you.

Q I'm 70. It seems like the COVID-19 epidemic is over, but a friend advised me to get a COVID booster. Is this really necessary?

A While life has returned to normal, per se, people can still contract COVID-19. According to the CDC, they recommend that people aged 65 years and older get a second dose of updated Pfizer-BioNTech or Moderna COVID-19 vaccine.

In addition, the CDC states that people who are moderately or severely immunocompromised may get additional doses of updated Pfizer-BioNTech or Moderna COVID-19 vaccine.

Q My mother is a healthy 80-year-old woman, but I read somewhere that given her age, she should get a tetanus shot even if she had one as a child, which she did. Is this true?

A According to the CDC, adults should get a TD or Tdaph shot every ten years.

***We understand, it can get a little confusing regarding what vaccines to get as adults. To make things a bit easier, below is a list from the CDC website of vaccines they advise adults to be up to date on, broken down by age groups. For more detailed information, please visit the CDC website: www.cdc.gov.

Vaccines you need

All adults ages 19 to 26 years should make sure they're up to date on these vaccines:

- Chickenpox vaccine (varicella)
- COVID-19 vaccine
- Flu vaccine (influenza)
- Hepatitis B vaccine
- HPV vaccine (human papillomavirus)
- MMR vaccine (measles, mumps, and rubella)
- Tdap vaccine (Tetanus, diphtheria, and whooping cough) or Td (tetanus, diphtheria)

Vaccines you need

All adults ages 27 to 49 years should make sure they're up to date on these vaccines:

- COVID-19 vaccine
- Flu vaccine (influenza)
- Hepatitis B vaccine
- MMR vaccine (measles, mumps, and rubella)
- Tdap vaccine (Tetanus, diphtheria, and whooping cough) or Td (tetanus, diphtheria)

Vaccines you need

All adults ages 50 to 64 years should make sure they're up to date on these vaccines:

- COVID-19 vaccine
- Flu vaccine (influenza)
- Shingles vaccine (zoster)
- Tdap vaccine (Tetanus, diphtheria, and whooping cough) or Td (tetanus, diphtheria)

Vaccines you need

All adults ages 65 and older should make sure they're up to date on these vaccines:

- COVID-19 vaccine
- Flu vaccine (influenza)
- Pneumococcal vaccine
- Shingles vaccine (zoster)
- Tdap vaccine (Tetanus, diphtheria, and whooping cough) or Td (tetanus, diphtheria)

Please note, it's still important to consult with your doctor regarding what vaccines to get, particularly because you may need additional vaccines based on your age or other factors. These may include:

- Hepatitis B vaccine – recommended for all adults up through 59 years of age
- MMR vaccine (measles, mumps, and rubella)—if born 1957 or later
- Chickenpox vaccine (varicella) – if born 1980 or later
- HPV vaccine (human papillomavirus) §

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.

Gary Puckett's Powerful Voice Still Delighting Fans *continued from page 46*

our songs and promoters who wanted us back on the road giving concerts."

Puckett has continued to tour either solo or with the band ever since, releasing another nine solo albums over the years (see www.garypuckettmusic.com). Interacting with audiences remains a joy for the singer who is usually available at concerts to meet with fans to sign items they may bring along.

"I love to get out with the fans, it's always great to see them smiling and enjoying the music we created way back when," he says. "They are still appreciative of it all and the fact that they are there just honors me and the music." §

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

Begonias Are Good Landscape Choices

Eddie Smith, MSU Extension Service

In the landscape, begonias are often thought of as annual plants you grow in shade areas, but most of today's varieties grow well in full sun. This makes them very versatile. A benefit of begonias grown in the sun is that they tend to develop more flowers than those in the shade. All begonias tend to bloom continuously throughout the summer and early fall.

One thing I love about begonias is that the plants are self-cleaning. That means the spent flowers tend to fall off by themselves, and no deadheading is required.

Wax begonias are very popular bedding plants used as annuals or planted in containers as perennials and brought inside during the winter. They can be used in patio containers, window boxes or shady locations, and they can be planted along walkways or woodland edges. These plants are good additions to pollinator and drought-resistant gardens.

The Cocktail Vodka wax begonias are certainly top shelf. The color combination of coppery-green, amazingly shiny foliage with strikingly rich, reddish-orange blossoms will have everybody talking. Regardless of where you plant it, your Cocktail Vodka wax begonia will be noticed. Cocktail Vodka

begonias are fine choices for the garden, but they are also good selections for planting in outdoor containers and hanging baskets. They are often used as filler plants in the "spiller-thriller-filler" container combination. In a container, their mass of flowers and foliage fills gaps against which the thriller plants stand out.

Dragon Wing red begonia, a hybrid cross between angelwing begonia and wax begonia, is considered to be one of the most beautiful begonias on the market. It was selected as a Mississippi Medallion winner for 2002. In full sun, the plant is more compact, and the foliage develops a reddish cast. In partial shade, the look is lush, tropical and exotic.

Dragon Wing begonias bloom almost constantly from spring until frost, boasting huge scarlet panicles that hang



Begonias Are Good Landscape... cont'd on page 49

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to take the trip by yourself. Aurora Expedition's cruises to Svalbard and the Arctic Circle ensure travelers have enough space without getting lonely, with small ships (averaging 132 passengers) and group excursions that take like-minded adventurers through some of the planet's most awe-inspiring spaces.

Price: From \$10,490

When to go: May to September

■ Walk across the Galápagos Islands

If this is not on your bucket list, should be!!! The Galápagos archipelago, off the coast of Ecuador, is one of the world's most famous destinations for. Join a small group of fellow outdoor enthusiasts on this "Galapagos: In Darwin's Footsteps" trip from Exodus Travels, a two-week walking tour that lets you explore 45 miles of the islands on foot (easy walking for seniors). Highlights include hiking up the Sierra Negra Volcano, snorkeling with sea turtles and manta rays, boating past sea lion colonies, and touring the city of Quito on the mainland. With a group size of 6 to 16 people and no

mandatory single supplement fees

Price: From \$7,779

When to go: March to May; October to November

■ Chase the Northern Lights in Finland

Solo travel company Flash Pack launched a collection of new travel experiences in late 2021. One of the most exciting offerings is the "Finland's Secret Island" tour, a four-day journey through Finnish Lapland complete with husky rides, cold-water plunges, and Northern Lights safaris on the back of snowmobiles. At night, you can cozy up at Hotel Vartiosaari, a boutique property located on its own private island in the Kemijoki River. Only up to 18 travelers are allowed to join the group at one time, so you're guaranteed to make quick friends as you huddle for warmth above the Arctic Circle. Easy for Seniors to do!

Price: From \$3,195

When to go: January to April

Some information approved from Conde Nast Magazine. ©

Begonias... cont'd from pg 48

down and contrast with the dark-green, glossy leaves. Dragon Wing begonias are ideal for hanging baskets on the front porch or in containers, and they can put on some astonishing growth all season long.

The Dragon Wing begonia makes a strong accent as a thriller centerpiece for a container, as a one-plant show for a hanging basket or a great choice for mass plantings. With a mounded shape that reaches 18 inches tall and wide and tropical-looking foliage, this plant shines as a focal point in any location.

There are several different varieties of Cocktail begonias and Dragon Wing begonias. You will surely find some you like at your local garden center or nursery. ©

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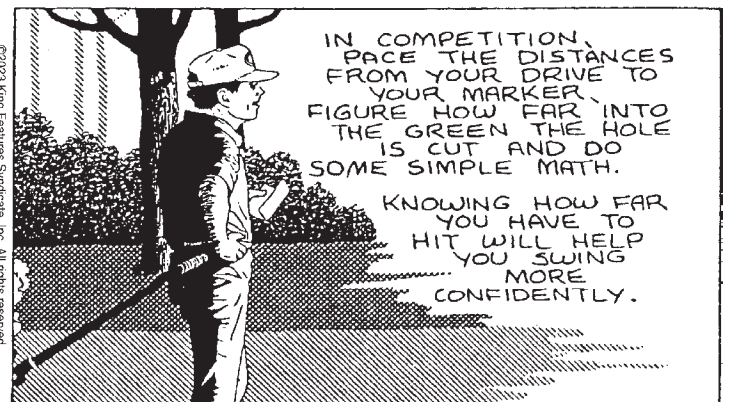
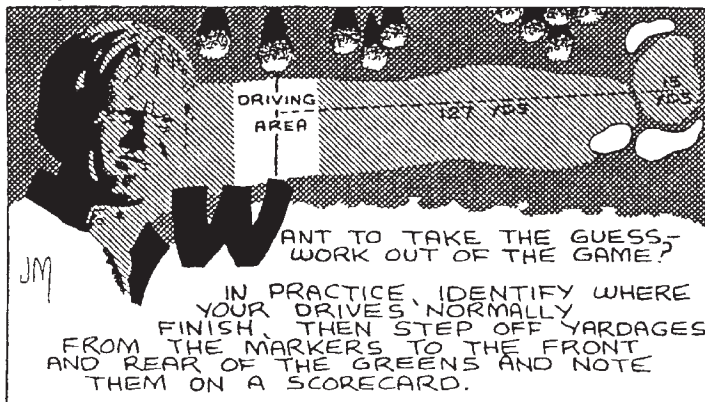
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AUGUST COMMUNITY CALENDAR

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*

AUGUST EVENTS

Jul 28 – Aug 20: 9 to 5, The Musical, Titusville Playhouse, TitusvillePlayhouse.com, 321-268-1125

Aug 4: Friday Night Frolic in Historic Cocoa Village, VisitCocoaVillage.com, 321-631-9075

Aug 4: Opening Reception: Lavender: An Invitational Exhibition, Fifth Avenue Art Gallery, Eau Gallie Arts District, 321-259-8261, FifthAvenueArtGallery.com

Aug 4: First Friday Reception: Deborah Mills Exhibition, Eau Gallery, Eau Gallie Arts District, 321-253-5553, EauGallery.com

Aug 4: Friday Fest, City of Cape Canaveral, CityofCapeCanaveral.org, 321-868-1220

Aug 4-13: She Always Sneezed Twice, Surfside Players, Cocoa Beach, SurfsidePlayers.com, 321-783-3127

Aug 4 – Sept 10: Cabaret, Melbourne Civic Theatre, Downtown Melbourne, myMCT.org, 321-723-6935

Aug 5 & 19: Lawndale Historic Museum Tours, Rockledge, FriendsOfLawndale.org, 321-632-5650

Aug 5, 12, 19 & 26: Green Gables Open House, Melbourne, GreenGables.org, 321-794-890

Aug 5: Late Night Catechism, King Center, Melbourne, KingCenter.com, 321-242-2219

Aug 5: The Wild West Concert,

Space Coast Symphony, Venue TBA, SpaceCoastSymphony.org, 855-252-7276

Aug 5: Cupcake Burlesque, The Tangiers, Palm Bay, TheTangiers-Florida.com, 321-327-8759

Aug 9 & 10: Let's Take a Ride Concert, Melbourne Municipal Band, Melbourne Auditorium, MMBand.org, 321-724-0555

Aug 11 - Sept 3: Joseph and the Amazing Technicolor Dreamcoat, Henegar Center, Downtown Melbourne, Henegar.org, 321-723-8698

Aug 12: Fly-in / Drive-in Breakfast, Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, WarbirdAirMuseum.com, 321-268-1941

Aug 12: BSO Summer Evenings Series: Lisa Ferrigno and Scott Watkins, Suntree United Methodist Church, BrevardSymphony.org, 321-345-5052

Aug 13: Jazz Concert: Guitarist Walt Stacey, Space Coast Jazz Society, Veterans Memorial Center, Merritt Island, SpaceCoastJazzSociety.org

Aug 18: Friday Fest, Downtown Cocoa Beach, CocoaBeachMainStreet.org

Aug 25: David Pastorius and Local 518, The Tangiers, Palm Bay, TheTangiersFlorida.com, 321-327-8759

Aug 25 & 26: The Golden Sounds of the Platters, Surfside Players, Cocoa Beach, SurfsidePlayers.com, 321-783-3127

Aug 26: A Little Night Music Concert, Space Coast Symphony, Satellite High School, Satellite Beach, SpaceCoastSymphony.org, 855-252-7276

Aug 26: Classic Albums Live: Led Zeppelin – Physical Graffiti, King Center, Melbourne, KingCenter.com, 321-242-2219

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, Harry-HarrietteMoore.org, 321-264-6595

Lawndale Historic Museum, Rockledge, FriendsOfLawndale.org, 321-632-5650

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, Indianalantic, TrishStorey.com, 321-213-2427

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

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

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

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

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

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

CLUBS & ORGANIZATIONS

Aug 4: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at Dolphins Waterfront Bar & Grill, 310 Lagoon Way, M. I. on Friday, Aug. 4 at 12 p.m. All are welcome to join the group. For additional details, please call (502) 299-8949

Sept 1: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at the Outback Steakhouse, 777 E. Merritt Island Cswy., M. I. on Friday, Sept. 1 at 12 p.m. All are welcome to join the group. For additional details, please call (502) 299-8949.

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

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/>

04 Aug – Coast Guard Day at Canaveral
USCG Station 1000-1500; Open to active duty, retired, veterans and families. Water slide, food, tours and great fun. POC: BM1 Tyler Wilson, USCG Station Port Canaveral

06 Aug – Purple Heart Remembrance Day by MOPH Brevard at the VMC Gray Hall and Plaza 1400-1600. Contact Donn Weaver (757-871-6576) for more information. By Invitation Only.

26 Aug – MOAACC Sponsored Military Leadership Preparation Seminar at VMC with two sessions 1300-1500 and 1500-1700. Reps from all academies, 10 ROTC college programs and other routes to military leadership available. Review of the application

process for various options. Open to all High School Juniors and Seniors and their parents. Contact Donn Weaver 757-871-6576 for more info.

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

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

Personal Finance Seminar

3rd Fridays from 11am-12pm

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 Talk Yoga

Wednesdays from 2-3pm Please bring a yoga mat. \$5/class.

Intro to Stamping and Card Making

First Thursdays, 1-2pm Just \$1 and includes your supplies.

Card Making with Donna Herring

First Thursday, 2-4pm \$5/class and an additional \$5/class for materials, pre-register at herring.donna@gmail.com

Zumba Gold

Fridays 9:30-10:30am Cost is \$5 per class.

Yoga with Pam

Fridays from 2-3pm. This class is suitable for all bodies. \$5/class.

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
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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 August 5, 9am-4pm To register for this class call AARP at (904) 501-2311. Learn English with Nicole Fuhrer August 7, 5-6pm Seams Unique Fiber Artists (SUFA) August 21, 10am-3pm 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. 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. 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	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
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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

AUGUST 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!
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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	Grief Counseling 2nd&4th Tues 10:00-12:00 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	THURSDAY Water Colors (Begin/Inter) 9:00-12:00 Gentle Yoga 10:30-11:30 Morning Stretch & Exercise 9:00-10:30 *SHINE Counselor 9:45-11:45 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
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AUGUST 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-12:30PM \$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
FRIDAY
Euchre - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679
Shuffleboard 10AM-12PM \$2/\$3 Bill (321)544-1430
Muscle Memory Strength Balance 10:00AM-11AM \$2/\$3 Natine (321)609-0999
Billiards 9AM-12PM \$2/\$3 NBSC (321)268-2333
No Brevard Line Dance 12PM-2PM \$3/\$4 Yvette 321-258-6534
Line Dance Social (1st and 2nd Fri) 6PM-9PM \$5 Ferrell 321-267-0195
SUNDAY
Intermed./Adv'd Line Dance Class 2PM-4PM \$3/\$4 Pat (321)268-2333

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

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

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

Darts 4:30-6pm (2nd & 4th Weds)
Golf (Crane Creek on 192) 9:20am
Travel Office open 9am-2pm
Woodshop 8am-12pm
THURSDAY PROGRAMS
Art Class 9:30-11:30am
Bargain Thrift Corner 9am-12pm
Billiards, Morning 8:30am-noon
Billiards, PM noon-4pm
Euchre 12:30-3:30pm
Mah Jongg (American) 12-3:30pm
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.
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

Chef for Seniors Cooking Class
 11 AM, \$6/\$8 fee, July 20: Smoothies, Sept. 21: Fall Flavors, Nov. 16: Holidays. Join Chef Jillian for a Cooking Class for Seniors. Call 321-255-4494 to reserve
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

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- 11:30 am - 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-8:30-9:30 am

Mah Jongg - Chinese - 1:00-4:00 pm
Rummikub - 1:00-4:00 pm
THURSDAY PROGRAMS
Billiards - 8:30 am-4:30 pm
American Mah Jongg- 9:00 - 12:00 noon
Strength & Flexibility - 9:30-10:30 am
Oil Painting Class - 3rd Thursday 1:00-5:00 pm
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 - 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- 11:30 am - 4:00 pm
Hula Dance Instruction - 3:00-4:00 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

AUGUST 2023 ONE SENIOR PLACE EVENTS

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

FREE Memory Testing, Tuesday's August 1st, and 15th, 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 August 2nd, from 11 – 1pm, REPEATS Thursday August 24th, 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.

Salad in a Jar Party, Sunday August 6th, at 2pm. Presented by Aquatic Health & Rehab. You will need the following: 5 mason jars with lids, 1 bag/box of greens, and 2 to 3 salad toppings/fixings. For more information and to RSVP, call 321-253-6324.

FREE Liver Scans, Monday August 7th, and Wednesday August 16th, 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.

Understanding Clinical Trials - Ask the Doctor Lunch & Learn Series, Tuesday August 8th, 11:30 – 1pm. Presented by Emanuela Biban, MD, Medical Science Liaison with ClinCloud Research. Learn about access to unique and cutting edge treatment. Lunch provided by ClinCloud Research for all registered attendees. RSVP required, call 321-751-6771.

BINGO!, Tuesday August 8th, 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.

Growing Old without Going Broke, Thursday August 10th, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. We will discuss how to pay for long-term care (home health care, assisted living, or nursing home) privately, through VA assistance or Medicaid so that you can make intelligent, informed choices. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday August 10th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "it's

Complicated", and enjoy movie treats! MUST RSVP to 321-751-6771.

All things Long Term Care Insurance, Senior Health Friday with Nurse Lisa, Friday August 11th, from 10 – 11am. Presented by Nurse Lisa and Roger Klaffka, Attorney at Law with Estate Planning & Elder Law Center of Brevard. Refreshments sponsored by Viera Insurance Professionals. RSVP to 321-751-6771.

Estate Planning Seminar, Tuesday August 15th, 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 August 15th, 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.

Migraines, Thursday August 17th, from 12 – 1pm. Presented by Aquatic Health & Rehab. Causes, Treatment and Nutrition. For more information and to RSVP, call 321-253-6324.

Hearing Loss [=Brain Stress], Lunch and Learn Seminar, Friday August 18th, 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.

Elder Law Concepts: What You Need to Know During the Second Half of Life, Tuesday August 22nd, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will cover the documents that will give you assurance that you are prepared and your family knows your desires. RSVP to 321-751-6771.

Medicaid Planning Seminar, Thursday August 24th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

Making Sense of Memory Loss - What's Normal Aging and What's Not?, MIMR Seminar, Friday August 25th, 11 – 12pm. Join Merritt Island Medical Research for a presentation on how to distinguish between normal aging and the warning signs of possible cognitive impairment. RSVP to 321-751-6771.

Quit YOUR Way, Free Tools to Quit Program, Friday August 25th, from 2 – 3:30pm. 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.

Celebrating the Sweet Stuff, Ice Cream Social, Wednesday August 30th, 1 – 3pm. Join VITAS Healthcare for an ice cream social and discuss how to celebrate sweet memories after the loss of a loved one.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays August 10th and 24th, 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 August 16th, 10 – 11am. Come and share ideas, make new friends at the Parkinson's Discussion Group. Bring your questions and let us discuss our experiences and feelings as we deal with Parkinson's disease. RSVP to 321-751-6771.

Alzheimer's & Dementia Support Group, Wednesday August 16th, from 2 – 3pm. The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia. RSVP call 321-751-6771.

Veterans Resources Q & A, Wednesday August 23rd, from 11 – 12pm. This group is for Veterans and families to. Facilitated by Michael Tucker, MSW, Veterans Liaison, VITAS Healthcare. RSVP call 321-751-6771.

RECURRING EVENTS

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

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FREE MEMORY SCREENING

ClinCloud is offering complimentary memory screenings for seniors. If you screen and are 50 to 90 years of age, you may qualify for a new Alzheimer's disease research study and receive:

- no-cost study-related care
- compensation for time and travel

Call ClinCloud today for details!



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