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John Frederiksen

### ASSOCIATE PUBLISHER:

Liz Colicchio

### ART DIRECTION:

Bernadette de Isaza

### PRODUCTION:

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### EXECUTIVE EDITOR:

Charlotte McQueen

### ASSOCIATE EDITOR:

Jill Fulford

### PHOTO JOURNALIST

Cheryl Clermont

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# Letter from the Publisher



September brings us Labor Day and the first day of autumn. Hard to believe that summer is "officially" over, we know better. But this does bring up an important item to remember, please watch out for school zones. Our future generation of seniors will thank us. And can the return of our snowbirds be far behind?

Have you had a chance to buy raffle tickets from our partner Helping Seniors of Brevard's car raffle? The winner gets to select from several exciting NEW autos. Plus your purchase gets you into the American Muscle Car Museum for the winner drawing event. Sure to be fun. This nonprofit civic organization is key to assisting the seniors in need here in Brevard. You can learn more by going to [www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org).

We would like to invite you to view our website, [www.seniorscenemag.com](http://www.seniorscenemag.com). You will find a comprehensive presentation of our current and past issues, along with featured articles. You can also see our latest news as published on our facebook page. It's easy to navigate and user-friendly. Enjoy!

The fall months normally bring more Senior and Health Fairs and Expos. 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.

Take care and please be safe.

See you next month.

*John*

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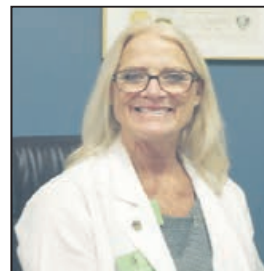
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## TINSELTOWN TALKS

# Sidney Kibrick Remembers 'Our Gang'

By Nick Thomas

First screened in movie theaters during the early 1920s, the "Our Gang" film series was produced for another two decades and featured an ever-changing cast of children, showcasing their comedic neighborhood antics.

Throughout the series of some 220 short films created by producer Hal Roach, about 40 child actors appeared



regularly beginning in 1922's silent era and continuing through 1944. Sidney Kibrick is one of the last surviving "Our Gang" cast regulars.

Kibrick, 95, appeared in more than 2-dozen 'Gang' shorts, initially as an unnamed character but eventually anointed with the nickname 'Woim,' the exaggerated Brooklyn pronunciation of 'worm.' Other well-known members of the gang included Spanky (George McFarland), Butch (Tommy Bond), Buckwheat (Billie Thomas), and Alfalfa (Carl Switzer).

"We'd have 2 hours of schooling in the morning and then work anywhere from 6 to 16 hours until we finished," recalled Kibrick from his home in Los Angeles. "There was a lot of work, no question about it, but our director Gordon Douglas was a terrific guy and he was really able to get a lot out of each kid."

*Sidney Kibrick Remembers 'Our Gang' cont'd on page 44*



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# SCHOOL DAYS

By Diane Barile

When there were more than a couple of kids in South Brevard County, pioneer parents' minds turned to education. Settlements were along creeks and the Indian River Lagoon. Cattlemen's families were spread along old trails and scattered high ground along the St. Johns River marshes. With no school, teachers were hired to live with a family to teach for a few months. In small settlements with seven to nine pupils, the county school board would hire a teacher if the community supplied a building. By 1900 schools were disbursed miles apart meeting for as little as three to six months per year. Teachers prepared lessons for children first to eighth grade or appropriate to pupil's abilities.

The Brantley School, near Palm Bay Road and I-95, served families living along the Capron Hernandez Trail. The Tillman citrus grove headquarters, beside their pier,

*School days, school days  
Dear old Golden Rule days  
Reading and 'riting and 'rithmetic  
.....when we were a couple of kids  
(1907 Broadway song)*

housed a school at Palm Bay's Castaways Point. The Hunter ranching family

had enough children for a school west of Malabar as did the settlement of Malabar itself. Daniel Valentine taught his children and neighbors at home in the 1880s. The Grant School included three Smith children from across the lagoon as well as three from Grant.

John Goode, living between Crane and Turkey Creeks, donated land for a school and had pecky cypress shipped in to provide for a building. Teachers were from the Goode and Valentine families. White children attended in the morning and black children in the afternoon. The Roesch and Gleason families supported education in Eau Gallie (now part of Melbourne). The Malabar School was moved several times.

Local schools were primarily grade schools. For some a sixth or eighth grade was sufficient. For high school both



*School Days continued on page 35*

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## COVER STORY

# Al Matos

**A**l grew up in the adventurous city of Miami, Florida where vacationers and retirees would come to enjoy the warm southern climates, nearby parks, and beaches. Summer seemed to be year-round and full of opportunities for the artistically minded at heart. Al has had a love for art since he was a child. His favorite events were visiting the local art shows, nearby galleries and museums within the busy nearby cities. Art shows in Coconut Groves, Fort Lauderdale, and downtown Miami would be his favorites. Al was fascinated with the fine arts and began to develop a habit for drawing and painting at an early age.

Throughout his years in school, his fields of study would be oil and acrylic painting, commercial art, graphic design,

offset lithography, relief printing, engraving, and the process of four-color printing methods. This developing passion for the arts fueled the need to acquire experience by enrolling at a graphic arts and printing technologies school. In the early 1980s Al enrolled at Miami Lakes Technological center. Upon graduation, Al was employed in

the art departments of local print shops where he was able to use his talents of line work and tight render drawings as a graphic artist. Later on, Al moved to central Florida, there he joined several art organizations which included the Central

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*Al Matos cont'd on page 43*

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## ESTATE PLANNING BOOKLET



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## Funding for Nonprofits

By Joe Steckler, President, Helping Seniors of Brevard County

**B**elieve it or not, there might be as many as 4,000 nonprofits in Brevard County. Are all necessary? Well, that is a matter of opinion. What you should know is how a nonprofit uses your donation. I have always tried to educate donors to the Alzheimer's program and Helping Seniors about what those organizations did to help people. This task is now easier with the opening of our Senior Resource Center at 1344 S. Apollo Boulevard, Suite 2-C in Melbourne.

Remember, nonprofit just means that an organization operates tax free. It is still subject to the same costs that businesses pay. Since many donations are restricted to a specific use, the problem most nonprofits have is developing unrestricted funding to pay general expenses such as payroll, rent, electricity, and marketing. Payroll, the most expensive operational cost, is the one most difficult to meet and controls staff size.

Brevard is home to several well-established and vital nonprofits like the Women's Center, Crosswinds, Aging Matters, Helping Seniors, the Brevard Alzheimer's Foundation, and the Sharing Centers, which help people daily and require paid staff to continue their services.

These organizations all run close to a financial margin but must still pay bills, the majority of which are paid from unrestricted funds.

This underscores the importance of the one-million-dollar line item in the Brevard County budget that was removed by the County Commissioners in 2020. This single act put what is commonly known as the HURT LOCKER on many nonprofits serving the senior population in Brevard because this money was UNRESTRICTED money and could be used to pay operational bills.

Seniors and those who care for seniors can make their County Commissioner aware that senior support of the County budget is vital to meeting increased costs. It would also appear logical that the Commissioners would be more attentive to the growing needs of a greatly expanded number of those who pay taxes. Here I might add that Commissioners will never know your needs unless you tell them.

When I was a small boy, many towns had an insane

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Funding for Nonprofits continued on pg 37

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# What Needs To Be Considered Before Making Lifetime Gifts?

By Attorney Truman Scarborough

A comprehensive description of estate planning would include the accumulation, preservation, and gifting of property. While most of our lives are devoted to the acquisition and preservation of assets, in time the focus shifts gifting. Gifting is not limited to the transfer of assets at our demise. It can occur throughout our lives with gifts to family, church, and charitable organizations. Major lifetime gifts to adult children can include helping them with educational expenses or the purchase of a home. There are benefits to life time gifts, including observing how children are able to handle money; working with them to see that funds are used wisely; and witnessing the happiness our gifts bring. In gifting we can find satisfaction and meaning for our lives.

While a recipient does not have to pay income taxes on these gifts, there are other issues that should be considered when making a lifetime gift. In this article we will be looking at three of these:

## STEPPED-UP BASIS FOR CAPITAL GAINS TAX:

Gifts of appreciated real estate or securities can result in the person who receives the property paying higher capital gains taxes. When the property is sold, the appreciation in value is reported as capital gain. The gain is calculated by subtracting the "basis" from the sales price. The purchase price plus closing costs and costs of improvements is your basis in the property. With a gift, the child takes your basis in the property. However, if the child receives property at your demise, he/she obtains a "stepped-up basis", which is the value of the property at time of death.

For example, if you purchased property for \$100,000, that is now worth \$200,000 and gave it to a child during your life, he/she would take your basis of \$100,000. If he/

she then sold the property for \$200,000 there would be a \$100,000 in taxable capital gains. But if it went to the child at your death, he/she would receive the date of death value of \$200,000 as the basis. If your child then sold it for \$200,000 there would be no capital gains and no tax.

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*What Needs To Be Considered... cont'd on pg 46*

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## SENIOR SCENE MONTHLY TRAVEL TIPS

# 12 Tips On Hotel Tipping From Senior Travel



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

**W**hen we asked Senior Travel for their guidelines on hotel tipping, they emphasized that tipping is very much a personal decision. So, consider these recommendations a framework, not a formula, and remember it's up to you, and the service you receive. That said, in the U.S. and countries where tipping is the custom, an employee's livelihood depends on tips. And in these post-pandemic times, when labor is in short supply, it's important to recognize that most workers are being stretched to their limit. Here are some basic guidelines:

**1.** Housekeeping tips should be placed in an obvious location like the dresser or the bed. Because you may have a different housekeeper each day, several advisors suggested tipping daily, "which also might get you better service. The average suggested tip amount is \$2-3 per day and up to \$5 per day if you're staying at a 4 or 5-star hotel.

**2.** It's fair to take into consideration how much mess you

leave for housekeeping to deal with. Did your kids spill something on the couch or make a mess that will take extra time to clean up? That deserves combat pay.

**3.** The tip also should vary depending on how many people are in your room or suite. If you have three or more travelers staying together, increase the tip by \$1 per additional person.

**4.** Valet tipping averages between \$3-5 and is presented after the valet retrieves your vehicle. This is customary for any hotel valet, even if parking is included. No tip is expected when you drop your vehicle off.

**5.** Bellmen should be tipped \$1-\$2 per bag. You can also tip \$5 flat plus an additional \$1 per bag if you're traveling with a large group. If your bellman provided an excellent orientation, you might consider tipping a few dollars more.

10 Tips On Hotel Tipping... cont'd on page 49

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

I am not only a Realtor, I am also a Certified Financial Planner and a Seniors Real Estate Specialist. I expertly help seniors to manage the financial, emotional and transitional issues that are associated with buying or selling their home.

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## Fall Prevention Safety Tips

**E**very year in September, National Fall Prevention Awareness Month takes place. The purpose of fall prevention awareness is for organizations to share education on effective strategies for increasing mobility and strength, while also offering practical solutions for safety.

It seems like home should be the safest place on earth, but that is where most accidents and injuries occur. The truth is that most accidents can be prevented if a few precautions are taken. In fact, the home is the second most common location of unintentional fatal injuries (traveling via motor vehicles is number one), according to the National Institute of Health (NIH). And adults 65 and older are the highest risk group for home injury, both fatal and nonfatal, according to the Centers for Disease Control and Prevention (CDC).

**Q** I've read that falls in the home are common, particularly as we get older, why is that?

**A** As we age, our senses of sight, touch, hearing and smell tend to decline. Our physical abilities are reduced and

certain tasks such as stretching, lifting, and bending become more difficult. In addition, we also experience a slowing of judgment and reaction time. As a result, we cannot respond as quickly as when we were younger. These normal changes in perception, physical abilities, and judgment make us more prone to accidents. Simple precautions and adjustments can help ensure a safe, accident-free home. Additional factors include:

- Internal factors
  - \* Medical conditions
  - \* Decreased vision
  - \* Medications
  - \* Decreased strength
  - \* Foot problems
- External factors
  - \* Uneven or slippery surfaces
  - \* Poor lighting
  - \* Activity level

*VNA continued on page 45*

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~Queen H.,  
VNA Home Health patient

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# What Are The Pros And Cons Of Using A Third-Party Authentication App?

By James Bowman, Data Doctors of Melbourne

Every user of the Internet should be familiar with the security concept known as '2-factor authentication' (2FA) which typically uses your smartphone to verify that you are the owner of an account while logging in via a special one-time code.

It's the best thing you can use to help protect against the many threats of having your accounts compromised, even if you fall for a sophisticated phishing scam.

Most every account you have has the option to set up 2FA, so if you haven't done so, I'd highly recommend you do it immediately.

## Third-Party Authentication Apps

An alternative to setting up the text messaging-based authentication that most companies like Facebook and Twitter use, is by installing an app that provides the authentication codes.

This outside option for securing your accounts has many pros and cons, so depending upon the services you want to protect and your comfort with learning new apps, this may or may not be your best option.

## Pros of Using an App

One of the downsides to using the standard text-messaging process to receive your verification codes is that if you don't have a cell signal, you might not get your code delivered to your smartphone.

A common example of this is if you're on a long flight using the airplane's Wi-Fi service. You have Internet access, but you won't have cell service which is how your verification code may be sent.

Third-party authentication apps generate the code on your smartphone, so they can still work if your smartphone can't get a cell signal.

An authentication app will also protect against a technique hackers use to compromise text-based 2FA codes by using SIMjacking.

They pose as you with your mobile carrier and convince them to transfer your number to a new SIM as if you had just purchased a new phone so they can get your texted codes.

Compatibility with most major services also allows you to secure all your accounts with one app.

## Cons of Using an App

As with any technology, there can be challenges if you

*What Are The Pros And Cons... continued on page 45*

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## CD 2.0

By Max ValaVanis, CFP®

A Certificate of Deposit (CD) is generally a Federal Deposit Insurance Corporation (FDIC) insured loan to a bank. Once the customer deposits the money into the bank, they will receive a "certificate" or "promissory note." This means the deposit will be returned to the customer on time, with the stated interest rate. These CDs are popular and have been an ongoing part of many conservative investor portfolios. In case of a bank failure, the FDIC will currently insure the return of the customer's deposits (not the interest). This very feature of insurance is the primary allure of CDs. The limit of this insurance is \$250,000 per account per depositor. So, in essence, the customer could own several insured accounts with numerous banks if desired.

CDs can be issued in any denomination and have maturities ranging from one month to five years. Generally speaking, the longer the CD maturity, the higher the interest rate. If the funds are needed before the CD matures, the investor can withdraw them with a penalty. The penalty for every bank is different and can range from a fee to a reduction of the stated interest rate, so be sure to inquire before investing.

In the past, CD rates of return were fairly attractive to

conservative investors. Historically, these returns hovered between 3%-7% on average for a 1-year CD. Except for several crazy years between 1975 and 1982, where rates bounced between 10% and 17%, CD performance was steady and predictable. Now the story is strikingly different.

With a miserable stock market upon us and a checkered economic past, the current CD rates are relatively poor. Per BankRates.com, as of Aug 21st this year, the average 1-year and 5-year CD rates are 5.0% and 4.5%, respectively. As it stands, CDs are barely keeping up with the surging cost of living. In fact, depending on the bank, you may lose money annually if you focused on CD rates alone. This begs the question, what do you do if you want to invest conservatively? It may be best to learn about the alternatives in today's environment. Millions of other investors are reaping the benefit of higher rates, shouldn't you? CD alternatives have always existed but are experiencing more popularity due to the stagnating CD rates.

If you are willing to accept a longer time horizon, say 5 to 10 years, and allow for some intelligent design of your portfolio, higher rates exist that are still guaranteed. Your

*CD 2.0 continued on page 47*



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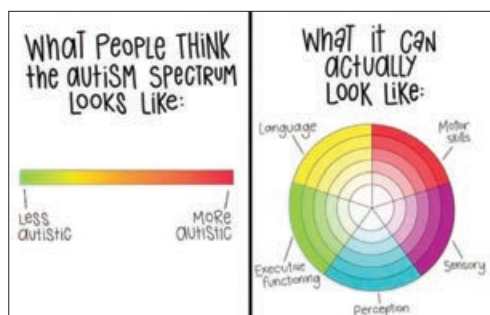
## Recognizing The Needs Of People On The Autism Spectrum And Their Families

**S**ocial Security is committed to reducing barriers and ensuring people who are eligible for our benefits receive them. We provide income security for the diverse populations we serve. This includes people with autism spectrum disorder (ASD) and their families.

Many parents and caretakers of children with disabilities lose work hours and income because of their children's care needs. Supplemental Security Income (SSI) provides monthly financial support to low-income families with children who have developmental and behavioral disabilities. These include ASD – and physical impairments. For more information on SSI, please visit [www.ssa.gov/ssi](http://www.ssa.gov/ssi).

People with ASD may have questions about how ASD affects their employment options. They may also see their ASD as a barrier to employment. Employers have started to recognize that many people with ASD can bring a variety of skills and strengths to the workplace. Our Ticket to Work (Ticket) Program supports career development for people ages 18 through 64 who receive Social Security

and want to work. The Ticket Program helps get vocational rehabilitation, training, job referrals, and other employment support



services. For more information about this program please read [www.ssa.gov/pubs/EN-05-10061.pdf](http://www.ssa.gov/pubs/EN-05-10061.pdf).

We recognize the need to support, understand, accept, include, and empower those on the autism spectrum. Please share this information with friends and family and help us spread the word on social media! ☺



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# Opioid Crisis

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

As the COVID-19 pandemic in the U.S. had eased well, the extent of devastation caused during this period by the opioid epidemic is no longer obscured. Data by the National Center for Health Statistics showed 2020 marked the deadliest year yet in its opioid epidemic: more than 100,000 drug overdoses were recorded, nearly 76,000 of them attributed to opioid, an increase of approximately 30% over 2019. The exceptional circumstances of the COVID-19 pandemic may have contributed to many overdose deaths by disrupting treatment programmes and access to life saving medications such as naloxone, and by limiting support networks. Yet the opioid epidemic has been a constant, complex, and decades-long crisis, since its inception in 1995 when OxyContin was approved and erroneously marketed as a safe and low-risk extended-release opioid analgesic.

Over 600,000 deaths have been attributed to opioid since the mid-1990s, fueled by economic recession, corporate greed, and shifting attitudes about pain management. Identifying the underpinning of the opioid crisis has often focused on the unique confluence of factors within the US. Much has been written about the series of dubious

decisions made by the U.S. Food and Drug Administration, which failed to enforce proper pain indication labelling on packaging, and the vast increases in the quotas of manufactured opioid approved by the Drug Enforcement Agency. Early warnings by public health workers and emergency services about the potential lethality of opioids went unheeded. As investigative journalist Patrick Radden Keefe suggested in his book, *Empire of Pain*, "The opioid crisis is ----- a parable about the awesome capability of private industry to subvert public institutions".

In February 2020, the Stanford University Medical College convened to identify cohesive, evidence-based information about opioid crisis, led by Dr. Keith Humphreys. The report was completed and published towards the end of 2021. Modelling performed by this University group provided a bleak outlook: by the end of this decade, an additional 1.2 million people are predicted to die from opioid without substantial policy reform.

The Biden Administration nominated Dr. Rahul Gupta,

*Opioid Crisis continued on page 21*

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## Opioid Crisis *cont'd from page 20*

former health commissioner of West Virginia, as head of the Office of National Drug Control Policy, and quickly confirmed by the Senate on October 28, 2021. It will be the first physician to take a role, signifying less focus on legal and law enforcement approaches to drug policy and an increased emphasis on addiction treatment and expanded health-care services.

Dr. Gupta's appointment comes at a vital time. The Stanford Group data suggested that the COVID-19 pandemic has been a potent accelerant of opioid-related overdose deaths. The mechanisms were unclear, but it was likely that disruptions in available treatment services and reduced access to harm reduction practices, such as closures of safe injection sites, will have played a role. The data also was highlighted important demographic points. West Virginia, the epicenter of the crisis, continues to have the highest number of overdose deaths, but urban areas have overtaken rural areas for age adjusted death rates. A major test for Dr. Gupta will be how to increase financing of addiction prevention and treatment services within the often fragmented infrastructure funded by public health insurance. He will need to reinforce resources in the regions that have been hardest hit by COVID-19, and equitably target emerging regional and group vulnerabilities, to opioid use.

Since 2011, ushered in by prescription opioids, expanding heroin markets, and illicit opioids such as fentanyl, there has been a cruel repositioning in the "deaths of despair" narrative – opioid overdose deaths. In addition to describing demographic changes, the Study calls for a major shift in the treatment of opioid use disorder (OUD), by characterizing addiction as a chronic condition. Doing so has major implications for addiction treatment models by providing consistent funding for regional specialty addiction centers with additional, localized medication assisted treatment services, such as offering methadone and buprenorphine.

Innovation and transformation in the approach to ending the opioid epidemic must be met with reinforced regulation. US institutions were subverted through failures in post-marketing surveillance and physician education and by permitting financial conflicts of interest between regulatory agencies and industry. But the moral of the opioid crisis is not that it could happen only in the US. Without reigning in deceptive marketing and prescribing practices and international funding for subsidized generic morphine for low-income countries, the possibility of other opioid crisis remains. (S)



# Are There New Treatments For People With Parkinson's Disease?

By Barbara Fradkin

**P**arkinson's disease is a neurodegenerative disorder that affects predominately the dopamine-producing neurons in the part of the brain called the substantia nigra. Symptoms can develop up to 10 years before a diagnosis and vary from one person to another. People with PD may experience tremor, slowness, reduced movement, limb stiffness, gait and balance problems.

During the seven years I have been working with the Parkinson's community, I've been amazed at how treatment options are changing. And they are needed! Mayo Clinic and Lancet Neurology studies show that more people are being diagnosed with Parkinson's disease, essential tremors and Parkinson's related dementias than ever before. Environmental factors and an aging population are driving this disturbing trend.

Deep Brain Stimulation (DBS) and Focused Ultrasound (FUS) are procedures aimed at easing Parkinson's uncontrolled, involuntary movements or "dyskinesia." These may be options for people who have break-through complications with the medication levodopa, or for people who have tremors that cannot be controlled with medication.


## Focused Ultrasound

Thanks to research studies, the FDA has approved focused ultrasound (FUS) for Parkinson's tremor and other Parkinson's symptoms. Using MRI imaging, doctors guide ultrasound beams to destroy tiny areas of cells that cause Parkinson's motor symptoms. This non-invasive, non-surgical procedure has a quick recovery time and reduced risk of infection and damage to non-targeted areas of the brain.

## Deep Brain Stimulation

DBS involves implanting electrodes within certain

areas of the brain. These electrodes produce electrical impulses that regulate abnormal impulses. The patient is usually awake and talking during the procedure. Once in place, the electrodes are connected to a battery-operated device placed under the skin. This "neurostimulator" delivers continuous pulses through the electrodes, programmed by the physician.

Join me and the Brevard Parkinson's Alliance September 8th at One Senior Place in Viera, for a discussion about the guided imaging ultrasound treatment. RSVP online at [OneSeniorPlace.com](http://OneSeniorPlace.com) or call 321-751-6771. 

*One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Questions for this column are answered by professionals in nursing, social work, care management and in-home care. Send questions to [askOSP@OneSeniorPlace.com](mailto:askOSP@OneSeniorPlace.com), call 321-751-6771 or visit [The Experts in Aging at OneSeniorPlace.com](http://TheExpertsinAging.com). Barbara Fradkin is the Co-president of the Brevard Parkinson's Alliance, a Social Worker, Certified Care Manager and the former Director of One Senior Place, Viera.*



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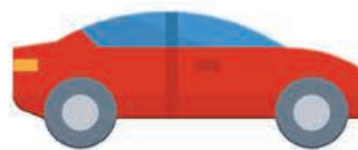
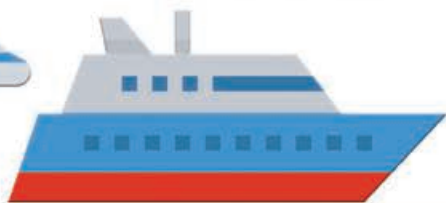
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## Let's Go Sailing!

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## President's Message

A Word from Joe Steckler,  
Our President & Founder



Writing about senior care is a serious topic for there are so many areas that need addressing. Here I refer to the recent loss of funding for Brevard Cultural Arts (BCA) programs of \$535,000, which helped fund programs that seniors enjoyed. I liken this to the 2020 loss of \$505,000 that helped many nonprofit organizations provide services to seniors. The decision to cut the BCA funding was a quick unanimous decision by five Commissioners and not viewed favorably by many as good business.

Now that the Commissioners have cut cultural funding and those opposed are working to reinstall it, perhaps a similar effort can be made to restore the lost funding for nonprofits serving seniors. Providing food to seniors in need or helping get electricity or water turned back on - these are serious happenings and while many arguments can be made for their initial prevention, they do exist, and help is needed.

The broad scope of BCA programs that serve young and old and the nonprofit programs that affect a senior's ability to live are both important. I would argue that service to seniors that keeps them alive might be most important. But why am I making these arguments?

Well, the Commissioners said they needed the money to pay lifeguards. If we could increase the county budget from 1.83 billion to a little over 2 billion, while giving county workers a generous pay raise, then perhaps payment for lifeguards could have been made with a reduction in raises. Then the 165,000 seniors who mainly live on fixed incomes could continue enjoying BCA programs.

On a brighter side the Senior Resource Center is open with full occupancy, radio shows are being broadcast, and seniors are being helped by businesses that serve seniors. The Grand opening will be on September 30<sup>th</sup>, and you are invited to attend and see what was made possible through the generous donation of OMNI owner Dr. Craig Deligdish.



**Need Help?**  
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## Keep on Rolling! (With the Changes!)

*Kerry Fink, Executive Director  
Helping Seniors of Brevard*

As the title of the classic REO Speedwagon song says, “You got to keep on Rolling”. So, here we will focus on transportation for three key reasons:

1. Our major fundraiser is just around the corner - the 7th Annual Helping Seniors Car Raffle - set for Saturday, October 7th at Mark Pieloch’s amazing American Muscle Car Museum (best collection in North America - if not the world!)
2. Our 3rd Annual Helping Seniors Foundation Cruise sets sail October 12th/15th from Port Canaveral
3. We get numerous calls every month from Seniors and their families regarding finding answers for transportation locally.

As you read through this edition of **Helping Seniors News** invites you to check the center section with details about the upcoming Car Raffle, how to get your tickets, and how to get ready for a great night where you just might be driving home in your new car.

There are also some good articles to help you get your “Ducks in a Row” about best ideas for transportation. Sometimes it is as simple as checking out your proficiency in Senior Driving - see Jital Patel’s (Coastal Occupational Therapy) article on her “DriveAbility” program here in Brevard County - and sometimes it can pay to know ways that your own Medicare Supplement plan can help you accomplish medical transportation - see Vicki Moore’s (Moore Insurance Solutions) article on this.

And, don’t miss Amber Payne’s (Case Manager at the Law Office of Amy B. Van Fossen) article with inside tips - “A Case Manager’s Guide to Transportation”.

Lots of good information to keep things moving. As always, we are available to serve you on our Senior Information Helpline at (321) 473-7770.



## A Case Manager’s Tips on Transportation

*Amber Payne  
Law Office of Amy B. Van Fossen, P.A.*

As we all know, losing your driver’s license is not an easy subject to discuss. When is it appropriate to decide to give up driving or tell a loved one that the time has come to stop? This is one of the hardest changes in our adult lives, as driving signifies independence for many.

These are some solutions for transportation and tools to assist in these difficult conversations.

Options for free transportation:

- Resource Center for Disability Solutions (must meet enrollment criteria)  
321-633-6011
- Aging Matters Senior TransServe or Vets Driving Vets Program (must meet eligibility criteria)  
321-639-8770
- Medicaid – If you or a loved one are enrolled in a Medicaid program, ask your case worker about transportation options. For many programs, free transportation is a benefit to recipients.

Options for paid transportation:

- Stellar Transport  
321-222-6222
- Private Duty Home Care – A reliable home care agency can offer a caregiver to provide transportation and stay with your loved one during appointments. For a list of agencies, visit [www.floridahealthfinder.gov](http://www.floridahealthfinder.gov)

Unsure if you or a loved one should continue to drive or need some assistance in retraining? DriveAbility offers comprehensive driving evaluations, driving rehabilitation, and preparation to be licensed to drive with adaptive driving equipment. For details on their programs, contact DriveAbility at 321-361-8040.





## Drivability

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

In the journey of life, one's ability to drive symbolizes freedom, autonomy, and a sense of control over one's own path. For seniors, maintaining the privilege of driving can become a delicate balance between independence and safety. DriveAbility, a remarkable Driver Rehabilitation and Training program, offers a comprehensive solution for individuals with disabilities seeking to regain their place on the open road.

As we age, medical conditions, diminished cognitive functions, and physical limitations can all make driving potentially unsafe. DriveAbility's mission is to help seniors assess, adapt, and ultimately, if possible, return to driving without compromising safety. There are three fundamental steps to the program:

1. *Clinical Assessment:* Occupational Therapist Driving Rehab Specialists (OT-DRS), professionals with expertise in assessing an individual's driving abilities, evaluate cognitive, visual, perceptual, behavioral, and physical limitations that might influence driving performance. Every aspect of a senior's capability behind the wheel is thoughtfully considered.
2. *Behind-the-Wheel Training:* Individuals who are deemed suitable candidates for returning to the road undergo tailored Behind-the-Wheel Training. Under the guidance of the OT-DRS, individuals receive hands-on instruction, honing their driving skills and building confidence. If necessary, training with adaptive equipment, (such as left-hand controls), is provided during this step.
3. *Outcomes Discussion:* At the conclusion of the program, the concerned driver, their

family, the healthcare team, and the OT-DRS review the results of the clinical assessment and progress made during training and explore potential next steps.

DriveAbility stands as a prime example of innovation that promotes both safety and independence. It's a reminder that aging doesn't need to equate to giving up on cherished activities. Instead, it's a call to adapt, overcome, and thrive. With DriveAbility's approach, individuals with disabilities can continue to engage with the world around them while ensuring their well-being and the safety of others on the road.

As we venture into an era where the baby boomer population is growing, the need for comprehensive solutions to maintain seniors' quality of life becomes increasingly pressing. DriveAbility is not merely a program; it's a roadmap for the future, where individuals can retain their mobility, engage with their communities, and enjoy the fruits of their lifelong journey—all while upholding the highest standards of safety.

Are you looking to reclaim your place on the open road? The DriveAbility program, led by the experienced hands of Jital Patel, OTR/L, DRS, is here to guide you on this empowering journey. With a deep understanding of your unique needs and a commitment to safety, Jital Patel and the DriveAbility team are dedicated to helping you navigate the path to safe and confident driving.

Don't let age define your mobility. Take the first step towards a fulfilling driving experience by reaching out to Jital Patel, OTR/L, DRS, today. Embrace the freedom of the road while prioritizing your safety like never before. Your journey awaits—seize the wheel and drive towards a brighter, more independent future. Your road to safe and empowered driving begins now.



DriveAbility  
*Keep life moving*

**Contact Jital Patel at:  
DriveAbility**

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## A Night at the Museum 6pm-9pm Saturday October 7th 2023 The American Muscle Car Museum



Record turnout at the 2022 Grand Drawing!

It's the Most Wonderful Automotive time of the year! Saturday October 7th is just around the corner with that special evening - 6pm-9pm - when Mark Pieloch opens the doors to his American Muscle Car Museum and hosts the 7th Annual Helping Seniors Car Raffle for charity.

The Brevard County "must-see" event offers a fun evening touring Mark's collection of more than 435 cars - the largest and most exciting collection in North America, if not the world - and Mark also is a great host - offering visitors beer, wine, soda and a fun assortment of food snacks as well.



American Muscle Car Museum Owner Mark Pieloch welcomes 3,000 guests to the 2022 Car Raffle Grand Drawing event as Helping Seniors Executive Director Kerry Fink looks on.



Fun, door prizes, and even a 50/50 drawing highlight the fun leading up to that Car Winning ticket pull as American Muscle Car Museum Owner Mark Pieloch brings the excitement level to great crescendo as he hosts this great Automotive evening.

The evening culminates with the exciting Grand Drawing pull as we find out who the winner will be in the 2023 Car Raffle! It is such an exciting moment as Mark reads out the Winning Ticket number and we learn who the winner will be!

Joe Steckler; President & Founder of Helping Seniors, teamed up with AJ Hiers, of the Boniface Hiers automobile dealership fame, in 1996, when Joe was building up what today are known as the Joe's Club and the tradition of Car Raffle fundraisers continues today.



2022 Grand Drawing Gail McGinnis takes delivery of her brand-new Chevrolet Camaro at Boniface Hiers Chevrolet.



While you do not have to be present to win (the entire Grand Drawing is broadcast via Facebook Live), it is so much fun when the ticket winner is in the house - as was the case last year when Gail McGinnis' Winning ticket was drawn!

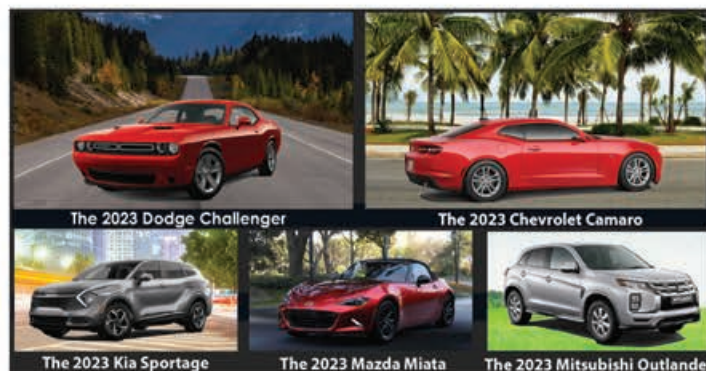
Last year, Gail McGinnis, who lives here in Brevard County, won her very own brand new Chevrolet Camaro - and was on hand as Mark read the winning number at the Museum!

The 2023 edition of the Helping Seniors Car Raffle expands to give this year's Winner now the opportunity to select from five great vehicles now that AJ has added Mitsubishi to his great line of dealerships!

### The 2023 Helping Seniors Car Raffle

Imagine as the excitement builds, Saturday evening, October 7th, as the crowd anxiously awaits to hear the Grand Drawing Winning number - and you find out YOU are the winner!

That becomes a real possibility when you donate and get your Car Raffle tickets - 1 for \$25 or 5 for \$100 donation! Each ticket not only supports the work of Helping Seniors - 100% local to Brevard County - and also represents a chance in the drawing where you select the car YOU want to win.



You pick - a brand new 2023 Dodge Challenger or a brand new 2023 Chevrolet Camaro (they say this is the final year for both of these Muscle Car models) -or- choose from a 2023 Mazda Miata, 2023 Kia Sportage or even a 2023 Mitsubishi Outlander. Half of the fun is deciding which car you want to drive home!





So many great cars to see at the American Muscle Car Museum. Here, Helping Seniors Board Members Jennifer Barton (Seniors Helping Seniors and Captain of Team Dodge) and Ashleigh Caswell (Rolle IT and Captain of Team Chevy) checkout a spectacular 1959 Porsche prototype valued at more than \$4,000,000.

Quite possibly the best part of getting your 2023 Helping Seniors Car Raffle ticket(s) is that each ticket is "Admit One" on the night of the Grand Drawing - so your \$100 donation gives you five shots at winning AND allows you and 4 of your closest friends and/or family entrance to the Museum 6pm-9pm on Saturday, October 7th for a fabulous "Night at the Museum!"

(Not sure if you can even enjoy a movie and pizza night out for 5 folks for \$100 - and, here, you have the satisfaction of knowing you are doing good for Seniors by supporting our 100% local to Brevard County organization!)



Helping Seniors President & Founder Joe Steckler thanks those attending for supporting the work of Helping Seniors at the 2022 Grand Drawing event at the American Muscle Car Museum in Melbourne FL.

The night is special - and it literally represents about 50% of the annual Budget for the Helping Seniors non-profit. Last year, our Senior Information Helpline (321-473-7770) handled more than 5400 calls from Seniors and their loved ones on every matter - from housing to transportation, from legal to financial and from medical to help at home. Your donation ensures that the Helping Seniors organization remains able to continue service into our 13th year of Service - and a time when the call volume is rapidly increasing as more and more turn 65 each day AND many join us here in Florida for their retirement years.



**The Helping Seniors  
2023 Car Raffle**  
(You PICK the Winning Car!)

**5 tickets for \$100**

Each ticket is Admit One to the  
October 7th 2023 Grand Drawing Celebration  
at American Muscle Car Museum.  
(Need not be present to win.)

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No.	063006
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Name	
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## Let's talk tickets!

They're easy to come by! You can call us at (321) 473-7770 and get yours by phone, you can visit [HelpingSeniorsCarRaffle.com](http://HelpingSeniorsCarRaffle.com) and get yours online safely and securely, and tickets are available at all of the Boniface Hiers automobile dealerships.

In addition, just about all Helping Seniors Business partners have tickets available at their offices and/or places of business - so just ask! In addition, look for the Helping Seniors Raffle Car team (and the great cars!) out at many Car Shows, Senior Expos and Community Events from here until drawing day!

## The Dodge v Chevy Challenge



Team Dodge on Mark Pieloch's Museum Test Track - (L-R) Amanda Walker (CorePatrol), Josh Bryant (Team Crew Chief - Boniface Hiers Dodge), and Jennifer Barton (Seniors Helping Seniors).

Team Chevy in the 2023 Camaro - (L-R) Riki Montgomery (Seniors Helping Seniors), Matt Preston (Team Crew Chief - Boniface Hiers Chevy), and Ashleigh Caswell (Rolle IT) - ready to run the 2023 Dodge v Chevy Challenge.

The Dodge v Chevy Challenge has become a sub-theme (now in its 4th years!) of the Helping Seniors Car Raffle, in as much as two of our Helping Seniors Board Members quickly took sides when they learned Dodge Challenger and Chevy Camaro were great picks in the Car Raffle.

In a friendly rivalry, and all for a good cause, Ashleigh Caswell (Rolle IT) built her "Team Chevy" and Jennifer Barton (Seniors Helping Seniors) drafted her "Team Dodge" and they were all off to Mark Pieloch's test track so run out their differences. (And it was all caught on film!)

You have to visit [DodgevChevyChallenge.com](http://DodgevChevyChallenge.com) where you can view the first showdown (2020), the re-match (2021) and the third run (2022) and you will see that everyone had fun but noone changed car preference.

So what happened in 2023? Let's just say Sheriff Wayne Ivey had to step in ... view it now at [DodgeVChevyChallenge.com](http://DodgeVChevyChallenge.com) and be sure to get your Car Raffle tickets at [HelpingSeniorsCarRaffle.com](http://HelpingSeniorsCarRaffle.com) and "Be in it to Win it!"





## Medicare Advantage and Transportation

*Vicki Moore  
Moore Insurance Solutions*

Transportation is a crucial aspect of accessing medical care, especially for older adults who may have difficulty traveling. Many Medicare Advantage plans are recognizing this need and including transportation in their comprehensive offerings.

Services can range from non-emergency medical transportation to doctor appointments, rehabilitation sessions, and even fitness activities. These services often come with unlimited miles per trip within the plan's service area.

Increasingly plans are also offering monthly allowances for non-medical transportation costs like taxi's, Uber, and Lyft. These allowances are most often found with special needs plans.

By addressing transportation challenges, Medicare Advantage plans contribute to a higher quality of life for their beneficiaries. Accessible transportation not only encourages regular medical check-ups but also promotes social engagement and participation in community events, fostering a sense of belonging and mental well-being.

As beneficiaries weigh their options for the 2024 plan year, it's important to consider the transportation benefits provided by different Medicare Advantage plans. Be sure to read your Annual Notice of Change that comes in the mail or electronically, depending on your preference, by September 30 from your current plan/carrier.

Do you have the transportation benefits you want and need for the upcoming year? Do you qualify for enhanced non-medical transportation benefits? You can go to Medicare.gov or contact a local agent that you trust to review your benefits.

I can be reached at 321-272-0218. My office is located at 1344 S. Apollo Blvd Suite 2C Melbourne, FL 32901 at the Helping Seniors of Brevard Senior Resource Center.



## How AARP Florida Protects Your Community from Fraud

When Brevard County resident Karen Civitate noticed some of her family members were being victimized by fraudsters, she knew she wanted to act. From phone calls by imposters claiming to be with the "IRS" to "employees from the Social Security Administration" demanding credit card information, she did not want to see other members of her community suffer at the hands of scammers. That's when she decided to volunteer with AARP Florida and become a fraud educator.

Karen loves to travel with the AARP Florida team to teach others about the top scams and how



*Karen, far right, at Daytona Beach International Airport with fellow AARP Florida volunteers.*

to avoid them. She recently participated in a romance scam awareness event at the Daytona Beach International Airport, where she and other AARP volunteers provided conversation and resources to

combat the community's uptick in fraud.

"Every time somebody thanks me for the information I've shared with them, it just affirms how much good I am doing for those around me. It feels amazing," Karen explains.

And what's Karen's top advice? Always remember that no government entity will ask for any identifiable information over the phone, email, or postage. If you receive a letter from a government agency, visit your local office and question the contents in person.

While volunteers like Karen share fraud resources in your community, AARP Florida also offers a Fraud Resource Center online. Visit [aarp.org/FLFraud](https://aarp.org/FLFraud) for Florida-specific resources, education and updates to keep Floridians safe.

Whether online or at an event near you, know that AARP is always here to help.





### Saving Money with RX Drug Law

*Jerry Hadlock*  
*Insurance Agent, Medicare Solutions*

A new prescription drug law will help save money for people with Medicare. Here's how:

People with Medicare Part D drug coverage now pay nothing out-of-pocket for even more recommended **vaccines**, including shingles, whooping cough, and more.

Your Medicare drug plan can't charge you more than \$35 for a one-month supply of each **Part D-covered insulin**, and you don't have to pay a deductible, even if you get Extra Help to lower your prescription drug costs.

If you use an insulin pump that's covered under Part B's durable medical equipment benefit, or you get your covered insulin through a Medicare Advantage Plan, your cost for a month's supply of **Part B-covered insulin** can't be more than \$35. The Part B deductible won't apply. If you have Part B and Medicare Supplement Insurance (Medigap) that pays your Part B coinsurance, your plan should cover the \$35 (or less) cost for insulin.

Starting April 1, 2023, you might pay a lower coinsurance for certain drugs and biologicals covered by Part B, if their prices have increased higher than the rate of inflation. The specific drugs and potential savings change every quarter.

Starting in 2024, if you have drug costs high enough to reach the catastrophic coverage phase in your Medicare drug coverage, you won't have to pay a copayment or coinsurance. Also, Extra Help affording prescription drug coverage will expand for people with limited resources who earn less than 150% of the federal poverty level.

Starting in 2025, your yearly Part D out-of-pocket costs will be capped at \$2,000. You'll also have the option to pay out-of-pocket costs in monthly amounts over the plan year.

**Source: Medicare.gov. Call/text Jerry Hadlock Insurance Agent (321) 720-4526**



### Why Didn't My Dentist Find That?

*Lee Sheldon, DMD*  
*Sheldon and Furtado, PLLC*

It happened again. It happens far too often. I see a patient. And the patient has tooth decay. "Why didn't my last dentist discover that?" the patient asks.

It's a difficult question to answer, but not for the reason you think. Usually, the dentist has done everything correctly. The dentist does the examination and makes findings and recommendations for treatment. Our diagnostic tools are only one part of the equation.

The bigger question is, what did you do to cause the decay?

We are not very good at preventing disease. We are good at treating the results of disease.

A patient can undo anything that we do. We can make the finest crown and bridge work and do the best implants. And the patient can screw it up. In the case of tooth decay, it's sugar. It's also a dry mouth that often occurs due to medications. Both create an environment for decay.

For the long-term maintenance of dental implants, if a patient insists on smoking, not practicing good nutritional habits, not getting supplements where necessary, not minimizing the abuse of alcohol and processed foods, and not practicing good oral hygiene, then that solution has limited longevity.

We are good at fixing things. You have to be the one who's good at preventing things.

When you do dental work, particularly extensive (and expensive) dental work, you get a second chance to smile and chew as normally as possible. But once that dental work is in place, it's up to you to keep it there.

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# Mom & Me by Audrey & Kimberley

## DEAR MOM AND ME,

I am a recently widowed woman in my late 60's. I have four children, three are well functioning, married with children, but the fourth has always been different. She has always done her own thing, only now it is very troublesome.

She and her husband and their three children needed temporary housing and I allowed them to move in with me, but that was two years ago and there seems to be no end in sight.

I frequently visit my other children because the stress at my home is terrible. The parents are very hard for me to deal with, but the children are delightful. I would be happy if only they would leave? What should I do?

– Frequent Traveler

## DEAR TRAVELER,

You certainly have gone above and beyond the call of duty to help a family member in need. Hats off to you. Sometimes adult children view their parents as people

they can take from and/or not extend common decency because they are family. I know at times I have been less than thoughtful to my parents and not thinking about their needs. What ever the case, you are right, two years is long enough.

Talk with your daughter about their future plans. Ask her when they plan to move. It is important to set a realistic deadline and stick to it. Perhaps your other children can help you stand firm and insisting your daughter and her family move out. Let us know how it turns out.

– Kimberley

## DEAR TRAVELER,

Give them a limit, three months. Tell them you feel it is time for them to get themselves a place of their own. You desire to have some peace and quiet in your retirement years. If you are not firm they will never leave and soon you will feel like an intruder in your own home. Be nice, be firm, their party is over.

– Audrey

## School Days continued from page 10

black and white students were sent out of town for further education, usually to Cocoa or Jacksonville. William T. Wells brought in a professor for a tuition based high school in Melbourne. Other than for his own sons, the place closed in two years 1897 – 1899.

The 1920s brought an explosion of population and families and a change in education policy. In Melbourne classes were held above stores, in churches or anywhere space was available. The concept nationwide was for school consolidation, closing the small one room schools for bringing students to central, better equipped classrooms.

Melbourne citizens voted in a special election to raise taxes for the Central Elementary and high schools on the edge of town. Two 1920s multi classroom schools were built in the Florida land boom and served all of South Brevard until the 1950s. Melbourne High became a nationally acclaimed innovation education model.

The days of "School Days" had passed with free public education and transportation to professional teachers. You can visit the Goode School, the Little Red School House, in the Florida Tech gardens. One of the three buildings of the first Melbourne High complex still stands on New Haven, now used for community theater. ©

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## SENIOR NEWS LINE

# Don't Get Caught Up in Survey Scams

By Matilda Charles

**T**he latest craze in senior scams is surveys. Thieves want to know our opinions about products and services, and we're happy to oblige -- especially when there's a lovely prize for us if we participate.

Who wouldn't want an expensive TV or a vacation just for answering a few survey questions?

We wouldn't, that's who. Because it's likely part of a scam.

Survey scams can show up in any number of formats, either a direct call to you or in an email or on social media.

Sometimes the information they're requesting is so innocent you can be lulled into believing it's not really a scam. For example: If you're asked for the name of your first pet, you'll be tempted to answer, because it's not your bank information.

However, that same mild question is very common and might have been asked when you signed up for a legitimate online account, such as your bank, as a means of verifying your identity. Knowing that "Fluffy" was your first cat, pieced together with the answers to other innocent questions, scammers can access your accounts when a profile about you is created.

Sometimes you'll be asked to qualify for a survey and the questions are more intrusive. Taken together, all your innocent answers can be sold as a package to other scammers.

Here are a few facts:

- Once you talk to these scammers on the phone, the number of scam calls you receive will rise dramatically.
- Once you participate in an online survey, you've opened yourself up to much more serious scams.
- If you have to pay a fee, it's a scam.
- The minute you click a suspect link in an email, it's possible that malware is installed on your computer.
- If someone offers you anything of value for participating in a survey, it's likely a scam.

Really, why would anyone send you a TV for answering a few questions?

If you've been scammed, call the Federal Trade Commission at 877-382-4357. © (c) 2023 King Features Synd., Inc.

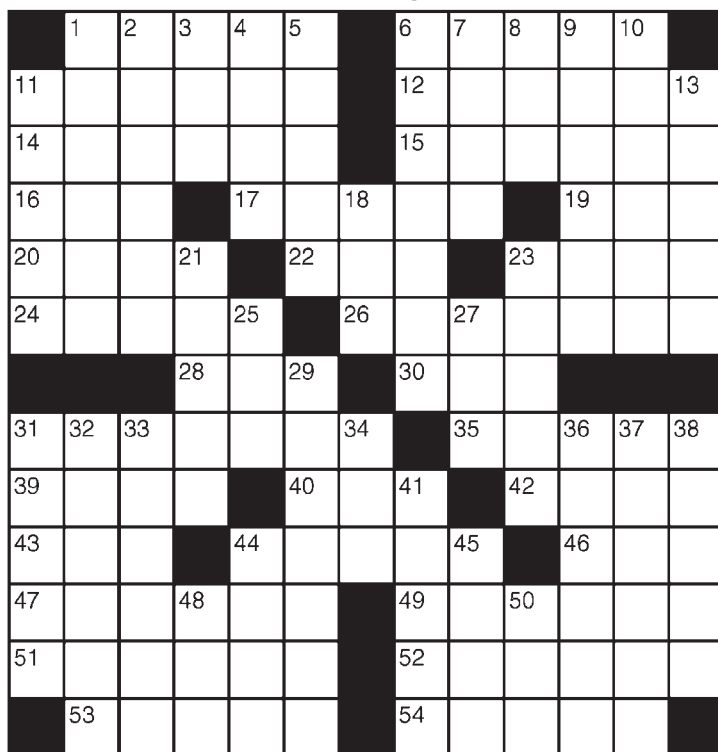
## King Crossword

### ACROSS

- 1 Glasses, slangily  
6 Acid type  
11 "Cut that out!"  
12 Alphas' opposites  
14 He loved Roxane  
15 Not certain  
16 PC key  
17 Blue Grotto isle  
19 Hearty quaff  
20 Floral rings  
22 Vat  
23 Peevish fit  
24 Song of praise  
26 Olympic skater Brian  
28 "Certainly!"  
30 Away from SSW  
31 Mexican chili pepper  
35 Labrador explorer  
39 Nashville venue
- 40 "A spider!"  
42 " — Breckinridge"  
43 Fib  
44 King of Judea  
46 Taunting laugh  
47 Captivate  
49 Comic Ray  
51 Bagel choice  
52 Retaliate  
53 Trusty horse  
54 Dweebs
- 11 Overcharge for

### DOWN

- 1 Fashions  
2 Shakespear-ean heiress  
3 Ecol. watchdog  
4 Title akin to POTUS  
5 Brown ermine  
6 Kentucky brew  
7 Hotel chain  
8 In medias —  
9 Big lizard  
10 Comedian George  
13 Handle  
18 Tavern  
21 In a sneaky way  
23 Fulton's power  
25 — culpa  
27 Business mag  
29 Showed scorn  
31 Fishing rods  
32 Speaks one's mind  
33 Chicken serving  
34 " — the ram-parts ..."  
36 Manually  
37 Arboreal apes  
38 Western resort lake  
41 Imam's holy book  
44 Abode  
45 Peace symbol  
48 Astronaut Jemison  
50 Mal de —



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# PAW'S CORNER

By Sam Mazzotta

## Who's Liable When a Dog Bites a Dog Sitter?

**DEAR PAW'S CORNER:** I have a sweet little mixed Terrier named Cookie who's devoted to me. He's not so devoted to other people, and he barks at strangers and other dogs. Recently, I had to take a business trip and could not bring Cookie with me. So I paid a local dog sitter to come and visit each day.

The sitter messaged me on the first day and said that he would not be continuing to take care of Cookie because my dog bit him when he tried to put on his halter. I had to scramble and call in favors for a family member to go and get Cookie for the week.

On top of this, the sitter wants me to pay his medical bill because he says it's my fault the dog bit him. I say the sitter inconvenienced me, and it's not my liability. What do you think?

— Carl in San Diego

**DEAR CARL:** Ouch! I'm sorry this happened to you, and to the sitter who was bitten. Situations like this can get

complicated, especially when you weren't there to witness what happened.

Remain calm and try to get as much information from the sitter and from your relative as possible about what happened, and about Cookie's behavior while you were gone.

In California, courts have usually taken the view that, like dog groomers, pet sitters and walkers accept that there is a risk of being bitten by a dog in their line of work ([www.sallymorinlaw.com/dog-bites/whos-liable-if-a-dog-bites-me-when-its-with-a-dog-sitter/](http://www.sallymorinlaw.com/dog-bites/whos-liable-if-a-dog-bites-me-when-its-with-a-dog-sitter/)). It seems like this is the case here, but I am not an attorney. If you feel that this situation is going to escalate into a lawsuit, consult an attorney before deciding what to do next.

Send your tips, comments or questions to [ask@pawscorner.com](mailto:ask@pawscorner.com). ☺

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### *Funding for Nonprofits* cont'd from page 12

asylum—what is known today as an adult daycare or locked-down assisted living facility for those with dementia. The cost of the asylum was borne by the local government. Today, many such expenses are assumed by nonprofits. For example, we know that many Brevard seniors have outlived their resources and are at risk of homelessness. Why not return the one million dollars to the organizations that work tirelessly to prevent much of this unnecessary hurt by addressing these issues?

We have a County Commission on Aging, unfunded, that has some beautiful words written about planning. However, there is no aging plan or funding for it, much less any funding for nonprofits that do the work that could be accomplished by the Brevard Housing and Human Services Department. Perhaps one million of the millions they receive could be designated for nonprofit funding. It would be a start on a problem that has been ignored for many years in our County. SENIORS - TALK TO YOUR COMMISSIONER. ☺

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

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# Helping Seniors Info Series

## Helping Seniors Info Series

**Friday - September 4th - 10:00am-11:00am**

Zon Beachside (1894 S Patrick Dr - Indian Harbour Beach)

This 55-minute event is free - as are the coffee & snacks.

**Monday - September 25th, 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 Information Series Presentation "Your Transportation Checklist" with Guest Panelists Mark Allen (Stellar Transportation); Shelby Villatoro (Space Coast TPO); Jennifer Keyser (Aging Matters)

## Renters of Palm Bay FL Housing Workshop

**Saturday - September 23, 9:00am-12:00n**

Memaw's BBQ (Banquet Room) - 4916 Babcock St - Palm Bay FL

## CALLING ALL SENIORS OF THE CITY OF PALM BAY!!!

If you are renting your home we have

important information 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
Sep 1	Fri	Top 3 Public Benefits Questions	How to Cruise Successfully	Durable Power of Attorney	Capital Update
Sep 4	Mon	Periodontal Disease	Life Enrichment	Reverse Mortgages - Now?	What Assisted Living Can Mean
Sep 5	Tue	Is Assisted Living Right for You?	Controlling the Cost of RX	Your Legal Documents Checklist	Chefs for Seniors
Sep 6	Wed	Medicare - Questions & Answers	Probate - What it is/How it Works	How Public Adjuster Helps	Helping Seniors Travel Club
Sep 7	Thu	Debt Relief for Seniors	Great Employment for Seniors	The Parts of Medicare	Real Estate Transactions Seniors
Sep 8	Fri	Living Beyond Your Current Home	Care Management	Senior Info in Senior Scene	Capital Update
Sep 11	Mon	How Assisted Living Helps Thrive	Safe & Secure at Home	Checking out Zon Beachside	Discounted Prescriptions
Sep 12	Tue	3 Reasons for Reverse Mortgage	Helping Seniors 12 Years Later	Cosmetic Dentistry	The Dirty "D" Word - Dementia
Sep 13	Wed	Pain Relief through Supplements	Put Kids on the Bank Account?	Stay Safe at Home or Downsize?	Technology & Home Care
Sep 14	Thu	A Smorgasbord of Legal Matters	When to Call Adult Abuse Line	About Golden Providers	Power of Attorney/Super Powers
Sep 15	Fri	Get Your Ducks in a Row (Part 1)	Get Your Ducks in a Row (Part 2)	Senior Travel Safe & Fun	Capital Update
Sep 18	Mon	Chefs for Seniors	Things to Know About Elder Law	Value of Professional Printing	The Vial of Life
Sep 19	Tue	Communications & Helping Seniors	Helping Seniors Directory	Avoiding Probate	Reverse Mortgages - Now?
Sep 20	Wed	Two Assisted Living Questions	Importance Comprehensive Eval	Holistic Approach to Pain Relief	The Parts of Medicare
Sep 21	Thu	Trusts	Senior Mental Health	Helping Seniors 12 Years Later	Care Management
Sep 22	Fri	Ordering RX at Lower Prices	Know Senior Real Estate	New to FL? Things to Know!	Capital Update
Sep 25	Mon	What Elder Law Attorney Can Do	Helping Seniors Travel Club	5 Steps to Stay Safe at Home	All About Home Health Care
Sep 26	Tue	How Public Adjuster Helps	The Talk About Assisted Living	Getting RX at Best Prices	Elder Law Services
Sep 27	Wed	The Parts of Medicare	Benefits of Holistic Approach	Living Beyond Your Current Home	Life Enrichment
Sep 28	Thu	Guardianship	3 Reasons for Reverse Mortgage	Medicare - Questions & Answers	Too Many Teeth Extracted?
Sep 29	Fri	Real Estate Transactions Seniors	Senior Info in Senior Scene	Finding Good Help at Home	Capital Update



Date	Day	Program	Topic	Special Guest
Sep 6	Wed	Helping Seniors Radio	Focus on Elder Law	Bill Johnson, Esq.
Sep 13	Wed	Helping Seniors Radio	Focus on Your Smile	Dr. Lee N. Sheldon
Sep 20	Wed	Helping Seniors Radio	Focus on Your Home	Barbara McIntyre
Sep 27	Wed	Helping Seniors Radio	Transportation Options	Jennifer Barton



**SENIOR SCENE is on Facebook!**

Get updates & info @ [facebook.com/Seniorscene](https://www.facebook.com/Seniorscene)



# Something New For One Or Two

Recipes especially created for 1 or 2 diners

Warm weather is still here and its time for some cool meals and lazy days. We are lucky here on the Gulf Coast to have an abundance of fresh seafood and fruits and vegetables. So let's make use of them for some summer fun.

## CITRUS SPLASH CHICKEN SALAD

1 1/2 cups of diced cooked chicken  
1/3 cup chopped celery  
1 T. finely minced sweet onion  
1 T. fresh lemon juice  
1/2 cup sliced seedless green grapes  
1/2 t. salt  
1/4 cup toasted slivered almonds  
1 sweet orange, sectioned

Combine all of the ingredients but the nuts and toss with a citrus vinaigrette, made from equal portions of canola oil, orange juice and white wine vinegar. Serve on crisp lettuce leaves and top with the toasted nuts. Serve with mini-croissants.



## MARINATED GREEN BEANS

1/2 lb. fresh snap beans  
2 ripe Roma tomatoes, chopped  
2 T. chopped fresh parsley  
1/2 t. cracked pepper  
1/4 cup "lite" Italian dressing  
1 T. chopped mixed colored peppers

String the beans, wash and cut into 4 strips and steam for 4 or 5 minutes until tender and crisp. Cool beans and mix gently with the rest of the ingredients, and refrigerate overnight. Serves 2 or 3.

## STRAWBERRIES WITH TRIPLE-SEC CREAM

1 1/2 cups fresh, ripe strawberries, washed  
1/2 cup orange flavored yogurt  
hulled, sliced in half and chilled  
1/4 t. orange extract  
2 t. Triple-sec or other orange flavored  
1/2 cup "fat-free" Cool Whip liqueur.  
2 t. grated fresh orange peel

Place strawberries in chilled stemmed glasses. Mix the yogurt, orange peel, extract, and Triple-sec together and fold gently into the Cool Whip. Spoon over the strawberries and serve with sweet cookies.



## 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](http://BrevardSymphony.com)**



# Record Breaking Support to Brevard JROTC and Other Cadet Programs

**B**revard County has likely one of the largest and most active high school JROTC program in Florida and most states. As the 2023-24 school year begins, the 14 programs in Brevard Public Schools expect another active turnout and busy year with their cadets averaging over 160 in each school.

As JROTC instructors plan their year, costs of many activities are not fully covered by BPS or the military services that sponsor them, so fund raisers like car washes, parent contributions or help from veteran organizations are required each year. Their are 7 US Army, three USAF, Two Navy , One Marine and One Space Force JROTC Units. Brevard also as five other "cadet" programs which operate to support our youth — two Sea Cadet, two Civil Air Patrol and one Sea Scout Ship.

Thanks to record breaking donations in 2023 and their 2022 Golf Tournament Fund Raiser, the Good Deeds Foundation of the Cape Canaveral Chapter of the Military Officers Association of America (MOAACC) was able to proved \$2,200 to very JROTC Unit, \$1,200 to the five other Cadet Units and \$4000 set aside to purchase all trophies and medals for 2023-24 School Year completions in Raider Challenge, Drill and Air Rifle. The total is \$38,600 this school year!!

significant funding support, Instructors and cadet leaders can focus more on their training and education missions and less on wondering where the needed extra money will come from.



In Brevard the Veterans Memorial Center, Military Museum and Park is another treasure for JROTC units since many major competitions, museum field trips and other programs are offered there free of charge.

On 04 August, one week before school began, most of the JROTC instructors came to the VMC to get their donations, learn about other support programs and plan the year ahead. It was a great way to start the 2023-24 school year. 💰

The 2023, Brevard County 9/11 22nd Anniversary Memorial Tribute will be held at:

## The Veteran's Memorial Park

Located at:  
400 South Sykes Creek Pkwy  
Merritt Island, FL 32952

CITIZENS OF BREVARD COUNTY JOIN US  
AT 6:00PM ON MONDAY, SEPTEMBER 11, 2023  
SUPPORTING AND REMEMBERING THE FIRE, POLICE, EMS,  
CIVILIANS, AND MILITARY WHO LOST THEIR LIVES ON 9/11  
AND ALL THOSE AFTERWARDS WHO SUFFERED  
THE LOSS OF LIFE AND MEDICAL 9/11 CHALLENGES.

**UNIFORM CEREMONY BEGINS AT 6PM.**

Many other veteran organizations support the cadets because they all know molding our youth to be good citizens is crucial to the future of our amazing country. They also know how valuable is the role of all the JROTC and other Cadet Instructors with support from the service branches and BPS. With

## Weekly SUDOKU

by Linda Thistle

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

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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## How Can Scams Go on This Long?

**A** grandson collected his grandmother's survivor benefits for 30 years after her death.

How, one wonders, can that happen? Is no one checking to be sure those who receive benefits are still living?

In this case the survivor benefits, based on the woman's marriage to a veteran, kept going to her bank account. And the grandson kept spending the money, \$1,100 per month for 30 years. He pleaded guilty, as he should have, but was only charged with one count of stealing government property in a plea deal. For that he could get 10 years.

Then there was the woman who kept a scam going for 48 years after her mother died. Apparently no one at the Department of Veterans Affairs did the math and calculated how old the woman was. The daughter just kept signing checks and sending handwritten letters asking for address changes and saying she was unable to find her mother's Social Security number. She'll be required to pay back over \$400,000,

but there's no jail sentence in this case. The daughter is now 76 years old.

If you want to do the right thing, after the death of a veteran or someone receiving survivor benefits, call the VA. Just call 800-827-1000. You might be eligible to receive benefits yourself, depending on the relationship. Or, if you delay and benefits have been sent out already, you'll need to make arrangements to send the money back. In the case of a disabled veteran, you also might be asked to return any equipment issued by the VA, such as wheelchairs.

It's the same with Social Security. Call them at 800-772-1213 to stop the payments.

Do the right thing ... before the authorities come knocking at your door. One thing to keep in mind: Even if the amount of money you steal is less than \$100, you could still go to jail for a year. © (c) 2023 King Features Synd., Inc.

### Martin Anderson Senior Center

## Open House & Craft Fair



**Sat. October 7**

**10 am - 1 pm**

**Martin Anderson Senior Center**

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- \* Vendors \* Deals**
- \* Food & Drinks**
- \* Local Artists**
- \* Family Friendly**
- \* Shopping**

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See ad on pg. 37

**HANDYMAN Direct**

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See ad on pg. 45

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## King Crossword Answers

Solution Time: 21 minutes

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

## Sudoku Answers

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



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# Number Your Days And ...

Rev. Jeff Wood, First Presbyterian Church of Sebastian

*Teach us to number our days aright,  
that we may gain a heart of wisdom.*

*May the favor of the Lord our God rest upon us;  
establish the work of our hands for us--  
yes, establish the work of our hands. Psalm 90:12, 17*

**K**arl Barth, a theologian, used to preach in a prison near where he taught in Basel, Switzerland. When he preached to the inmates on this psalm quoted above, he called their attention to a painting of a Christian saint contemplating a human skull. He said that this psalm bids us to ponder our mortality. Yet that is not where the psalm starts. It's beginning starts at the pre-

beginning. Its first word, literally, is God and he precedes all beginnings and is himself without beginning (or end).

God, you have been our dwelling place in all generations. That's the first sentence of the Psalm. People dwell in time and space and so they, and time and space itself, exist within God.

So ponder, yes, your years and gain wisdom from that. But also ponder the God who is beyond your, and everyone's, years ... and space. Gain wisdom also from that. §

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

## Al Matos cont'd from pg 11

Florida Plein Air Artists and the Titusville Art League.

Al continued to develop his skills and style by taking painting lessons from experience professional artists such as the late John Slater and most influential professional

artist Tricia Eisen. Al's detailed and colorful style of painting has developed through his unique blend of life experiences. This blended technique somewhat marries a photo realistic look with an impressionistic style. Always looking for ways to improve his art, Al seeks different ways to experiment with this technique. §

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



## Helping SENIORS of Brevard

A non-profit organization dedicated to improving quality of life for SENIORS through provision of information, education and resources.

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



## SENIOR looking for assistance in finding services?

Medical, Legal,  
Financial, Household  
or other Needs?

(321) 473-7770  
Senior Info Help Line



Senior Resource Center  
1344 S Apollo Blvd - Ste 2C  
Melbourne FL 32901

**The Senior Information Helpline - (321) 473-7770**

**HelpingSeniorsofBrevard.org**

### *Sidney Kibrick Remembers 'Our Gang'* continued from page 9

Despite the long hours, there was occasionally time to relax and be a kid off-camera.

"There was a big pond at the studio, so Spanky and I would go fishing a lot," said Kibrick. "We developed a lifelong friendship and although he moved to Dallas while I lived in Beverly Hills, we used to visit and stay at each other's homes time and time again over the years."

Despite dozens of kids running around on set, Kibrick remembers things never getting out of control.

"We had scripts and had to rehearse before shooting so it was very structured," he recalled. "Parents had to be on the set at all times."

And while most of the young actors got along, Kibrick remembers one troublemaker.

"Alfalfa (Switzer) was a very difficult kid and created a lot of problems on the set. He was not nice – not only to the gang, but to the boys and girls who were extras in the movies. It was just his nature. Years later, he was killed in a fight, so he was basically a tough kid."

So too was Kibrick's character, Woim.

"I was Butch's sidekick and we were the bad guys always taking on Spanky, Alfalfa, and Darla (Hood)," he explained.

Born in Minneapolis, young Sid was just an infant when the family moved to Los Angeles so his dad could find better work and was later 'discovered' after turning five.

"My mother took us to Grauman's Chinese theater and after the movie, a man came over to us, pointed at me, and said he could 'use that little kid in the movies,'" Kibrick recalled. His parents really pushed him and his brother, Leonard, into acting.

"I was earning \$750 a week in 'Our Gang' which was a lot in those days, especially during the Depression," he said. "But by the time I was 15, I'd had enough. My parents wanted me to continue but finally my mother went along with my wishes. I later attended college and became a real estate developer. So I had a very successful post-Hollywood career."

Last year, Kibrick attended the opening of an exhibit at the Hollywood Museum honoring the 100th anniversary of the "Our Gang" series. "It's nice to be remembered!" he said. §

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



**Q** My parents are in their 80s and want to stay in their home, not move to a senior facility like many of their friends. But I'm concerned about them falling, like many of their friends have done. What are some ways I can help prevent a fall in their home?

**A** The Home Safety Council suggests conducting a home safety walk-through to identify potential slipping, tripping, and falling hazards. Follow these precautionary measures:

- Have bright lights over stairs, steps, and on landings.
- Install handrails on both sides of the stairs and steps. Make sure handrails go from the top to the bottom of the stairs.
- Use a ladder for climbing instead of a stool or furniture.
- Tape small rugs to the floor or remove them entirely.
- Keep stairs clear of debris.
- Have nightlights placed in the bedrooms, hallways, and bathrooms.
- Use a mat or non-slip strips in the tub and shower. Have a non-skid bottom on your bathroom rug or mat.
- Install grab bars in the tub and shower.
- Wipe up spills when they happen.
- Outdoors, fix broken or chipped steps on walkways.

**Q** My husband is 70 and I'm afraid he will fall and seriously injure himself. I've already taken steps to make our house as 'fall-proof' as possible, but is there anything that he can do to make himself less prone

to falling?

**A** Most falls can be prevented. But you are right to be concerned because as we grow older, the consequences of a fall become more serious. Broken bones often result and may lead to lifelong disability. Below are some guidelines to help stop this from happening for your husband – and anyone 65 and older.

- Take care of medical problems
- Have your vision checked
- Check with your doctor regarding possible medication interaction which may affect your balance
- Take medication as prescribed
- Exercise regularly to help improve strength and balance
- Take care of your feet
- Install proper lighting throughout your home
- Remove clutter
- Use a cane, walker, or other device
- Reduce fall hazards in the home

Download a Free Fall Prevention Home Safety Guide from the Visiting Nurse Association

<https://vnatc.com/home-health/fall-prevention/> ⓘ

*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](http://www.vnatc.com).*

## Pros And Cons... continued from pg 16

decide to switch to an authentication app since your ability to access your accounts is now tied to a specific device.

If you use an app on your smartphone for authentication and the battery goes dead or the device breaks or gets stolen, you could get locked out of your accounts.

Ensuring that you have the app set up on multiple devices like a smartphone and a tablet can help reduce your risk of being locked out.

Some non-technical users may find using the app to be too complex or confusing to set up and use, which is why I recommend that you always test the app with a single non-essential account before you decide to convert all your accounts.

Some online accounts, especially financial services, may not be compatible with a third-party authentication app, so you'll have to spend time learning what will and won't work. ⓘ

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### What Needs to Be Considered... continued from page 13

those persons who meet an income and asset test. Gifts within a five year "look-back period" can disqualify a person for Medicaid benefits.

#### GIFT TAX RETURN:

Currently each individual can pass \$12,920,000 free of both gift and estate taxes. For a couple that is \$25,840,000. To the extent a portion of this exemption is used with

gifts during your life, it is not available at your demise. In addition to the \$12,920,000 there is a \$17,000 (as of 2023) per individual "annual gift tax exclusion" that does not count against the \$12,920,000.

Although no taxes are due until total gifts exceed \$12,920,000, a 709 gift tax return is required any year you give more than \$17,000 to a single individual. However, it has been reported that IRS believes that many taxpayers who should fail to file the required 709 gift tax return.

In this article we have discussed outright gifts; there are additional issues to be considered when adding children's names to property. This will be the subject of the next Senior Scene article. §

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

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# What Is An Advertising & Marketing Auction and Why Would A Business Want To Be Involved?

**G**ood questions! For over 15 years the Greater Palm Bay Chamber of Commerce has hosted an annual Advertising & Marketing Auction. Few entrepreneurs and nonprofits have marketing experience, and they have no idea where to start, especially if they have a limited budget. There is also an overwhelming and vast array of media types from print, television, radio, billboards, along with every form of social media including Facebook, LinkedIn, Instagram, YouTube, Twitter, TikTok, and the list goes on and grows every day. How does one get their message out when people are bombarded all day long from so many media outlets?

The Greater Palm Bay Chamber of Commerce's Advertising & Marketing Auction helps solve some of these issues faced by the business community. This event draws businesses throughout Brevard County that are looking to plan their marketing for the important fall quarter and get a jump start on marketing in the new year. This auction allows businesses to bid on media buys and get much needed marketing and promotional materials at a fraction of their retail cost. It is also an opportunity for those without marketing expertise to bid on packages that include a meeting with marketing firms to plan a strategy for their business. There is certainly something for every business and every price point. Past items have included graphic design, marketing strategy session, business cards, stand up banners, billboards, Al Dia Today, WFIT, Brevard Public Schools, SEO & website analysis, James Garris Marketing Consultant, Senior Scene, Space Coast Daily, Everything Brevard, Hometown News, Launch Network DMS, Brevard Business News, 98.5 The Beach, Savings Safari, Florida Today, Spotlight Magazine, Shannon Procise Business Marketing Specialist, Spectrum Reach, Digital Ink, and more.

Donating companies receive a lot of benefits such as: being listed on the promotional marketing and publicity materials; being listed on the Chamber social media pages; being included in the Auction Book outlining all the items up for bid; receiving a complementary tabletop space at the event to promote their products and services;

being introduced to a new group of potential customers; meeting with a captured audience interested in purchasing advertising and marketing materials; and making valuable connections to build strategic partnerships.

Not only does this help the business to market themselves, but it helps the media outlets who donate their products to the auction. The auction catalogue is posted online ahead of time so businesses can take the time to go through it to see what fits into their marketing plans. The Advertising & Marketing Auction is a WIN-WIN for everyone who participates!

The Advertising & Marketing Auction is Thursday, October 12 from 5:30-7:30 p.m. For more information go to [GreaterPalmBayChamber.com](http://GreaterPalmBayChamber.com) or call 321-951-9998. §



The poster for the 2023 Advertising & Marketing Auction features a red background with a row of dollar signs and coins. It includes the logos for The Greater Palm Bay Chamber of Commerce and the Advertising & Marketing Auction. The text reads: "2023 Advertising & Marketing Auction", "Get Media for pennies on the dollar!", "Get a Jumpstart on 2024 with fabulous Advertising Opportunities!", "Bid on different marketing products and services to use now or in 2024. Some of the past donors:", and a grid of logos for various media outlets including WFIT, Brevard Public Schools, Space Coast Daily, Everything Brevard, LocalIQ Florida Today, Hometown News Media Group, JLT, BBN, Senior Scene Magazine, Launch Network DMS, Savings Safari, Talk To Me Network, Spotlight, 98.5 The Beach, Al Dia Today, South Star Web & Design, B2K12, M International Media Group, and Digital Ink. The event details are: "Thursday, October 12th | 5:30 – 7:30 p.m.", "Captain's House, 1300 Bianca Dr NE, Palm Bay". It is "Free to attend, but must RSVP" and provides the registration link "Register at GreaterPalmBayChamber.com" and phone number "or call us at (321) 951-9998". A QR code is also present.

## CD 2.0 *continued from pg 17*

willingness to commit to a longer time frame may be quite rewarding. Ask yourself questions like these: "How often do I need my money?" or "Am I penalizing myself by tolerating these low returns?"

Our office helps young and old investors tailor conservative plans for your hard-earned savings. Many

options exist, so give us a call and see what's cooking on the other side of the rate chart. We can help you earn higher rates without tying up all your liquid cash. §

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.



# Welcome Visitors with Mailbox Garden

Eddie Smith, MSU Extension Service

I think a mailbox garden is a great way to welcome visitors to your home. Since it stands out at the road, it is a nice way to add beauty even before you get to the house. My friend Tim has a mailbox garden that he started in 2011. Over the years, he has transformed it into a beautiful garden with multiple layers of interest.

The first plant you might notice are the black-eyed Susans, with their bright yellow flowers and black centers. These plants really show out in the heat of summer. They bloom all the way up to first frost. Keep them blooming strong by making sure they are well-watered during periods of drought. Remove dead flowerheads -- a process called deadheading -- to encourage more blooms.

Bravado purple coneflowers have become a mainstay in Tim's mailbox garden. These plants have 2- to 4-inch blooms of bright purple petals with dark center cones and orange highlights. Bravado is one of the hardiest selections of coneflowers and can stand our hot summers. Being a perennial, once it is established, it will come back every year in the spring.

Pentas are also a good choice for a mailbox garden because these annual plants produce flowers that are a rich source of nectar for butterflies and hummingbirds. Another addition to the garden this year was a rudbeckia variety with 4-inch-wide flowers in warm, festive shades of gold, orange and mahogany. Once established, this plant will produce beautiful flowers for many years to come.

In this mailbox garden, I love the low-growing plants that sprawl all around the landscape bed. Purple heart has been a solid performer over the years. It has dark purple foliage and pink flowers.

At the front of the garden is purslane, a tough summer plant that thrives in our Mississippi heat and reseeds itself every year. Purslane forms a dense mat and is covered with flowers.

Around the mailbox post are some Stokes' asters with their unique, purple flowers.

A clump of banana plants anchors the end of the bed,

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*Welcome Visitors with Mailbox Garden cont'd on page 49*

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## 12 Tips On Hotel Tipping... continued from pg 14

We normally pay \$5 for this service.

**6.** If you're staying somewhere that provides a high level of butler service (site or higher), \$25-\$75 per day is customary. It can be more or less, depending on the level of luxury in your accommodations and on the services they provide for you. We recommend providing the butler's tip at the end of your stay in a sealed envelope. A personal note is always appreciated as well.

**7.** Shuttle drivers should be tipped; \$5 per person is customary for short trips to and from the airport. Plan to tip more for longer trips. If you have bags, it's customary to tip an additional \$1 per bag. We normally pay \$5 for this service.

**8.** Concierges do not expect to be tipped for giving you directions or making a dinner reservation, but if your request is a bit more complicated and time-consuming, consider tipping \$5 per request. If the concierge pulls off something amazing, like getting tickets to a sold-out show, then your tip can range anywhere from \$35 to \$100. Also thank him after the event!

**9.** If the doorman is just holding the door, a thank you is all you need.

**10.** However, if the doorman is hailing a cab, we recommend \$1 or \$2 and if they are helping with bags, \$1-\$2 per bag is standard. We normally pay \$5 for this service.

**11.** Untangling a poor room situation (close to elevator, away from kids, higher

floor etc.) is not tip worthy. That is expected from anyone working at the front desk in hospitality, that is their main job! If they re-configure you to be closer to your family or you get an unexpected upgrade, consider tipping with a nice online review.

**12.** Room service bills usually include a service charge, which you'll see on the bill. If there is no service charge, 15% - 20% is customary.

Note that customs vary greatly from country to country. In fact, in some countries, tipping is considered an insult, so ask your Senior Travel Advisor or investigate local customs when you're traveling abroad. 💰

## Mailbox Garden...

cont'd from pg 48

and the dark red flowers of a hardy hibiscus certainly add interest to the mailbox planting. Tim filled in any remaining spaces with celosia, liatris and other plants to add even more visual interest.

All the plants in Tim's mailbox garden are on my favorites list, but at the top of the list is the Black and Bloom salvia. I love its deep purplish-blue flowers on dark black stems.

If you're looking for a new project or have an uninspiring mailbox, try using some of these plants to create a beautiful mailbox planting of your own. 💰

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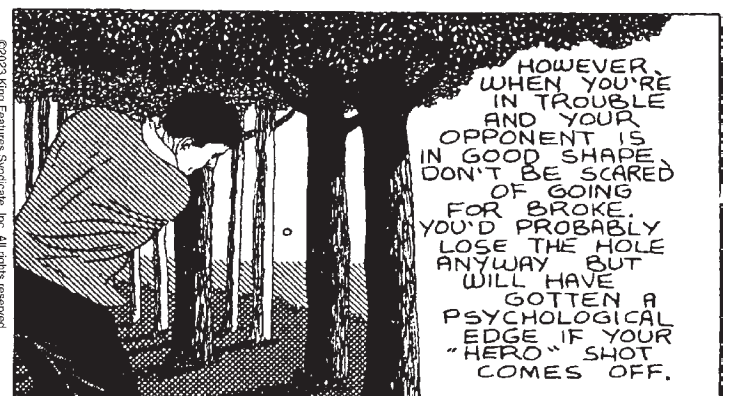
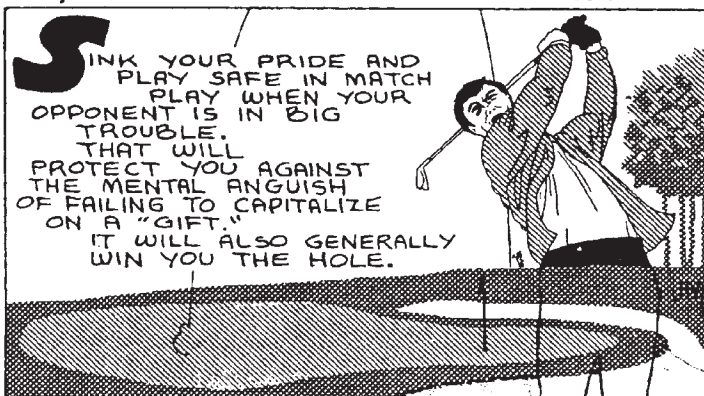
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# SEPTEMBER COMMUNITY CALENDAR

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

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

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

## SEPTEMBER EVENTS

**Aug 11 - Sept 3: Joseph and the Amazing Technicolor Dreamcoat**, Henegar Center, Downtown Melbourne, [Henegar.org](http://Henegar.org), 321-723-8698

**Aug 4 - Sept 10: Cabaret**, Melbourne Civic Theatre, Downtown Melbourne, [myMCT.org](http://myMCT.org), 321-723-6935

**Sept 1: Opening Reception, Fifth Avenue Art Gallery**, Eau Gallie Arts District, 321-259-8261, [FifthAvenueArtGallery.com](http://FifthAvenueArtGallery.com)

**Sept 1: First Friday Reception: Euphoria Exhibition: Gretchen Hunt**, Eau Gallery, Eau Gallie Arts District, 321-253-5553, [EauGallery.com](http://EauGallery.com)

**Sept 1: Friday Fest**, City of Cape Canaveral, [CityofCapeCanaveral.org](http://CityofCapeCanaveral.org), 321-868-1220

**Sept 1-17: A Midsummer Night's Dream**, Surfside Players, Cocoa Beach, [SurfsidePlayers.com](http://SurfsidePlayers.com), 321-783-3127

**Sept 2 & 16: Lawndale Historic Museum Tours**, Rockledge, [FriendsOfLawndale.org](http://FriendsOfLawndale.org), 321-632-5650

**Sept 2, 9, 16, 23 & 30: Green Gables Open House**, Melbourne, [GreenGables.org](http://GreenGables.org), 321-794-8901

**Sept 6: Eric Johnson**, King Center, Melbourne, [KingCenter.com](http://KingCenter.com), 321-242-2219

**Sept 6 & 7: Fall into Music: One Small Step Concert**, Melbourne Community Orchestra, Melbourne Auditorium, [MCOchestra.org](http://MCOchestra.org), 321-285-6724

**Sept 8 - Oct 1: The Prom**, Titusville Playhouse, [TitusvillePlayhouse.com](http://TitusvillePlayhouse.com), 321-268-1125

**Sept 9: Fly-in / Drive-in Breakfast**, Valiant Air Command Warbird Museum, Space Coast Regional Airport, Titusville, [WarbirdAirMuseum.com](http://WarbirdAirMuseum.com), 321-268-1941

**Sept 9: Zach Williams**, King Center, Melbourne, [KingCenter.com](http://KingCenter.com), 321-242-2219

**Sept 9: Alfie Silva: Impressionism**, The Tangiers, Palm Bay, [TheTangiersFlorida.com](http://TheTangiersFlorida.com), 321-327-8759

**Sept 10: Jazz Concert: Sybil Gage**, Space Coast Jazz Society, Veterans Memorial Center, Merritt Island, [SpaceCoastJazzSociety.org](http://SpaceCoastJazzSociety.org)

**Sept 10: A CBOB Fall Concert**, Community Band of Brevard, Merritt Island High Auditorium, [CommunityBandofBrevard.com](http://CommunityBandofBrevard.com), 321-338-6210

**Sept 14: Steve-O: The Bucket List Tour**, King Center, Melbourne, [KingCenter.com](http://KingCenter.com), 321-242-2219

**Sept 15: Pablo Cruise**, King Center, Melbourne, [KingCenter.com](http://KingCenter.com), 321-242-2219

**Sept 16: Downtown Melbourne Sip and Shop**, Historic Downtown Melbourne, [DowntownMelbourne.com](http://DowntownMelbourne.com), 321-724-1741

**Sept 16: Classic Albums Live: Fleetwood Mac - Rumours**, King Center, Melbourne, [KingCenter.com](http://KingCenter.com), 321-242-2219

**Sept 16: Friday Fest**, Downtown Cocoa Beach, [CocoaBeachMainStreet.org](http://CocoaBeachMainStreet.org)

**Sept 20 & 21: The Music of Games Concert**, Melbourne Municipal Band, Melbourne Auditorium, [MMBand.org](http://MMBand.org), 321-724-0555

**Sept 21: Special Consensus: Bluegrass Concert**, Shepherd's Hall, Titusville, 321-222-7797, [JTsBluegrass.com](http://JTsBluegrass.com)

**Sept 22: Fall Kick-Off Sock Hop**, Melbourne Municipal Band, Melbourne Auditorium, [MMBand.org](http://MMBand.org), 321-724-0555

**Sept 23: American Icons Concert**, Space Coast Symphony, Scott Center Auditorium at Holy Trinity, Suntree, [SpaceCoastSymphony.org](http://SpaceCoastSymphony.org), 855-252-7276

**Sept 23: Bryan Callen: Unreasonable Tour**, King Center, Melbourne, [KingCenter.com](http://KingCenter.com), 321-242-2219

**Sept 23: Craig Diamond: Mega Magic & Laugh til' You Hurt**, The Tangiers, Palm Bay, [TheTangiersFlorida.com](http://TheTangiersFlorida.com), 321-327-8759

**Sept 23: Space Coast Pride Parade & Festival**, Downtown Melbourne, [SpaceCoastPride.org](http://SpaceCoastPride.org), [president@SpaceCoastPride.org](mailto:president@SpaceCoastPride.org)

**Sept 23: Harvest Festival & Craft Fair**, Green Gables, Melbourne, [GreenGables.org](http://GreenGables.org), 321-794-8901

**Sept 29 - Oct 22: The Addams Fam-**

**ily**, Henegar Center, Downtown Melbourne, [Henegar.org](http://Henegar.org), 321-723-8698

**Sept 30: Cheers to 10 Years: Sip & Stroll in Historic Cocoa Village**, Visit-CocoaVillage.com, 321-631-9075

**Sept 30: Roberto Restuccia with Special Guest Tom Braxton**, The Tangiers, Palm Bay, [TheTangiersFlorida.com](http://TheTangiersFlorida.com), 321-327-8759

**Sept 30: Florida's 26th Annual Puerto Rican Day Parade and Festival**, This year's parade theme is Building Healthy and Prosperous Communities and is dedicated to the municipality of Bayamon, P.R. This is a free event to the public beginning at 10am and funds raised during this year's events will provide scholarships to Hispanic students in Brevard County.

## ONGOING EVENTS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Green Gables**, Melbourne, [GreenGables.org](http://GreenGables.org), 321-306-8635

**Harry T. & Harriette V. Moore Cultural Complex**, Mims, [HarryHarriette-Moore.org](http://HarryHarriette-Moore.org), 321-264-6595

**Lawndale Historic Museum**, Rockledge, [FriendsOfLawndale.org](http://FriendsOfLawndale.org), 321-632-5650

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

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

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

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

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

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

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

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

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

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

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

## CLUBS & ORGANIZATIONS

**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.

**Sept. 19: NASA Alumni League (NAL):** Debus Center, VIC, KSC; free parking with pass from NAL Home page (URL below); enter through VIC Patron gates. Register in advance to attend. Guest Speaker: Lauren Bogar, Regional Sales Manager for Central US, Amphenol Military & Aerospace Operations. Registration opens September 1; closes: COB, September 11. Check-in at 11:00 am; lunch/meeting: 11:30 - 1:00. Costs: \$23 (members, spouses/adult family members); \$25 (invited guests). REGISTER EARLY: Cheryl Thornton, [cherylIT@cfl.rr.com](mailto:cherylIT@cfl.rr.com), (321) 626-7119. Reservations priority:



members & guests; a member may bring up to 3 guests. For more, see [www.nalfl.com](http://www.nalfl.com), to register/pre-pay by PayPal. Confirmed reservations may also be paid for at the door.

**Sept. 21: The Single, Separated, Widowed and Divorced (SSWD) group** will meet for a potluck lunch at the Angel Room, Church of Our Saviour, 5301 N. Atlantic Ave., Cocoa Beach on Thursday, Sept. 21 at 12 p.m. Please bring a dish to share. All are welcome to attend. For additional details, please call (502) 299-8949.

**The Brevard Antiques and Collectibles Club**. The first Friday of the month at the Sun-tree / 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.

**Italian American Club** Offers Beginner conversational Italian Lessons starting Monday, September 11, from 6-8:00 pm. Classes are held every Monday from September until May. In addition to lessons we sometimes show travel movies of Italy, have pot luck dinners, paint an Italian scene, teach bocce and show Italian movies with English subtitles so you can fully immerse yourself in the Italian culture. Classes are \$60.00 per person or \$84.00 a couple and includes a one year membership to the club. Class seats can be purchased at IAC321.com. Secondary and advanced lessons are also available for those with some language skills already. For questions and further information call 321-242-8044.

**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/>

**11 Sep – Remembering 9/11 Road Show by One Senior Place** at Parasol, Melbourne 4881 Dairy Road 1000-1100. Keynote by NYPD Ret Police Inspector Edward Hamilton who was at ground zero on 9/11/2001. Snacks and Raffle. RSVP required 321-751-6771.

**11 Sep – Patriot Day Brevard County 9/11 22nd Anniversary Remembrance Ceremony** at VMC Plaza area 1800-1930. Sponsored by Club 1013 and the MOAACC Good Deeds Foundation and hosted by VMC. Remembering those lost on 9/11/2001 and all those who fell later as a result of toxic exposure or while taking the fight to the terrorist abroad.

**11 Sep – AVET sponsored Patriot Day Firearms Friendly Fun Night** at Frogbones Family Shooting Center 1700-2000. Venue is located at 404 South Harbor City Blvd, Melbourne. Evening focused on remembering 9/11 and its impact on so many who went to

the fight thereafter, as well as a fun evening to help raise funds for the AVET missions year round.

**26 Sep – VMC Library Discussion Series**, 1800-1930 with topic and presenter TBD.

**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](mailto:event@nvhs.org) or Call NVHS 321-208-7562 for more info.

**26 Oct– BCSO Shredder Event** - VMC PARK - 0900-1030.

**28 Oct – Annual Space Coast Honor Flight Fundraiser and Dinner** 1700-2030 at the Muscle Car Museum in Melbourne. Contact Teri on 321-759-1063 for tickets and information. Check out what SCHF does by visiting their web site.

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

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

#### Personal Finance Seminar

3rd Fridays from 11am-12pm  
Options, Day trading and other mistakes  
Friday, September 15 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](mailto: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.

### 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**

**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.

**Book Club**  
First Thursday, 1:30PM

**Painting Class**  
First Thursday, 6:00PM Fee is \$10 and

covers all supplies. Registration is required as space is limited.

**Cook the Book Club**  
Third Thursday, 6:00 PM

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

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

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

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

**Sit-n-Stitch** 1-3pm . An embroiderer, knitting, crochet group that meets first & third Wednesdays.

**TGIF Seaside Piecemakers** 9am-1pm . A quilting group that meets second & fourth Fridays.

**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

**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**

## SEPTEMBER 2023 SENIOR CALENDAR

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

**55+ Club of Satellite Beach 1089 S PATRICK DR, SATELLITE BEACH 321-773-6458 55plusclubofsb.com**

**Bingo each Monday at SB Civic Center, doors open 9:30am**, game begins 11am. Card fees apply.

**Line Dancing Tuesdays and Thursdays** at Schechter Community Center, 1pm-2pm. Fee paid at the door.

**Game Night each Wednesday** at Schechter Community Center, 6-9pm. Free!

**Walking Group each Tuesday 8am-9am and Wednesday/Thursday 8am-9:30am** at Schechter Community Center Gym. Free!

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



# SEPTEMBER 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**  
**Pinochle** 10AM-2PM \$2/\$3 Rachel (321)537-5322  
**Muscle Memory Strength Balance** 10:00AM-11AM Natine (321)609-0999  
**Tap & Jazz** 11AM-12PM \$2/\$3 Marsha (321)264-2776  
**Connie's Card Making** (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410)598-3755  
**Mahjong**-12:30 PM-3:30PM \$2/\$3 Andi (321)385-3595  
**Party Bridge-** 12:30PM-3:30PM \$2/\$3 Mary (321) 607-2200  
**Darling Damsels Bridge-**1PM-3:30PM \$2/\$3 Kathy (321)268 4827  
**Tai Chi**, 1PM-2:30PM \$3/\$5 Ada (321) 848-4689  
**Zumba Toning** 6pm-7pm \$5/\$6 Robin 321-514-5945  
**WEDNESDAY**  
**Bridge Lessons** by Appt \$10 Rick (863)640-5798  
**Zumba Gold** 9:15AM-10:15AM \$5/\$6 Robin (321)514-5945  
**Golden Hearts Senior Fitness-** Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945  
**Hurricane Rug Hooking** (2nd & 4th Wed) 10AM-2PM \$2/\$3 Fonda (321)-298-2796  
**ACBL Duplicate Bridge** 12PM-3:00PM \$2/\$3 Judy (901) 336 1306  
**Line Dance Class-Beginners** 4:00PM-5:30PM \$3/\$4 Ferrell (321) 267-0195  
**Line Dance Class** 5:30PM-6:30PM \$3/\$4 Ferrell (321) 267-0195  
**Line Dance Class** 6:30PM-7:30PM \$3/\$4 Barbara (321)452-1944  
**THURSDAY**  
**Bingo** (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321)231-1135  
**Singles Club Planning Mtg** (1st Thurs)4pm Call Jean for location (321) 352-2359  
**Tai-Chi** - Thursday 1PM-2PM \$3/\$5 Ada 321-848-4689  
**Zumba** 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945  
**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  
**Pinochle** 11-3pm  
**Scrabble** 9:30am-noon  
**Travel Office** open 9am-2pm  
**Woodshop** 8am-noon  
**Yoga, Chair** 10:30-11:30am  
**FRIDAY PROGRAMS**  
**Bargain Thrift Corner** 3-6pm  
**Billiards, Open Play** 12-4:00pm  
**Bingo** 6:00-10:00pm Doors open at 4pm.  
**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  
**Pinochle** - 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  
**Pinochle** - 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

## SEPTEMBER 2023 ONE SENIOR PLACE EVENTS

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

**FREE Memory Testing**, Tuesday's September 5th, and 19th, 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 September 6th, from 11 – 1pm, REPEATS Thursday September 28th, 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. RSVP to 321-751-6771.

**Probate and Real Estate Seminar**, Wednesday September 6th, 2 – 3pm. Presented by Attorney Stephen J. Lacey, with Lacey, Lyons, Rezanka and Barbara Asinari with Oceans Realty. Attorney Lacey will speak about the Florida probate process and what it means for property left in a decedent's estate. This presentation is in partnership with Barbara Asinari from Oceans Realty Florida, who will be available to answer real estate related questions. RSVP to 321-751-6771.

**Diabetic Education, Lunch & Learn Seminar**, Thursday September 7th, from 11:30 – 1pm. This presentation is hosted by Florida Health Care Plans. Guest speaker is Kathy MacNeill, RN and Certified Diabetes Care & Educational Specialist with Florida Health Care Plans. She has over 25 years' experience in diabetes education. Must RSVP to 321-751-6771.

**New Treatment Options for Parkinson's Disease**, Senior Health Friday with Nurse Lisa, Friday September 8th, from 10 – 11am. Presented by Stephen Morio with Insightec, Barbara Fradkin, BSW, CCM with Brevard Parkinson's Alliance, Lisa Conway, RN, CCM with Senior Partner Care Services. Refreshments sponsored by Senior Partner Care Services. RSVP to 321-751-6771.

**Emergencies Happen... The question is, how much will it cost you?** Monday's September 11th, REPEATS September 25th, from 12 – 1:30pm. Join MASA MTS for a FREE Lunch & informational seminar to learn why over 2 million members have trusted us since 1974 to provide peace of mind when it comes to surprise medical costs. RSVP to 855-359-4899.

**The Mind Diet - Ask the Doctor Lunch & Learn Series**, Tuesday September 12th, 11:30 – 1pm. Presented by Emanuela Biban, MD, Medical Science Liaison with ClinCloud Research. Lunch provided by ClinCloud Research for all registered attendees. RSVP required, call 321-751-6771.

**BINGO!**, Tuesday September 12th, 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.

**How to Bullet Proof Your Estate Plan from a Contest or Challenge**, Thursday September 14th, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. The goal of this seminar is to help you eliminate surprises, avoid mental anguish, and minimize expense for your family. RSVP to 321-751-6771.

**Movie Matinee with Rhodes Law, PA**, Thursday September 14th, at 2pm. Hosted by Rhodes Law, PA. Join us

as we watch this classic "My Big Fat Greek Wedding", and enjoy movie treats! MUST RSVP to 321-751-6771.

**Tinnitus [and Hearing Loss], Lunch and Learn Seminar**, Friday September 15th, from 11 – 1pm. Brought to you by Personal Hearing Solutions and Clinical Education Specialist from Widex. This presentation will center on the causes of Tinnitus, "Ringing in your ears", and what can be done to improve it. Boxed lunch provided, must RSVP to 321-751-6771.

**Get your Medicare questions answered!**, Monday September 18th, from 2 – 4pm, REPEATS Tuesday September 26th, 2 – 4pm. Medicare coverage can be confusing and it is important to make the best decision for you and your health. Get a trained professional to help you by answering all of your questions. Hosted by Viera Insurance Professionals. This event is for educational purposes only. No plan or benefit information will be shared. For accommodation of persons with special needs at meeting, call 321-253-6323 (TTY: 711). Not affiliated with or endorsed by the government or the federal Medicare program.

**Veterans Benefits Seminar**, Tuesday September 19th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

**How to Prepare Your Digital Legacy, MAC User Group Meeting**, Tuesday September 19th, from 5:30 – 7pm. This class will include steps we all need to take for a seamless transition to...insert your preferred ultimate destination here. Apple has provided some tools for this so we will go into detail about that and other issues like passwords, contacts and emails. RSVP to 321-751-6771. Presented by Jim DeLaura, RJFS and MAC Mad.

**FREE Liver Scans**, Wednesday September 20th, 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. Call 321-751-6771 to schedule your half hour appointment.

**Hurricane Planning for Your Life, Understanding Your Advanced Directives**, Wednesday September 20th, at 10am. What documents are important to have? What if I have no family to help make my decisions? Why do I need an elder law attorney to do this? Presented by Rhodes Law, PA. Limited seating must RSVP to 321-751-6771.

**Therapeutic Laser**, Thursday September 21st, from 12 – 1pm. Presented by Aquatic Health & Rehab. Presenting ways to decrease pain, help heal fractures, increase circulation; helping to heal wounds, treatment for peripheral, idiopathic, and diabetic neuropathy. For more information and to RSVP, call 321-253-6324.

**Senior Single Mingle**, hosted by One Senior Place & Senior Partner Care Services, Thursday September 21st, from 5:30 – 7pm. One Senior Place is hosting our first Senior Single Mingle! Come out and make some new friends! Bring a SINGLE Senior friend, win a prize! RSVP to 321-751-6771.

**Meditation, Clear the Chatter the Mind Matters**, Friday September 22nd, from 12 – 1pm. Certified Instructor, Lisa Gladu-Molina, CPT, with Aquatic Health & Rehab, will teach you the Five Reasons to meditate. Space is limited, call 321-253-6324 to reserve your seat.

**Alternative Wellness Practices**, Friday September 22nd, 2 – 3:30pm. Join April Boykin, MSW, LCSW with Counseling Resource Services to learn techniques to improve your overall wellness and quality of life. These techniques include breath work, acupressure, mindfulness and much more. RSVP to 321-751-6771.

**Guardianship - Start to Finish**, Tuesday September 26th, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Whether you are a guardian of an incapacitated person, have been asked to be a guard-

ian, or know someone acting as a guardian, this seminar will be informational. RSVP to 321-751-6771.

**PWR! Up for PD**, Wednesday September 27th, from 1 – 2pm. Presented by Aquatic Health & Rehab. Parkinson's Wellness Recovery (PWR!) is an exercise program developed specifically for persons with Parkinson's Disease that aims to slow disease progression, improve symptoms, restore function, and increase longevity and quality of life. For more information and to RSVP, call 321-253-6324.

**Medicaid Planning Seminar**, Thursday September 28th, at 10am. Elder Law Attorney William A. Johnson, P.A. will present. Limited seating must RSVP to 321-751-6771.

**Quit YOUR Way, Free Tools to Quit Program**, Friday September 29th, 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.

### SUPPORT GROUPS

**Loss, Grief & Bereavement Support Group**, Thursdays September 14th and 28th, 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 September 20th, 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 September 20th, 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 September 27th, 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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## Resident Business Spotlight

OSP is extremely proud of our amazing partner businesses. This month, the spotlight is on the only two attorneys in Brevard who are Florida Bar Board Certified in the area of Elder Law.



### **Rhodes Law, P.A.**

Attorney Ruth C. Rhodes graduated Valedictorian from the College of Law at Florida A&M University and has been a practicing attorney for over 15 years. Recently, she became one of only two Brevard County attorneys to be Florida Bar Board Certified in the area of Elder Law. Ms. Rhodes focuses her clients on the future, helping them meet their needs through Estate and Medicaid planning, Asset Protection, Probate or Trust Administration, Guardianship, Guardian Advocacy, and when necessary, maneuvering through the Court system.



### **William A. Johnson, P.A.**

William A. "Bill" Johnson is a graduate of the University of Florida, where he received his Juris Doctor in 1990 from the College Of Law. He has been Florida Bar Board Certified in the area of Elder Law since 2004, and practices predominantly in the fields of estate planning, Medicaid planning, long-term care planning, guardianship, incapacity planning, will and trust litigation, and probate. Mr. Johnson is Chair Elect of the Elder Law Section of the Florida Bar and a member of the Legislative Committee.



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

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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:

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